



CSA News

May 31-June 6, 2021

CSA Week 4

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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.
- Leafy greens, such as kale, baby kale, spinach, mizuna, Swiss chard and lettuce mix: Store in your fridge in the perforated plastic bags they came in.
- Lettuce heads: Store in your fridge in a plastic bag—perforated, if possible.
- Salad radishes and hakurei turnips: Remove roots from the greens. Store roots separate from the greens in plastic bags in the fridge. Use the greens as you would any leafy cooking greens.
- Microgreens, Pea Shoots and Sunflower Shoots: Keep microgreens in the fridge in their plastic clamshell container. Do not wash until you're ready to use them. Eat microgreens as a topping for salads, sandwiches and egg dishes.
- 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. Snap off the bottom of the spear for cooking.

Details, Details: Farm Credit vs. Account Balance

As you learn to navigate the workings of your customizable CSA here at the beginning of the season, you may be wondering about the difference between your Farm Credit and your Account Balance—both shown at the top of your screen when you're logged in to your online CSA account. In short, you'll notice your Farm Credit adjust as you remove and add veggies and your Account Balance update when you add meats, eggs, pantry items or veggies that exceed your weekly share value. Keep reading to understand how to use each.

Farm Credit

When you [log in](#), at the top of your screen, you'll see Farm Credit as a positive balance. When you cancel an order or remove an item from your share online, or if an item was refunded by the farm, the value of those items were added to your Farm Credit.

Your Farm Credit can be spent right away on other farm veggies, or you can save up to \$60 of Farm Credit to carry forward from week to week. Farm Credit can be spent on other farm veggies only and not on meats or eggs.

All Farm Credit must be spent by the end of the Summer CSA Season. Unused Farm Credit will go toward CSA shares that the farm donates to families experiencing food insecurity. Farm Credit will not be issued as a refund at the end of the season.

Account Balance

The value of the meats and eggs that you add to your share, as well as the value of the extra veggies and pantry items you select, is put on your Account Balance, showing a deficit. Stock up on eggs, try a cut of meat you've been thinking about, or fill your share with pantry items, and you'll see those purchases reflected here.

If your Account Balance shows a positive number, you have credit with the farm. This may be the case if you have a Choose My Own meat share or if you prepaid into your Account Balance to spend throughout the season.

If you anticipate that you will be adding on extra items every week, we suggest preloading your Account Balance. This will allow you to buy down from the prepaid balance each week. You can continue to add additional funds to your Account Balance throughout the season when your balance gets low.

When your Account Balance shows a negative number, this is money you owe the farm. You are welcome to prepay on your Account Balance

in preparation for future charges, and full payment is due when you accrue -\$100 in charges. Please also plan to make payment in full on any negative Account Balance by the end of the season.

You can pay for your Account Balance using the PayPal button next to your account total (you don't need PayPal, just a credit card), by credit card over the phone or by check via mail. You can also drop off cash or a check to the farm or to our booth at the Lexington Farmers Market on Saturdays or the Hyde Park Farmers Market on Sundays. Be sure to let our staff know what your payment is for!

Any positive Account Balance must be spent by the end of the Summer CSA Season. Unused Account Balance credit will go toward CSA shares that the farm donates to families experiencing food insecurity. A positive Account Balance will not be issued as a refund at the end of the season.

We realize the details of how to use your customizable CSA account are perhaps not as straightforward or interesting as the details of how to use the veggies you receive in your share! Still, having the Account Balance option does allow you to easily add farm products to your weekly bag. If you have any questions about your Farm Credit or Account Balance, please contact us at 859-621-0755 or elmwoodorders@gmail.com so we can help you.

LAST CALL FOR THE JUNE 12 FARM TOUR!

Visit the farm for a 2-hour walking tour with farmer Mac Stone on **Saturday, June 12, at 9 am**. As a CSA shareholder, your tickets are free! Find info at <https://elmwoodstockfarm.com/farmtours/> and email elmwoodorders@gmail.com to reserve your spot. If you can't make it to this one, we're planning farm tours every second Saturday through October!

SALADS THAT SATISFY COOKING DEMO

Join Kentucky Farm Share Coalition and UK's The Food Connection on Zoom for a live cooking demo on **Thursday, June 10, 12-12:45 pm**. Chef Tanya (we love her!) will offer easy tips and show you how to create scrumptious and satisfying salads, including your own vinaigrette. It's free! Just register ahead of time. We'll put the link in the CSA Member Facebook Group, or visit the Organic Association of Kentucky website, <https://www.oak-ky.org/consumer-events>.

Recipes

Hakurei Turnip, Radish & Greens Salad

Adapted from Brooklyn Kitchen

3 T. olive oil	1 bunch hakurei turnips
salt & pepper, to taste	1 bunch small radishes
2 T. fresh squeezed lemon juice	1 bag mizuna, lettuce mix or spinach
1 T. butter or sunflower oil	1 green garlic stalk, minced
3 large shallots, thinly sliced	

Whisk olive oil and pinch of salt into lemon juice, until mixture gets creamy and emulsified. Set dressing aside.

Heat a medium-sized skillet over medium. Melt butter or sunflower oil, and add shallots. Cook 2 minutes, stirring a bit. Turn heat to low, and cook 20 minutes more, stirring occasionally.

Remove turnip and radish greens, and save for another purpose. Slice turnips and radishes very thin. Toss with a pinch of salt and 2 tablespoons of the dressing. Set aside.

In a bowl, toss salad greens with enough dressing to lightly coat. Add all veggies. Finish with a pinch of salt and pepper.

One Pot Mushroom and Greens Pasta

Adapted from How Sweet Eats

1 bag Swiss chard or mizuna	8 oz. spiral pasta
6 T. unsalted butter	3½ c. veggie or chicken stock
12 oz. mixed mushrooms, sliced	1/2 tsp. salt
4 garlic cloves or green garlic stalks, minced	1/2 tsp. pepper
	1/2 c. grated parmesan cheese

Remove greens from stems, and chop greens.

Heat a large pot over medium. Add 4 tablespoons butter. Whisk until it begins to bubble, and cook for about 5 minutes, just until brown bits appear on the bottom of the skillet. The minute the brown bits appear, turn off the heat and pour the brown butter into a bowl.

Add remaining butter to the skillet over medium-low heat. Stir in mushrooms and garlic, cooking until mushrooms soften, about 6 to 8 minutes. Add pasta, greens, stock, salt and pepper. Bring to a boil, and cook for 8 to 10 minutes, stirring. Once the noodles have absorbed the liquid, remove from heat. Stir in parmesan cheese and reserved brown butter.