



CSA News

October 11-17, 2021

Fall CSA Week 2

Volume 18, No. 35



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

Farm Share Storage & Use Tips:

- Brussels sprouts: Store them unwashed in their bag in your fridge's veggie bin for 1 to 2 days.
- Carrots, beets, radishes and hakurei turnips: Remove the root from the greens and store separate in plastic bags in the fridge.
- Celery: Recut and stand the stalks in a jar of water in the fridge.
- Ginger and turmeric: Keep baby ginger and turmeric in a closed container in the refrigerator. They freeze well.
- Green beans: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge.
- Garlic and onions: Leave on your countertop or in your pantry.
- Leafy greens (arugula, kale, spinach, mizuna, tat soi, bok choy, lettuce mix, etc.): Store in your fridge in perforated plastic bags.
- Leeks: Loosely wrap unwashed leeks in a plastic bag, and store them in the crisper drawer of your refrigerator.
- Okra: Keep in a paper bag in the fridge. Wash just before use.
- Peppers: Wrap, unwashed, in a paper towel to absorb any moisture, and keep it in the veggie drawer of your refrigerator.
- Potatoes: Refrigerate in a perforated plastic bag.
- Sweet potatoes and fall squash: Keep on the counter or in a pantry.
- Tomatoes: Keep tomatoes on counter. Wash when ready to use.

Settling in for Winter?

It's weird to talk about winter while it feels like springtime outside, but here we are, knee-deep in October.

There's a lot going on out here on the banks of the Elkhorn Creek this time of year, what with the tomatoes just now tapering off, the greens coming into their own, curing sweet potatoes, harvesting squash and harvesting turkeys. The farm is starting to think about settling in for winter, with our packing shed full of food and a forecast for lots of fresh veggies to go along with it. We start to turn our attention to pulling out the tomato stakes and irrigation tape so we can disc all the vines into the soil and plant cover crops to nourish the soil all winter.

The wheat-rye-vetch cover crop seed mixes we use will germinate quickly with the available soil moisture and optimum temperatures and grow steadily well into winter. Cover crops are foundational in our regenerative farming system. They prevent the soil from erosion, and the soil microbes proliferate. It's carbon sequestration at its finest. The solar-powered plants feed their roots, the roots feed the microbes, the microbes in turn feed the roots that feed the leaves that protect the soil. What we take away in the form of tomatoes or squash, we put back with seeds.

The winter squash is coming into the shed where we run them through the brush washer to wash off any mud or debris before storage. The crew grades them for size and quality as they work through them.

Upon sweet potato harvest time, there is always great anticipation to the unearthing of this crop. To preserve their quality, we lay them out on trays to wash each and every one with a 2000psi sprayer nozzle. The cleaner they are, the better they will keep. The trays are stacked to allow them to air dry before curing, where they will spend two days at 95 degrees, to set the skin. This curing process is crucial to maintain quality long into winter. When they are finished curing, they are graded into bins by variety and size, with second-quality sweet potatoes set aside for our farm and home kitchens.

This is prime time for leafy greens. The 10-day forecast doesn't hold the chilly temperatures they most enjoy, but the cool-down from

the summer's scorching temperatures has given them a boost. The leaves grow slower as the cooler weather arrives, but the days are still long enough for photosynthesis to pack them with lots of sugars and flavor. We are standing by with row cover blankets to protect them when the really frigid temperatures arrive. With the row covers, we get an additional 3 to 5 degrees F of protection for them. If the days are warm and sunny, we remove the covers to allow the plants to get the direct rays of the sun and allow the soil to heat a bit more. Then the covers get put on again at night. The high tunnels are planted on schedule for dead-of-winter harvesting, if all goes well.

Turkey time is not far off, so secure a bird that is right for you. With so much attention being paid to the center of the plate, be sure your offering matches your values. Our birds are raised in the great outdoors, allowed to exhibit their natural behaviors, like running around flapping their wings, flying up to roost at night, chasing grasshoppers, and scratching in the dirt. No pesticides were released into the environment, anywhere, to grow their feed. We know this is how you would like it to be. You, our customers, have helped preserve the heritage breeds we maintain with our breeding flock. It is not cheap or easy to raise these magnificent creatures, but it seems like the right thing to do. Thanks for your support.

As you can tell, October is a busy yet rewarding time of year for us. Much of our hard work all summer comes to fruition in the fall. Before you know it, the snow will be flying and the nights will be long. It feels good to have the fields seeded down, the shed full of veggies, and the high tunnels green and growing. We couldn't do it without you. —*Mac Stone*

ORDER A TURKEY WITH YOUR CSA SHARE

Order an organic, pasture-raised heritage or broad breasted turkey for Thanksgiving, and we can bring that to you with the previous week's CSA distribution. We can also ship it across the country or meet you at the Lexington Farmers Market or Hyde Park Farmers Market's Turkey Tuesday! Learn about how an organic, pasture-raised turkey is raised at Elmwood Stock Farm, watch a short video with farmer Mac Stone, and preorder your turkey for the holidays online at ElmwoodStockFarm.com/Turkeys.

Recipes

Roasted Delicata Squash, Kale & Leek Salad

Adapted from Blossom to Stem

1 delicata squash, seeded and sliced 1/2" thick
4 T. olive oil, divided
3 cloves garlic, minced
1 tsp. dried rosemary
1/4 tsp. red pepper flakes
salt

1 bag kale, de-ribbed and sliced
1 bunch leeks, sliced lengthwise and then crosswise
3/4 c. farro
2 tsp. sherry vinegar
1/4 c. almond slices

Preheat oven to 425 degrees F.

In a large mixing bowl, add squash slices, 3 tablespoons of the olive oil, garlic, rosemary, red pepper flakes and a generous pinch of salt. Toss to coat. Place squash in a single layer on a baking pan, leaving excess oil and seasonings in the bowl. Roast 20-25 minutes, until tender.

Add kale to the mixing bowl with a pinch of salt. Toss to coat. Lay kale out on a small baking pan. It doesn't need to be in a single layer, but make it even. Roast for 10 minutes, until toasty but not burnt.

In same mixing bowl, add leeks, the remaining tablespoon of olive oil and pinch of salt. Toss to coat. Spread in a single layer on a baking pan. Roast 15-20 minutes, until caramelized and tender.

As each vegetable is ready, add to a large bowl.

Cook farro according to package instructions. Drain, and add to the vegetable bowl. Add vinegar, and toss to coat. Sprinkle with almonds. Serve warm or at room temperature.

Bacon, Jalapeño & Garlic Green Beans

Adapted from Fit Men Cook

3 c. green beans, snapped
3 slices bacon
1 jalapeño, seeded and minced

2 T. minced garlic
salt & pepper
fresh lemon juice

Set a nonstick skillet on medium high heat. Cook bacon until crispy. Remove from skillet, reserving drippings in pan.

Reduce heat to medium. Add garlic, jalapeño and green beans, and cook for 3 to 5 minutes, until beans are soft yet still have some crunch.

Crumble bacon, and return it to the skillet. Season with salt, pepper and lemon juice.