CSA News

May 17-23, 2021
CSA Week 2
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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.
- Green garlic: Keep green garlic in a plastic bag in the fridge. Use all of the white and tender green parts of this stalk.
- Garlic bulb: This cured garlic has papery white skin. Store it on your countertop or in the pantry. Do not store this in the fridge, as that's too moist of an environment for cured garlic.
- Leafy greens, such as kale, spinach, mizuna, tat soi and lettuce mix: Store in your fridge in the plastic bags they came in.
- Bok choy: Keep this Asian green vegetable in a plastic bag in the crisper drawer of your fridge. Eat this in a stir fry, slice it thin for a salad with a soy sauce/coconut aminos dressing, or purée it into a creamy soup.
- Salad radishes and hakurei turnips: Remove the root from the greens, and store each in plastic bags in the refrigerator.
- Microgreens: Keep microgreens in the fridge in their plastic clamshell container. Do not wash until you're ready to use them, as they're delicate. Use these to top your salads, sandwiches, soups and stir fries for a nutritional boost.
- Asparagus: Store upright in a jar with ~1" water in the fridge.

A Potluck of Topics

We have several items to let you know about this week!

What's in Your Share?

Last year, we heard from y'all that you wanted more guidance on how to best keep your vegetable bounty. So this year, we're amping up the storage and general use info on the front page of the newsletter. (Keep reading this week's newsletter for more storage tips, too.)

Whereas you used to find the list of that week's vegetables on the front page of your newsletter, the best place to look now is in your online account. Also in your online account are photos of each item so you can be sure you know what you're cooking with.

This newsletter arrangement makes more sense, as well, now that your share is completely customizable and the items that arrive in your neighbor's share will likely differ from the items in yours.

Get Together on Facebook

The new CSA Member Facebook Group is here! This is the first year we've been able to offer a private Facebook group for our members. It's pretty cool!

There are a few ways to join:

- Click the link in the email invitation you received from the farm.
- Access the group through the CSA Member Resources web page, which you'll find in your login email and text messages each week.
- Email Betsy (ElmwoodOrders@gmail.com) to ask for a link and instructions.

Already in the Facebook Group this season, we're swapping cooking ideas and sharing behind-the-scenes farm info. It's been great to see photos of members' shares and learn new recipes, too.

An extra perk of getting involved: We'll have a few giveaways throughout the season! In fact, everyone who sends a request to join the group by 8 am on Monday, May 24, is entered in a drawing for an Elmwood Stock Farm hat.

Spring Crops

As you've noticed, the greens are coming in beautifully! We've had a lovely spring, and it seems our nice weather has gone on for months, ever since that two-week period when the Bluegrass was covered in ice. It has been unseasonably cool, however, especially at night. So the greens are happy, and that makes us happy! The warmer-season crops

are chugging along, and we expect some growth spurts soon as the 10-day forecast is trending toward warmer temps.

Leafy greens. Once you get those greens home, refrigerate them! Leave greens in the bags in which you received them, which are perforated and give them the right amount of breathing room.

You've read in the *Tips & Tricks for CSA Members* booklet about prepping your greens ahead of time. We really do recommend it, as it's proven around here to be a surefire way of getting us to eat our greens.

Root vegetables. This time of year, you'll see radishes or hakurei turnips—both excellent when eaten raw on salad or roasted as a side dish. Be sure to remove the greens from the roots when you get them home. The greens transpire, essentially exhaling moisture from the roots, which makes the roots soft. Remove the greens, store the greens and roots separately, and both will last for much longer.

If you do find yourself with soft root veggies or limp-looking greens, soak them in cold water for 30 minutes. They'll rehydrate themselves and be as crisp as new.

Garlic. We have several types of garlic currently and more coming up soon. Garlic is a crop that we plant in the fall and harvest in the spring through early summer. It's opposite the planting/harvest schedule for most crops!

This time of year, we're happy to offer green garlic, which is the whole garlic stalk before the bulbs are fully formed. Soon, we'll get garlic scapes. These look like alien tentacles but are actually flower shoots from the garlic plants. The entirety of both green garlic and garlic scapes can be used in place of garlic or green onions. Store these items in a plastic bag or other closed container in the fridge. They'll last for a few weeks, but if you cook like we do, you'll go through them faster.

Garlic bulbs are also available in your swap options. These bulbs are small but tasty. This cured garlic should be stored on the counter or in your pantry, never in the fridge. You can always tell the difference between fresh garlic and cured garlic because cured garlic has the papery white skin on it, and the skin hasn't yet formed on fresh garlic.

Asparagus. The asparagus crop is coming on a little at a time. It always starts out slowly, then peaks and fades. We'll be sure everyone has a chance to select a bunch of this short-lived crop this season.

When you bring asparagus home, cut the bottoms and store the spears in a jar of water in the fridge, as if it were a bouquet of flowers. To use them, snap off the less-flexible bits at the bottom of the spear. These are a favorite vegetable roasted, sautéed and raw.

We hope you enjoy the second week of your Summer CSA Farm Share!

Recipes

Bok Choy & Bacon
Adapted from China Sichuan Food

1 bunch bok choy
1 tsp. vegetable oil
1/2 c. sliced bacon, uncooked
2 green garlic stalks or garlic cloves, sliced
pinch salt

Separate bok choy stalks and leaves. Chop each separately.

To a sauté pan over medium heat, add vegetable oil. Sauté bacon until slightly brown. Add garlic, and cook until aromatic, about 30 seconds. Add bok choy stems, and cook 2 minutes, until slightly soft. Increase heat to high, add bok choy leaves and salt, and cook for 1 minute.

Serve as a side dish or over rice. Alternatively, make it a hearty breakfast: Cook an egg in the pan after removing the bok choy and bacon.

Roasted Green Garlic
Adapted from Homestead & Chill

1 bunch green garlic
olive oil, to coat
salt & pepper

Preheat oven to 400 degrees F. Cut off green portion of the green garlic stalk. Save this for your veggie stock bag in the freezer.

Place white portion of the stalk on a sheet of foil on a roasting pan. Drizzle with olive oil to lightly coat, and sprinkle with salt and pepper. Make a foil packet by pulling together and crimping the sides of the foil sheet.

Roast until green garlic is golden brown and soft, about 30 minutes.

Spread roasted green garlic on crusty bread, or add it to your homemade hummus, sauces and soups. You can also store roasted green garlic in the freezer for future use.