



CSA News

September 13-19, 2021

CSA Week 19

Volume 18, No. 31



Three weeks remaining in Summer CSA Farm Share!

Farm Share Storage & Use Tips:

- Beets, carrots and hakurei turnips: Store in a plastic bag in the fridge.
- Celery: Recut the ends and stand up in a jar of water in the fridge. It should keep for up to two weeks.
- Fresh herbs: Store in a jar of water like a bouquet in the fridge.
- Hot 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.
- Okra: Keep okra in a paper bag in the fridge. It will store for a week. A small bit of black streaking is normal. Wash and cut just before use.
- Onions: Candy onions are sweet yellow. Also find red, yellow and white. Store on the countertop or pantry.
- Pea Shoots & Sunflower Shoots: Keep in the fridge in their plastic container. Do not wash until ready to use.
- Potatoes: These are new potatoes, dug fresh and meant to be refrigerated.
- Tomatoes: Store tomatoes at room temperature. Ripen in a paper bag.

3 Weeks Remaining: Use Your Farm Credit

We are in the last three weeks of the Summer CSA Farm Share! This is your friendly reminder to use up your Farm Credit and settle up your Account Balance for the season.

When you [log in](#) to your online account, at the top of your screen, you'll see the Farm Credit as a positive balance and you'll also see the Account Balance. This newsletter explains how to use these balances/debits, and you may wish to read your [Week 4 CSA newsletter](#) and [CSA Handbook](#).

Farm Credit

Throughout the season, the value of veggies from any week's share that you carried over was added to your Farm Credit. So if you canceled an order, removed an item from your share online or had an item refunded, you saw your Farm Credit increase.

Farm Credit can be spent on other farm veggies and not on meats or eggs. How can you use your Farm Credit in the next few weeks?

- Get your tomatoes for freezing or canning. Tomatoes are winding down but still plentiful enough for putting by as salsa, sauce, diced tomatoes, whole tomatoes, bruschetta or juice.
- Fill your share with other favorite summer veggies that are easy to freeze, pickle, ferment and can: zucchini and summer squash, celery, Swiss chard and bok choy are good choices.
- Stock up on garlic, as these cured garlic heads will last in your pantry for weeks and months to come.
- Go for root veggies—carrots, beets, turnips, potatoes—which will keep in a plastic bag in your fridge for a long time.
- Collect herbs for drying so you can enjoy them in your cooking all year. Sage and oregano are simple to hang and dry, or try dehydrating basil in a warm oven.

Your unused Farm Credit is nonrefundable.

Account Balance

A positive number in your Account Balance is credit you have with the farm. This may be the case if you have a Choose My Own Meat Share or you prepaid into your Account Balance earlier in the season.

Your positive Account Balance can be spent on anything in your online CSA account. This includes meat, eggs, pantry items and Elmwood Stock Farm clothing. A positive Account Balance needs to be spent before the Summer CSA Season is finished. Stock up on eggs, try a cut

of meat you've been thinking about, or fill your share with pantry items (like BBQ sauce, catsup, salsa and microgreens powder!). Your unused Account Balance is nonrefundable.

A negative number in your Account Balance is the amount that you owe the farm. **Please settle up any remaining Account Balance owed at the close of the Summer CSA Season.** You can pay by credit card or check, or you can drop off cash to the farm or to our booth at the Lexington Farmers Market on Saturdays and Hyde Park Farmers Market on Sundays. (Be sure to let our staff know what your payment is for!)

Your Farm Credit and Account Balance must be spent before the close of the current CSA season, meaning the close of the *Summer* CSA Season, unless you continue with us for the Fall CSA Season. Your final delivery for the Summer CSA Season is the week of September 27. Any Farm Credit balance and remaining Account Balance not spent by CSA members leaving at the end of the Summer CSA Farm Share will be put toward the Pay It Forward CSA program, which provides CSA shares to families in the community who cannot regularly access fresh food.

If you find you are unable to spend your Farm Credit or Account Balance, or if you have any questions at all, please contact us right away at 859-621-0755 or elmwoodorders@gmail.com.

Fall CSA Farm Share

The Fall CSA Farm Share Season begins the week of October 4, and we hope you already have your Fall CSA shares secured. We're looking forward to the summer veggies as they taper off, lots of greens, root vegetables, more varieties of fall squash, several types of sweet potatoes and more!

Keep the good food coming by registering for your Fall CSA Farm Share at ElmwoodFarm.HappyCSA.com/Signup, if you haven't already!

PREORDER YOUR THANKSGIVING TURKEY!

Organic, pasture-raised heritage and broad breasted turkeys make holiday meals special. Visit ElmwoodStockFarm.com/Turkeys to learn more about how these animals are raised in our regenerative-agriculture system; to watch a short video about the turkeys; and to place your order for local delivery, on-farm or farmers market pickup, or nationwide shipping. Join the Fall CSA Farm Share, and we can even deliver your turkey with your share the week before Thanksgiving!

Recipes

Roasted Celery and Bleu Cheese

Adapted from Country Living

salt & pepper	2 c. apple juice
1 bunch celery	5 oz. blue cheese
2 T. olive oil	1/4 c. walnuts
5 T. honey	1/4 c. chopped celery leaves

Preheat oven to 450 degrees F. Bring a large pot of salted water to a boil. Submerge celery stalks in boiling water for 3 minutes. Drain and transfer to a baking pan.

Drizzle oil, then 3 tablespoons honey, over celery. Season with salt. Pour apple juice into pan, and roast until celery begins to brown, about 25 minutes.

Transfer celery to a platter. In a small bowl, mix blue cheese, walnuts and parsley. Season with pepper. Spoon over celery, drizzle with remaining honey, and serve.

Mexican Potato Soup

Adapted from Mexico in my Kitchen

3/4 lb. tomatoes	1 T. olive oil
1 1/4 lb. potatoes	1/3 c. diced white onion
1 small garlic clove	salt, to taste
5 c. chicken or veggie broth	

Place tomatoes on a hot skillet to roast. Turn tomatoes every few minutes. Roast for 8 to 10 minutes total.

Peel potatoes and cut longways into 1/2-inch-thick sticks.

Place tomatoes, garlic clove, and 1 1/2 cups of the broth in a blender or food processor. Process until smooth.

Heat oil in a large saucepan over medium heat. Add onion, and sauté for about 2 minutes, until it looks transparent. Pour sauce from the blender into the saucepan using a strainer. When boiling, add potatoes and remaining broth. Taste, and season with salt. Return to a boil, then reduce the heat and place the lid on the saucepan, leaving some space to release steam. Continue cooking for about 15 minutes. Check potatoes for doneness, and serve.