



CSA News

May 10-16, 2021

CSA Week 1

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Farm Share Storage & Use Tips:

- In general, store vegetables and eggs in the fridge and meats and cornmeal in the freezer, unless otherwise noted. Each week, read this newsletter for more specific instructions.
- Green garlic: Green garlic is the immature garlic stalk and bulb, all fully edible. Keep it in a plastic bag in the refrigerator. Use it as you would regular garlic, leeks or green onions.
- Leafy greens, such as baby kale, spinach, tat soi and lettuce mix: Store in your fridge in the perforated plastic bags they came in.
- Bok choy: Keep this Asian green vegetable in a plastic bag in the crisper drawer of your fridge.
- Salad radishes and hakurei turnips: Remove the root from the greens. Store roots separate from greens in plastic bags in the fridge. Use the greens as you would any other leafy cooking green. They're best when mixed with other cooking greens.
- Microgreens and shoots: Keep microgreens, pea shoots and sunflower shoots in the fridge in their plastic clamshell container. Do not wash until you're ready to use them.
- Asparagus: If you're able to add asparagus to your share, store them upright in a jar with ~1" water in the fridge. Use asparagus soon, as it's tastiest when fresh.

To: Summer Season Shareholders

From: The Crew at Elmwood Stock Farm

Date: Mid-May 2021

Re: Welcome to this year's Summer CSA

Every spring we look forward to renewing, or beginning, our relationship with our Summer Season CSA shareholders. You have invested in us to provide wholesome food for your sustenance, a responsibility we do not take lightly. We have invested your money into seeds and seedlings, as well as people to nurture them to fruition and see that your share arrives as planned. At the time that you make your veggie selections online each week, your food is still attached to the plant. We pick and pack to order for CSA shareholders—now that's fresh produce.

Each week we take the time to send this newsletter along with your share to keep you informed of the happenings on your farm.

Sometimes we share crop updates. Other newsletters may share our view on news of interest, highlight partners in the local food movement or explain how we do stuff out here. The intent is to educate and inspire you to eat food that is good for you and the planet. If you have questions you would like answered in a newsletter, let Betsy know (elmwoodorders@gmail.com). She will pass them along, and we will try to address them all.

There are a handful of resources you should know about: Betsy is in the office, helping to manage your account. While the weekly ordering platform is easy, questions come up, and Betsy is there to help. Meghan, Lisa, Ann and Betsy have put together a "CSA Handbook" and "Tips & Trick for CSA Success" guide that you should get familiar with to optimize your membership with us. Check your email for links to these. Also, sign up for the private Elmwood Stock Farm CSA Members Facebook group to engage with us as the season progresses.

For new members, we welcome you to your customizable CSA Farm Share. Each week we will fill your share with items that make for a seasonally appropriate mix. If you cannot, or forget, to log in to adjust your veggie share, you will still receive a share that week.

Insider tip: Some items are in limited supply, so check your account early during your login window if there's something specific you're

looking for. Some seasoned shareholders log in a second time later in the login period to check on additional items available to swap. You can order meat and eggs to be delivered along with your veggies, when available, and shareholders have first dibs on all offerings. Try something different each week to find your favorites. Another note for CSA rookies: You may not think you like a vegetable—spinach, for example—if the only spinach you have had is what they sell at oversized supermarkets. Whether it's the tired, bruised up bundle of spinach leaves wrapped in a too-tight rubber band or the machine-harvested, -washed and -bagged type—both of which were shoved in a box somewhere near the Pacific Ocean and trucked in—neither compare to Elmwood Stock Farm fresh-harvested spinach. (We don't eat spinach from the mega-grocery store when ours is not available; nor tomatoes or sweet corn, for that matter.) You will find the spinach, and all the other veggies we deliver, bursts with flavor, holds well in your fridge, and comes from a farm just down the road from your home, picked to order.

Rest assured that by consistently eating lots of fruits and veggies, you have invested in your personal health and well-being. Early data from the Kentucky Farm Share Coalition—a partnership of organic farms—the Organic Association of Kentucky, the UK College of Agriculture and others show that people who commit to consistently eating lots of fruits and veggies lower the time and expense of treating diet-related issues. It may not be a surprise to anyone that diet is the antidote to diet-related disease, but it's pretty cool that it shows up in the data related to CSA Farm Share membership. We have countless testimonials from customers about how they feel better eating this way, both physically and mentally. We are optimistic about the year ahead. As farmers, that's our nature. We want you to be as excited as we are.

The spring crops are off to a good start, the summer crops are going in the ground as we speak, and the fall crops have a place waiting for them in the crop rotation. Eating seasonally may be new for some of you; others now tell us the vast majority of what they eat comes from Elmwood Stock Farm, essentially eating like we do. The whole crew here gets up early and works long hours to make your share happen. We thank you, our crew thanks you, your body will thank you, and the planet will be better off because of your commitment to eating the best food in the world. Eat up, and order more. We will go pick it for you. —*Mac Stone*

Recipes

Spinach Stuffed Salmon

Adapted from Jehan Can Cook

2 lb. salmon filet	1 bag spinach, chopped
1 T. olive oil	1 tsp. salt, divided
1/2 onion, chopped	1/2 tsp. red pepper flakes
1 stalk green garlic, white and tender green parts chopped	1/4 tsp. pepper zest of 1 lemon

Preheat oven to 400 degrees F.

Heat olive oil in a pan over medium heat. Once oil is hot, add onion, and sauté for 2 to 3 minutes, until onion is softened. Add green garlic, spinach, ½ teaspoon salt and red pepper flakes. Stir and cook until spinach has wilted, about 5 minutes. Remove from heat and set aside.

Place salmon on a cutting board. Slice down the middle horizontally, making sure not to cut through the other side. Season with remaining ½ teaspoon salt, pepper and lemon zest. Peel back the top flap of salmon, and spread spinach to cover, then place the flap back over the spinach.

Place salmon onto an oiled baking pan. Bake for 15 minutes. Do not overcook, as the salmon will continue to cook once it's removed from the oven.

Ace Your Salad Dressing

Lettuce, kale, spinach and microgreen salads will never get old if you know how to dress them. Any combo of ingredients is possible—oils, vinegars, herbs, spices, fruits, dairy and more. Here are some basic salad-dressing tips from The Kitchen:

- Start with a ratio of 3 parts oil to 1 part vinegar. Use more vinegar for a tart dressing or more oil if you like it richer.
- Balsamic vinegar adds just a touch of sweetness. Honey, sorghum and brown sugar are excellent sweeteners.
- Olive oil may overwhelm other flavors, so consider using neutral oils, like sunflower and grapeseed.
- Whole-milk yogurt, sour cream and mayonnaise can be used interchangeably in most any dressing recipe.