



CSA News

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CSA Week 18

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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. You may receive tomatoes at varying degrees of ripeness so you can enjoy them all week.

Eat Like Your Farmer: Fall CSA Edition

Last week, you received an email that signups for the Fall CSA are now open. This is your chance to keep the flow of fresh, wholesome, organic food coming for your family through the end of the year.

At Elmwood Stock Farm right now, we are sowing lettuce, spinach and cooking greens in an attempt to have them available well into winter—if not early spring. We regularly check on the sweet potatoes and fall squash in the fields. We tend to the intensive greens-production beds daily. At this point, I'm feeling pretty good about munching on these foods for the foreseeable future.

For all the work involved, being a farmer does have its perks, and eating wholesome, organic foods through winter is of them. The Elmwood Stock Farm Fall CSA Farm Share enables you to eat like your farmer, too, and [registration is now open](#) on the Elmwood Stock Farm website.

This year's Fall CSA will be distributed every week, rather than every-other week, as in years past. Your fall food is delivered for 10 weeks, starting the week of October 4 and skipping the week of Thanksgiving—meaning your fresh-food shopping is taken care of for the rest of the year.

Cool-Season Foods

When you think about it, summer veggies are only available about 90 to 100 days a year in Central Kentucky, between the time they ripen and our first frost. That leaves 250+ days where homegrown goodness means salads, fall squash and root crops are the hits. For about 220+/- of those days, the greens are in their prime, as cooler weather actually improves their taste and nutritive value.

Throughout the cool season, Ann and I eat salads almost every night: different toppings, different dressings. Sometimes lettuce, sometimes arugula, sometimes spinach, often a mix. Sometimes we whip up a kale salad to last all week.

What can be easier than baking sweet potatoes? We slather on some butter with a little salt and pepper, or roll our nearly famous sweet potato fingerlings in olive oil with salt, pepper and Elmwood Stock Farm's garlic powder until tender, then eat them like French fries with the farm's ketchup or BBQ sauce.

On the meat side, we take advantage of fall grilling weather by keeping our custom-recipe sausages in the freezer, and for sure some ground beef for burgers, chili, spaghetti, lasagna, taco salad, meatloaf, sloppy joes ... You get the point, and slow-cooker season is fast approaching for Boston butt pork roast, country-style pork ribs, beef chuck or shoulder roast, lamb sirloin chops ... And again, you get the idea.

Think about the cooking habits you have landed on, and let us continue to send you awesome, fresh, organic vegetables, meats and eggs to complement those.

You will continue to customize your CSA Farm Share in your online account. Pick and choose what you like, add on additional meats or a pantry item, and have it all show up a few days later. And when you travel or need a break, you still have the option of pausing your share for a week and carrying over the balance.

Short of CSA membership, the [online store](#) we developed new last year continues to be stocked with wholesome, organic produce, meats and eggs; yet, CSA Farm Share members always get first choice of everything the farm produces.

As we're planning to provide for all of our Fall CSA Farm Share members and then some, our fall planting is tightly scripted. With the cooling weather and shortening daylight, the greens we sow this week should be ready in four weeks, what we plant next week will take five, and the week after that, seven to 10. So to be sure we all can eat all we want of these precious greens, we are actually planting more than once a week during this stretch. When you sign on as a Fall CSA Farm Share member, we plan to plant for your fall food needs, too.

Find the link to register at ElmwoodFarm.HappyCSA.com/Signup. —
Mac Stone

TURKEY PREORDERS ARE NOW OPEN!

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.

Recipes

Beet-Infused Couscous

Adapted from Olives for Dinner

1 c. 1/2"-cubed beets, peeled	salt & pepper
3 T.+ olive oil	1/2 c. pearl couscous
1/2 c. finely diced onion	balsamic vinegar

Preheat oven to 400 degrees F. Oil a baking pan.

Boil 1¼ cups water in a small saucepan. Boil beets for 5 minutes. Transfer beets with a slotted spoon to prepared baking pan with 2 tablespoons of the oil. Stir to coat. Bake 25 minutes. Add onion and remaining 1 tablespoon oil, and bake 25 minutes, stirring occasionally.

Make couscous using package directions in the beet-infused water.

Serve couscous with beets, onions and drizzled balsamic vinegar.

Mashed Potato Gnocchi with Fresh Tomato Sauce

Adapted from The Hungry Hutch

1½ c. leftover, cold mashed potatoes	1/4 c. plus 3 T. olive oil
3/4 c.+ all-purpose flour	salt & pepper
1 egg yolk	1 pint cherry tomatoes, halved
1 lemon, zested	grated parmesan cheese

Lightly dust a parchment-paper-lined baking sheet with flour.

Add potatoes, flour, egg yolk, lemon zest, 3 tablespoons of the olive oil and 1/2 teaspoon salt to a bowl. Stir to incorporate. Add flour if the dough is so wet that it sticks to your hands.

On a lightly floured work surface, roll pieces of dough into logs about the thickness of a nickel. Cut into pieces about 1 inch long and transfer to the prepared baking sheet.

Heat the remaining 1/4 cup of the olive oil in a large skillet over medium heat. Add tomatoes. Season with salt and pepper. Crush tomatoes lightly with the back of a wooden spoon, and bring to a simmer.

Boil a large pot of heavily salted water. Cook gnocchi until they float to the top, about 2 minutes. Transfer gnocchi to simmering tomato sauce, and cook for about 1 minute more. Divide between bowls, and sprinkle with parmesan cheese.