



CSA News

June 28-July 4, 2021

CSA Week 8

Volume 18, No. 20



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

Farm Share Storage & Use Tips:

- Beets, carrots, salad radishes, hakurei turnips: Remove greens from root veggies. Keep the greens unwashed and refrigerated in a separate plastic bag. Store the roots, unwashed, in a plastic bag in the crisper bin of your refrigerator. The roots will last longer than the greens.
- Broccoli: Refrigerate immediately, wrapped loosely in a plastic bag in the vegetable bin. It's best used within a few days.
- Edible flowers: Store in fridge in their clamshell container or air-filled bag. The flowers are fragile, so use as soon as possible.
- Fennel, kohlrabi: Separate the stems from the bulb, and store each in plastic bags in the fridge.
- Fresh Garlic: Just harvested, this garlic is not cured, so refrigerate it until use, and use within a week.
- Leafy greens, bok choy, tatsoi: 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.
- Raspberries: Refrigerate or eat right away.
- Zucchini & summer squash: Store unwashed in a perforated plastic bag in your fridge's vegetable bin.

Find Your Food Community Online

Roasted root vegetables with mild Italian grass-fed beef sausage. Snap peas, garlic, spinach and bok choy over angel hair pasta with Parmesan cheese. Swiss chard casserole with shiitake mushrooms.

These are not items from a farm-to-table restaurant; they're dishes fellow CSA members have shared photos of and stories about on your [members-only Facebook Group](#). Like visiting the grocery store, spending time on the Elmwood Stock Farm CSA Members Facebook Group is not the thing to do when you're hungry. Even if you just ate, you'll be hungry again after browsing everyone's photos and recipes.

The plus side to this, of course, is that there is so much CSA-menu inspiration to be had on the CSA Members Facebook Group!

One member asked what to do with her fennel fronds, and she was answered with six delicious ideas. Another posted a video of her kimchi bubbling like crazy—fermentation action we haven't been able to achieve in our own fermented foods, for sure. And then there are stories from folks about how they have changed their eating habits as a result of the CSA, like the member who finally likes eggs, having tasted actual pasture-raised, organic Elmwood Stock Farm eggs!

Oh, yeah, and there are giveaways! Various CSA members have received hats and a T-shirt so far, and more giveaways are to come.

We've learned about meal planning, favorite cookbooks, favorite ways to eat sugar snap peas (you already know the most popular answer was some variation of "directly from the bag"), creative ways to use zucchini, and more. Sometimes we even sneak in insider info, such as last-minute additions to veggie options or other share details. Each day on the CSA Member Facebook Group is something completely new, which makes it easy to stay engaged.

Each week, we post Nutrition Notes on some of the veggies you're seeing then. Veggies are obviously good for you, but reading about just how good they are, and in what ways, drives home the idea.

Talk so far has been heavy on the greens and garlic, as those have been plentiful. As we shift toward summer veggies in your CSA shares, expect ideas for zucchini and summer squash, tomatoes and cucumbers that are soon to come, and the eggplant and potatoes that we hope will follow. This conversation is evolving with the growing season!

We've also introduced members of the Elmwood Stock Farm team who make it possible for you to receive your veggies, meats and eggs each week, and we plan to continue rolling out introductions throughout the season. There are some behind-the-scenes photos and videos, too.

We started this CSA member perk to communicate with you all and connect you with one another on your seasonal-eating journey. We've each been part of other Facebook Groups, ranging from farming to food to other interests, but we had to wonder: Will our CSA members like a group just for them? Y'all appear to be having fun, and we are, too!

Find the CSA Member Facebook Group from the link on the [CSA Member Resources Page](#) (ElmwoodStockFarm.com/csa-member-resources), and join us for the food chat and good times!

Bonus Recipe, from the CSA Members Facebook Group:

Thank you to CSA member Jan for sharing this recipe for **Creamy Turnip Soup**, adapted from Eating Well.

2 T. olive oil	4 c. chicken or veggie stock
1 T. butter	greens from turnips or 1 bag
1 medium onion, sliced	cooking greens, chopped
1 bunch turnips, sliced	1/4 c. shredded carrot
1/2 tsp. dried rosemary	2 T. thinly sliced green garlic
1/2 tsp. salt, plus a pinch	2 tsp. white-wine vinegar
1/4 tsp. pepper, plus a pinch	

Heat 1 tablespoon oil and butter in a large saucepan over medium heat. Add onion and cook, stirring, until beginning to brown, about 5 minutes. Add turnips, rosemary, 1/2 teaspoon salt and 1/4 teaspoon pepper, and stir. Cover and cook, stirring once or twice, for 10 minutes. Add broth, increase heat to high, and bring to a boil. Reduce heat to maintain a simmer, cover and cook until turnips are tender, 10 to 12 minutes more.

Toss greens in a medium bowl with carrot, green garlic, vinegar, the remaining 1 tablespoon oil, and pinch of salt and pepper.

Purée soup using an immersion blender, blender or food processor.

Serve each portion of soup topped with 1/4 cup of the salad.

FRITTER FUN COOKING DEMO: JULY 8 AT NOON

Join Kentucky Farm Share Coalition and UK's The Food Connection on Zoom for a free, live cooking demonstration. Chef Tanya will lead you through creating fabulous fritters from all vegetables in your CSA share. We love fritters as an easy way to pack more veggies into breakfast, lunch and dinner meals! Register at the link in the [CSA Member Facebook Group](#), or visit the Organic Association of Kentucky website, <https://www.oak-ky.org/consumer-events>.

Recipes

Roasted Fresh Garlic

This first fresh garlic of the year is the most delicious, and while you can use it as you would cured garlic in your cooking, we encourage you to do something special with it to bring out its singularly fresh garlic flavor. We share a cooking suggestion like this nearly every year because we love roasted fresh garlic *that much*.

Cut off the very top of the garlic bulb so the tops of the cloves are exposed. Place in an aluminum foil packet. Drizzle the bulb with olive oil, and sprinkle it with salt or whatever seasonings you like. Close up the packet, and roast in a 375-degree-F oven for about 45 minutes.

The garlic cloves will become soft and caramelized. You can easily squeeze them out of their skins and then spread them on crusty artisan bread or over grilled chicken breast, mix them into hummus or plain yogurt for a veggie dip, or pop them directly into your mouth.

Moroccan Carrot Salad

Adapted from Epicurious

This Elmwood Stock Farm-tested recipe is a great make-ahead picnic dish. Make it as spicy or mild as you'd like by adjusting the amount of cayenne pepper and garlic.

1 bunch carrots	1 tsp. ground cumin
1/4 c. olive oil	1/2 tsp. ground cinnamon
3 T. lime juice	2 tsp. paprika
1/4 c. chopped fresh parsley	several shakes of salt
or carrot tops	shake of cayenne pepper
2 cloves fresh garlic, minced	

Use a box grater or the grater attachment for your food processor to coarsely grate the carrots.

Combine all ingredients a day ahead of serving, and refrigerate.

Find more of our favorite seasonal recipes on Pinterest:

[Pinterest.com/ElmwoodStockFarm](https://www.pinterest.com/ElmwoodStockFarm/). Also, visit the CSA Member Facebook Group to see what fellow CSA members are making and to share your own recipes and photos:

[Facebook.com/groups/ElmwoodStockFarmCSA](https://www.facebook.com/groups/ElmwoodStockFarmCSA).