



CSA News

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CSA Week 13

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

Farm Share Storage & Use Tips:

- Berries: These are delicate! Eat or refrigerate right away.
- Carrots, beets, hakurei turnips: Remove greens from root veggies. Store each separately in plastic bags in the fridge.
- Eggplant, peppers, zucchini and summer squash: Store unwashed in a perforated plastic bag in your fridge's vegetable bin.
- Leafy greens and cabbage: Store in your fridge in perforated plastic bags.
- Leeks and green onions: Wrap in a slightly damp paper towel inside a plastic bag; it doesn't need to be sealed airtight.
- Potatoes: These are new potatoes, dug fresh and meant to be refrigerated.
- Spaghetti Squash: The first of the fall squash are here! Keep these at room temperature, never in the fridge.
- Tomatoes: Store tomatoes at room temperature, not in the fridge. Ripen in a paper bag. You may receive tomatoes at varying degrees of ripeness so you can enjoy them throughout the week.

What do you know about food waste?

I heard a snippet on NPR saying the amount of wasted food in this country, if it were itself considered a country, would be third behind China and the US in its contribution to global greenhouse gas emissions. The economists considered the energy that goes into growing, packaging, transportation and retailization of this food, plus the methane gas that's generated by the wasted product in the landfill. Third in the world. That would be ahead of India or Russia, even.

Here is another example of how your CSA shareholder relationship works, by encouraging us all to not waste food. Add this to the farm's low-input regenerative production system and efficient ordering and delivery mechanism, and there's a one-two-three-punch exemplification of good behavior. You are doing your part—maybe more than any of us realized.

Good Behavior Starts at Home

To be sure, most everything the Elmwood Stock Farm team eats would be considered “seconds”—produce that is blemished in some way, not to be sent out in CSA Farm Shares or to other customers, but still with lots of good in it. As the guys on our team wash and prep produce for your shares each day, the seconds go into the small cooler for Chef Alex, our farm chef, to cook lunch for the crew every day. At the end of the day, this spot in the small cooler is also where the staff rummages around to decide what's for dinner. It feels a little like date night if I grab a premium product deemed worthy for market on the way out of the barn at night.

Putting Food By

Even those jars of veggie and garlic powders are another way we try to avoid wasting food. We know how much blood, sweat and tears went into getting the produce that far, and surely we would hate to see it go to waste, so we gave it a new life as a shelf-stable add-on offering.

In the [CSA Members Facebook Group](#) (have you joined yet?) and sometimes in these newsletters, you'll find storage and preservation tips for when you end up with extra. Remember, your grandparents that lived through the Depression are looking down on you too. I remember my dad telling me about when he was stationed in the South Pacific, they had to take turns peeling potatoes, and the sergeant would weigh the peelings to make sure the peelers were not cutting too deep.

We just this week have the first big flush of extra tomatoes of the season, looking for a home. It is time for you to order your 10-pound boxes for freezing or canning. Yes, this is still a thing. We're not giving you much notice here, but Mother Nature did not give us much notice, either. The cooler-than-usual early summer shifted to hot and humid real quick, telling the tomato plants it is time to get in the game. Just think, certified organic local tomatoes from Elmwood Stock Farm when the snow is falling. I would love a jar as a gift for Christmas—my grandmother always gave me one.

Order What You Love

The current electronic nature of the CSA Farm Share model is designed to minimize food waste. Each week, you pick and choose from the seasonal offerings what you want to eat, plan out your menu, retrieve your food in one or two neatly packed bags, and proceed to eat it all. Not only does it come to you in portion sizes of your choosing, but it was still attached to the ground a day or two before you received it, raised in rich soil, chock-full of nutrients with embedded microbiome, all of which brings amazing flavors that make you want to eat it. Even less energy is needed to prepare it because the food speaks for itself.

When you log in to your CSA account each week online, the first screen you see is the farmers choice of a weekly share. These items are chosen because we have enough to go around. The other items are often in limited supply, but we hope many of you will swap them in— or better yet, add them on—to your share. In this way we are able to harvest the entire crop, as we hate to waste food. I'm intending to cut the good out of those gnarly, scarred-up, funky-shaped heirloom tomatoes two or three times a day for the foreseeable future. After that, they will be gone until next year.

Send Scraps to the Compost

I'm not sure what those big processing plants do with the trimmings and peelings and such, but I doubt they have Berkshire hogs that squeal when they hear the truck coming or a compost heap that eventually ends up back on a field to feed the microbes that feed us. The pigs do release gases every now and then, but nothing like the methane generated in a landfill.

I hope you have a little bucket under your sink for veggie scraps as you fix dinner, to feed your own compost bin. Home gardeners and raised bedders can just add them to a section that is about to be turned under or as mulch along the plant rows.

We will do our part. Thank you for doing your part for the preservation of the planet. —*Mac Stone*

Recipes

Tomato Tart

Adapted from Grandbaby Cakes

Using a store-bought puff pastry makes this summery recipe a breeze.

4 heirloom tomatoes or 2 c. cherry tomatoes	1 frozen puff pastry sheet, thawed
2 T. balsamic vinegar	1 c. shredded sharp white cheddar cheese
1 T. olive oil	1/2 c. shredded havarti or gouda cheese
2 garlic cloves, minced	1 egg, beaten
2 T. chopped fresh herbs	shaved parmesan cheese
1 tsp. hot honey, plus more for serving	
salt & pepper	

Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.

Core and slice heirloom tomatoes.

In a large bowl, combine tomatoes, balsamic, olive oil, garlic, hot honey, and 1 tablespoon of herbs. Season with salt and pepper.

Lay the puff pastry sheet on a clean, lightly floured surface. Using a rolling pin, gently roll out the sheet to stretch slightly. Move the pastry sheet onto the parchment paper-lined pan.

Sprinkle shredded cheddar and havarti (or gouda) over the surface of the pastry sheet, leaving about a 1/2 inch of space around the border. Layer tomatoes on top of the cheese, pressing in slightly to adhere.

Fold edges of the pastry inward to enclose the tomatoes. Brush edges with egg.

Transfer to the oven, and bake for 18 to 23 minutes, or until the pastry is golden brown and the tomatoes burst.

Top with remaining tablespoon of herbs, shaved parmesan, a heavy drizzle of hot honey and black pepper.

FREE VIRTUAL COOKING DEMO: AUG. 12, 12 PM

Join Kentucky Farm Share Coalition and UK's The Food Connection on Zoom for the Garnish That Dish live cooking demonstration. Learn easy ways to stretch your CSA share with relishes, garnishes, pickles, sauces and more. Register at the link in the [CSA Member Facebook Group](#), or visit the Organic Association of Kentucky at www.oak-ky.org/consumer-events.