



CSA News

June 14-20, 2021

CSA Week 6

Volume 18, No. 18



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

Farm Share Storage & Use Tips:

- In general, store vegetables and eggs in the fridge and meats and cornmeal in the freezer, unless otherwise noted.
- Asparagus: Stand up spears in a jar with about 1 inch of water, like a bouquet of flowers. Snap off less tender bottoms when cooking.
- Broccoli: Refrigerate immediately, wrapped loosely in a plastic bag in the vegetable bin. It's best used within a few days.
- Garlic scapes: Garlic scapes are the flower stalks we snap off garlic plants in the spring. Store them unwashed in a loosely wrapped plastic bag in the refrigerator for up to two weeks.
- Kohlrabi: Separate greens from bulb, and store in a perforated plastic bag for several weeks.
- Leafy greens: Store in your fridge in perforated plastic bags.
- Microgreens: Keep microgreens in the fridge in their plastic clamshell container. Wash when you're ready to use them.
- Sugar Snap Peas: Use as soon as possible, within 4 to 5 days of receiving. Refrigerate peas in their bag in the crisper drawer.
- Raspberries: It's just the beginning of this crop. Everyone will have the opportunity to select raspberries at some point! They are the most delicate of the berries—refrigerate or eat right away.

Protein Primer: How to Add Meat to Your Share

Vegetables command most of our attention with CSA shareholders, as they should, since they nourish our bodies on a daily basis. We are getting more questions about the meats available to you as you realize that if the veggies are this good, the meats might be, too.

Let's look at how to have the best organic, pasture-raised meat in the world delivered to you alongside your vegetables each week.

Get to Know Your Meat

The organic and pasture-raised meats you can add to your Elmwood Stock Farm CSA Farm Share are not available from any other outlets, and the meats you find in a grocery store cannot compare.

Grass-fed and -finished, certified organic, locally grown, USDA Choice, dry-aged, Angus-Wagyu beef: There are a lot of descriptors tacked on to what is some of the most tender, flavorful, all-natural beef you'll find. Grass-fed and -finished beef is associated with heart health and regenerative farm health. The certified organic label has a verifiable animal welfare component and means the beef is produced drug-free. Locally grown meats have a low carbon footprint. The USDA Choice grade validates plenty of marbling for flavor and tenderness. Dry-aged beef hangs in the cooler so natural enzymes tenderize the meat. Angus are cattle known for meat quality, and our more recent Wagyu cross adds to the flavor and tenderness of the meat. You have first access to all traditional beef cuts, with lots of ground beef and sausage options.

Organic, pasture-raised chicken: Birds live outdoors, catching bugs and eating clover, breathing fresh air, and eating grains grown without pesticides or GMOs. The flavor and texture exemplifies the quality of their lifestyle. Chicken cuts are available to CSA members first.

Organic, pasture-raised heritage breed and broad breasted turkey: Your CSA membership offers access to both types of turkey raised at Elmwood Stock Farm: broad breasted and heritage. Both types are available whole for the holidays. Year-round, you'll find cuts and our breast-and-thigh-meat ground turkey.

Organic, pasture-raised, Berkshire-cross pork: The pigs are raised to be able to express their natural behaviors and raise their litters out in the open. Their rooting and foraging are supplemented with all-organic grains, enhancing the savory flavor of the pork. You'll see traditional pork cuts, as well as breakfast sausages and grilling links in the store.

Organic, grass-fed and -finished lamb: Like the beef, the lamb is regeneratively raised, receiving simply grass, water and salt—in that

order. Lamb is in limited supply, and CSA members have first dibs on all cuts, including chops, legs and ground options.

How to Cook Your Meat

We have devised plenty of options to keep our meals simple. Try some of our favorites:

Put frozen chicken legs or thighs in a glass baking dish with a little water and spices, salt and pepper. Cover and bake at 300 degrees F for two and a half or three hours. Check to see how much the meat is pulling off the bone, add some new Elmwood Stock Farm BBQ Sauce, and put it back in the oven until falling off the bone tender. Hold at 150 degrees F until it's time to eat.

Put a Boston butt pork roast, a couple of turkey legs or a beef roast in a glass baking dish. Season as desired, cover and cook for hours at 275 to 300 degrees F until tender. You can eat on it all week; it's easily reheated while you prep your salad and steam your kale.

When grilling steaks or pork or lamb chops, try not to boast too much and let your guests recognize something is different. Let the fat and flavor jump out, and then when asked, acknowledge the wholesome, hand-crafted nature of the product. You will quickly discover our meat has plenty of (good) fat, behaving on the grill as you would expect.

Place packs of ground beef/chuck/round/sirloin/pork/turkey in the fridge the night before or thaw rapidly in COLD water while you unpack from work and tend to your pets. The meat will be ready to brown in a skillet or to form into patties for the grill that you started when you got home. The frozen 1/3-pound beef or pork patties thaw as you grill or pan-fry them. Now that is truly fast food.

Pick Up Meat With Your Veggies

When you log in to your account each week, check out the meat offerings. As CSA shareholders, you are first to have access to the specialty items and to the standbys in high demand. When added to your share, charges for these items are reflected in your Account Balance. (Read more about that in your [Week 4 CSA newsletter](#).)

When you pick up your share that week, you'll find your meat order in a labeled, insulated bubble bag that will keep it food safe until you get home. This will be a separate bag from your veggies, so be sure to take both bags with you!

Whether your motivation is taste, a healthful lifestyle or supporting sustainably raised and local meats, I would argue that you, as an Elmwood Stock Farm CSA member, have access to the best meats in the world, delivered directly to you. —Mac Stone

Recipes

Mizuna & Snap Pea Salad with Peanuts

Adapted from Healthy Seasonal Recipes

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| 1 bag mizuna, cut into large bite-sized pieces | 3 T. white vinegar |
| 4 garlic scapes, diced | 1 T. soy sauce, aminos or tamari |
| 1 pint sugar snap peas, strings removed | 1 tsp. sugar |
| 1/4 c. salted peanuts | pepper, to taste |
| 1/4 c. peanut oil | pinch salt |

Combine mizuna, scapes, sugar snap peas and peanuts in a large salad bowl. Combine peanut oil, vinegar, soy sauce, sugar, pepper and salt in a jar; cover and shake to combine. Pour over the greens and toss to coat. Serve immediately alongside grilled meats.

Slow Cooker Creamy Chicken, Broccoli & Rice Casserole

Adapted from Fit Men Cook

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| 1 T. olive oil | 1 lb. boneless chicken breast, cut into 1" pieces |
| 2 garlic scapes, minced | 1/2 c. plain Greek yogurt |
| 1/2 red onion, diced | 2/3 c. Monterey jack, cheddar, parmesan or cheese blend |
| 1 c. uncooked short-grain rice | 1 bunch broccoli, chopped |
| 2 tsp. diced mixed fresh herbs | |
| 3 1/2 c. chicken broth | |

In a pan over medium heat on the stove, add olive oil, garlic and onion. Sauté and stir for 3 to 5 minutes, until onions are soft. Transfer to slow cooker.

Add uncooked brown rice and fresh herbs to slow cooker. Mix so every grain of rice is covered in the seasoning. Pour in chicken broth followed by chicken breasts. Stir and cover. Cook on high heat for 3 to 5 hours.

When there's about an hour left of cooking, stir and add Greek yogurt and cheese. Mix until creamy.

Place raw broccoli on top but do not mix. Cover and cook for remaining time. Season to taste with sea salt & pepper. If you need to add more liquid, add chicken broth 1 tablespoon at a time, until you reach desired consistency.