



CSA News

May 23-30, 2021

CSA Week 3

Volume 18, No. 15



Log in to your CSA account online to find a customized list, photos and descriptions for your share.

Farm Share Storage & Use Tips:

- Green garlic: Use white and tender green stalks as garlic, green onions or leeks. Keep these in a plastic bag in the refrigerator.
- Leafy greens: Store in the fridge in their plastic bags.
- Bok choy and tat soi: Keep these in a plastic bag in the crisper drawer of your fridge. Use in stir fries and slaws, see the recipe in last week's CSA newsletter, check the [Elmwood Stock Farm Pinterest](#) page and find inspiration in the [CSA Members Facebook Group](#).
- Salad radishes and hakurei turnips: Remove the roots from the greens and store separate in plastic bags in the fridge.
- Microgreens: Keep microgreens in the fridge in their plastic container. Do not wash until you're ready to use them.
- Asparagus: Store upright in a jar with ~1" water in the fridge.

Join us on a Farm Tour: June 12, 9-11 am

As a CSA Farm Share member, you are invited to join us at no cost on this year's Behind the Scenes Farm Tours. See where and how your food is grown! Register with us at 859-621-0755 or elmwoodorders@gmail.com. Find more info at ElmwoodStockFarm.com/FarmTours.

15 Ways to Eat Your Leafy Greens

Leafy green veggies are a diet staple for the farmers at Elmwood Stock Farm, and as a CSA Farm Share member, you have the opportunity to make them a staple of your diet, too. We recommend this! Kale, collard greens, spinach, arugula, mizuna, Swiss chard, lettuce, salad mix and more offer options for keeping them in a regular meal rotation.

Here are some favorite ways to eat leafy greens:

On a sandwich. We don't just mean lettuce here, either. Sauté kale, collards or Swiss chard with garlic, and use it to top your fried egg sandwich or hummus on toast. Lettuce, arugula, mizuna and spinach are great raw toppings, of course! You can also make this into a wrap.

In a taco or burrito. If you've never had a black bean and garlicky kale taco, make plans for this ASAP. They're so easy and so good. Beef chorizo and quick-pickled salad radishes are nice additions here, too.

In a quiche or frittata. Egg-bake dishes are one of the top ways to use excess veggies. This is egg season on the farm, as well, so it's a great time for egg bakes. Crustless quiche is a good option for those of us who aren't so good at making crusts. And individual muffin-sized egg cups are perfect for grabbing breakfast on your way out the door, packing a lunch or freezing for later. Sauté or steam your kale, collard greens, Swiss chard or spinach before adding them.

In a Dutch baby. You saw our recipe for this baked pancake [in the newsletter last month](#). It's one we've been making for years now! Kale, collards, spinach and Swiss chard are excellent savory additions to the simple flour, egg and milk mixture. Get to know this dish, as fruit-based Dutch babies are also something you'll want to add to your routine. Dutch babies are great breakfast foods and lend themselves well to a side of bacon, or make one for lunch with a salad.

As a greens shakshuka. Shakshuka is a Mediterranean dish traditionally made with stewed tomatoes. In the greens version, various types of leafy green veggies are chopped and sautéed with seasonings and olive oil. You make wells in the greens into which you crack one egg each, put a lid on the pan, and steam the eggs to your preferred level of doneness. It's delicious, and it uses a lot of greens. (There was also a recipe for this [in the newsletter earlier this spring](#).)

As a saag. Saag is an Indian greens dish. There are many variations, and the most familiar from your favorite Indian restaurant menu or food

blogger may be saag paneer. This greens and cheese dish is a satisfying lunch or dinner meal.

In a stir fry. Like a quiche, stir fries are a great way to pack a lot of vegetables into a meal. This time of year, all of the leafy cooking greens, bok choy and tatsoi, radishes and asparagus make beautiful stir-fry combos. You can easily add sliced chicken breast, pork chops or sirloin steak to your veggies.

In fried rice. At the risk of sounding repetitive, look to fried rice as a veggie “exit strategy,” using up a bunch of vegetables that you weren’t sure what to do with. Fried rice is essentially a stir fry that incorporates day-old rice (or quinoa, for something different). An easy and flavorful recipe is included in your *Tips & Tricks for CSA Members* booklet, which is easy to access through the [CSA Members Facebook Group](#) and the [Member Resources web page](#).

As a smoothie ingredient. Smoothie folks love their smoothies, and we love any means of consuming green veggies! Arugula adds a spicy kick to smoothies, kale offers just a touch of yummy bitter, and spinach is all about the sweetness. Consider combining a mix of greens with just enough water to blend them together and freezing them in ice cube trays for grab-and-go smoothie ingredients. Elmwood Stock Farm’s veggie powder and microgreens powder are smoothie boosters, too.

On a pizza. How about a bacon, egg and arugula pizza? Seriously! Let your greens lead you in the direction of your creative-pizza-topping dreams. Sautéed kale, collards and Swiss chard are excellent toppings—think about a green garlic, kale and ricotta white pizza!—and can be piled on to your heart’s content.

In a salad. We saved the most obvious for last. The abundance of greens makes salad eating easy this time of year: spinach, baby kale, lettuce and salad mix, and mizuna are made for this. Make a green garlic and fresh-herb dressing, top your salad with microgreens, radishes (roasted or raw), hakurei turnips and shaved asparagus. Make it a full meal with a chopped hardboiled egg, grilled chicken breast or steak, or your favorite beans.

This is a lot of thinking about eating greens, but certainly we’ve missed a few ideas. Head over to the CSA Members Facebook Group to tell us how you’ve been eating your greens or to ask us your greens-eating questions! (Join the CSA Members Facebook Group, if you’re not already a member, by emailing elmwoodorders@gmail.com or visiting Facebook.com/Groups/ElmwoodStockFarmCSA.)

Recipes

Creamy Tortellini Soup

Adapted from Dude That Cookz

You can omit the sausage and use veggie stock instead of chicken stock for a vegetarian variation on this weeknight meal.

1 lb. Italian beef sausage, removed from casings	1 bag spinach, kale or mizuna
4 T. butter	4 c. chicken stock
2 green garlic stalks, minced	1 c. heavy whipping cream
2 T. all-purpose flour	1 tsp. pepper
1 yellow onion, diced	1/2 tsp. salt
1 T. tomato paste	1/4 tsp. red pepper flakes
14 oz. marinara sauce (new item in Add-Ons!)	10 oz. tortellini pasta

In a large skillet, brown sausage. Remove from skillet.

Add butter, green garlic and flour, stirring until they slightly bind. Add onions, and cook until translucent. Add tomato paste and marinara, stirring until it begins to come together. Add greens, chicken stock, heavy whipping cream and seasonings. Bring to a boil. Add tortellini pasta and cooked sausage into the pot, and cover, cooking at medium heat for 15 minutes or until the pasta is cooked.

Garlic Roasted Radishes or Turnips

Adapted from The Real Food Dieticians

1 bunch radishes or hakurei turnips (or both)	1/2 tsp. salt
1 T. melted ghee or coconut oil	1/8 tsp. pepper
2 T. chopped fresh herbs	2 green garlic stalks, minced

Remove greens from roots. Halve or quarter roots.

Preheat oven to 425 degrees F. In a bowl, combine roots, ghee or oil, 1 tablespoon of the herbs, salt and pepper; toss to coat.

Spread roots in a single layer on a baking sheet. Roast for 10 minutes, add green garlic, and combine. Roast another 10 to 15 minutes, until roots are golden and tender.

Sprinkle with remaining 1 tablespoon of fresh herbs. If desired, serve with a dressing or hummus for dipping.