

the ELK'S COOKBOOK

A three-series summer collection | Part **two** of three | July 2026

From The Ground Up

Continuing our *From The Ground Up* Summer Series, here are our featured vegetable recipes for **July: Squash and Cucumbers!**

So many squash, all ready to harvest at the same time! Every gardener has too many zucchini in July. Here is how to handle the zucchini surplus problem elegantly plus turn an abundance into a delicious dish your family and friends will request again! 🍷



Recipe: **ZUCCHINI & SHARP CHEDDAR FRITTERS W/ HERB BUTTERMILK DIP** *From The Ground Up Series | July 2026*

INGREDIENTS

- 3 medium zucchini (about 1½ lbs), grated
- 1 cup sharp cheddar, shredded
- 2 eggs
- 1 cup flour
- Salt, black pepper, garlic powder
- Oil for pan-frying
- ½ cup buttermilk, 2 T mayo, fresh dill or chives (for dip)

DIRECTIONS

PREP 15-20 MIN | COOK APPROX. 10 MIN

- STEP 1** Salt the grated zucchini, let sit for 10 minutes, and then squeeze dry in a clean towel — this is the only important step.
- STEP 2** Mix zucchini, cheddar, eggs, flour, and seasoning until combined.
- STEP 3** Heat a thin layer of oil in a skillet over medium-high. Drop heaping spoonfuls into the pan, press flat, cook 3 minutes per side until golden.
- STEP 4** Stir together buttermilk, mayo, and herbs for the dip. Serve fritters immediately.
- Est. cost: \$4-\$6** (zucchini is often free from neighbors in July! PLEASE take our zucchini!)

Recipe: **OLD FASHION CUCS & ONIONS IN VINEGAR** *From The Ground Up Series | July 2026*

INGREDIENTS

- While it seems like you could just throw some cucumbers in vinegar and call it a day, there is just a little more to make this dish awesome.

Enjoy immediately or store in the fridge for up to a week.

DIRECTIONS

PREP 15-20 MIN | MARINATE UP TO 1HR

- STEP 1** Lightly peel the cucumber (leave a few strips of color for visual interest). Slice the cucumber and onion as thinly and evenly as possible.
- STEP 2** Toss the slices with a T of salt (preferably kosher) and let them rest for 20 minutes, tossing occasionally. Drain and discard any liquid that accumulates.
- STEP 3** Submerge the cucumbers and onions in a mixture of ½ cup of white vinegar and 1 cup of water; add granulated sugar to taste. Initially salting the cucumbers allows the vinegar to permeate more quickly, so these can be enjoyed in as little as 5-10 minutes (but marinate up to 1 hour for best flavor).