



CSA News

August 23-29, 2021

CSA Week 16

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Farm Share Storage & Use Tips:

- See the article inside for fall veggie storage tips!
- Eggplant, peppers, zucchini and summer squash: Store unwashed in a perforated plastic bag in your fridge's vegetable bin.
- Leeks and green onions: Wrap in a slightly damp paper towel inside a plastic bag; it doesn't need to be sealed airtight.
- Microgreens: Keep microgreens in the fridge in their plastic container. Do not wash until you're ready to use them.
- Onions: Cippolini are specialty Italian onions. Candy are sweet yellow. Also find red, yellow and white. Onions are cured, so store on the countertop or pantry.
- Potatoes: These are new potatoes, dug fresh and meant to be refrigerated.
- Tomatoes: There's still time for canning! Store tomatoes at room temperature. Ripen in a paper bag. You may receive tomatoes at varying degrees of ripeness.

JOIN US ON A FARM TOUR, SEPTEMBER 11, 9-11 AM

Learn about where your food comes from. It's free for CSA members! Registration is required to limit the group size.

Find details at elmwoodstockfarm.com/farmtours, and let us know you're coming at the email or telephone number below.

Store Your Fall CSA Veggies Right

With 90 degrees in the forecast, why are we talking about fall foods? Believe it or not, the calendar is turning to September, and fall foods are starting to come in!

Hold on to this newsletter to keep your CSA items at their freshest. Here are some vegetables we expect to see coming up:

Celery

You'll receive your celery in a bunch—not in heads as in the grocery store. Recut and stand the stalks in a jar of water in the fridge.

Ginger and Turmeric

These tropical rhizomes require a growing season longer than Kentucky's, so your CSA features "baby" ginger and turmeric instead. These do not have brown skin like the mature ginger and turmeric that you find in the grocery store, so there's no need to peel them. Use these as you would mature ginger or turmeric.

Keep in a closed container in the refrigerator for up to two weeks.

Brussels Sprouts

These mini-cabbage-looking vegetables grow on stalks that reach up to 20 inches high, and you'll receive them by the pint in a plastic bag.

Store them unwashed in their bag in the veggie bin for 1 to 2 days. The flavor is sweetest right after harvest. To prepare, remove blemished outermost leaves, if you find any, and pare off the bottom part of the sprout stem so it's even with the leaves.

Fall Squash

Fall squash is harvested in late summer and early fall and stored into winter. You currently have spaghetti squash as a share option and will see others as they're harvested in the coming weeks:

- Acorn squash: Dark green with ribs, shaped like an acorn. Pale-orange or deep yellow flesh. Best for savory recipes.
- Butternut squash: Tan skin; shaped like a peanut. Sweet, dense orange flesh for sweet and savory dishes. Excellent in storage.
- Delicata squash: Small and oblong with yellow and green coloring. More delicate, with edible skin. Doesn't store as long.
- Honeynut squash: Smaller than but most similar to butternut. Very sweet, nutty flavor.
- Kabocha squash: Several types ranging in color and flavor, primarily for soup and curry.
- Spaghetti squash: Pale-yellow flesh that forms spaghetti-like threads when cooked. Stores well.

Store in a cool, dry, dark place. Do not refrigerate whole squash. Once cut, wrap them in plastic and store in the refrigerator for up to a week.

Sweet Potatoes

Sweet potatoes are a staple of seasonal eating. The orange sweet potatoes are sweet and starchy, just as you'd expect. The white ones are a Japanese variety that are more starchy, slightly less sweet.

Store sweet potatoes at room temperature. Refrigeration will cause them to harden and turn black when you cook them!

Leafy Greens

You've had the option of leafy greens throughout the whole Summer CSA, though they become more prolific as the weather cools. Arugula, collard greens, kale, baby kale, mizuna, spinach, lettuces, salad mix, mustard greens and Swiss chard may make appearances in this final month of the Summer CSA and more so in the Fall CSA.

Store leafy greens in the fridge inside a perforated plastic bag. If you chop and wash ahead of time, spin the leaves dry before placing them back in the bag with a paper towel.

Root Vegetables

Falling into this category are many of the items you've had this summer—hakurei turnips, salad radishes, beets and carrots—as well as some that are specific to the fall—watermelon radish, black radish and daikon radish. You may also see other varieties.

If root vegetables still have greens attached, cut them off and refrigerate in a perforated plastic bag. Store roots, unwashed, in a plastic bag in the crisper bin of your fridge.

Broccoli

Broccoli is delicate. Refrigerate it immediately, wrapped loosely in a plastic bag, in the vegetable bin. It keeps for over a week but is firmest and tastiest if used within a few days.

Cabbage

Napa and green cabbage are the most common varieties you'll. These have remarkable storage capacity. Keep dry, unwashed cabbage in the vegetable bin of the refrigerator. If the outer leaves lose their firmness, remove and discard those. Once cut, wrap in a sealed plastic bag and continue to refrigerate; it should keep for several weeks more. This is not a complete list of what you'll find in your CSA share coming up, as many summer vegetables will stick around until the first frost. Refer back to your CSA Week 10 newsletter (find it at elmwoodstockfarm.com/csa-member-resources) for summer veggie storage tips, and read the front page of each newsletter for tips specific to the items you may find that week.

Recipes

Thai-Inspired Summer Squash Soup

Adapted from 101 Cookbooks

2 T. coconut oil or butter

1 c. sliced onion

salt

1-2 T. green curry paste

1 can coconut milk (full fat)

2 lb. zucchini or summer

squash, chopped

1 c. chicken broth or water

juice of one lime

cooked brown rice

Heat oil or butter in a large saucepan over medium-high heat. Stir in onion and 2 generous pinches of salt, and sauté until soft. Stir in green curry paste and a dollop of cream from the coconut milk. Stir well, and sauté for another minute or so, until fragrant. Stir in squash with another 2 pinches of salt, and sauté, until the squash is tender, 5 to 7 minutes. Add remaining coconut milk and broth or water. Let everything come to a simmer, and remove from heat.

Season with lime juice and salt, to taste. Serve over brown rice. Top with basil, toasted sunflower seeds or roasted cherry tomatoes.

Bruschetta with Balsamic Glaze

Adapted from Jessica in the Kitchen

1/2 c. balsamic vinegar

2 T. sugar

1½ tsp. salt, divided

1/2 tsp. pepper, divided

3 medium tomatoes or 1 pint
salad or cherry tomatoes

2 T. olive oil

1 loaf artisan bread

1 clove of garlic, half
chopped fresh herbs (basil,
sage, oregano)

In a pot over medium-high heat, combine balsamic vinegar, sugar, 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper, and stir. The glaze should begin to thicken in 5 minutes. You want it thick enough to stick to the back of a spoon but not to thicken into a glob. Watch carefully. Remove from heat.

Dice tomatoes into small cubes, and place in a bowl with olive oil, salt and pepper. Toss to coat, and set aside.

Slice bread. Toast for about 3 minutes. Rub freshly hot slices with cut sides of garlic.

Top with tomato mixture, then balsamic glaze and herbs. Serve immediately.