



CSA News

October 4-10, 2021

Fall CSA Week 1

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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:

- In general, store vegetables and eggs in the fridge and meats and cornmeal in the freezer, unless otherwise noted. Each week, read this newsletter for more specific instructions.
- Carrots, beets, radishes and hakurei turnips: Remove the root from the greens. Store roots separate from greens in plastic bags in the fridge.
- Celery: You'll receive your celery in a bunch. Recut and stand the stalks in a jar of water in the fridge.
- Garlic and onions: Leave on your countertop or in your pantry.
- Ginger and turmeric: Keep in a closed container in the refrigerator for up to two weeks. No need to peel them. They freeze well, too!
- Leafy greens (kale, spinach, mizuna, tat soi, bok choy, lettuce mix, etc.): Store in your fridge in their perforated plastic bags.
- Microgreens: Keep microgreens in the fridge in their plastic clamshell container. Do not wash until you're ready to use.
- Potatoes: Refrigerate in a perforated plastic bag.
- Sweet potatoes and fall squash: Keep these on the counter or in your pantry. Do not refrigerate.

Welcome, Fall 2021

Welcome to the Fall CSA for 2021. You are in for a real treat. Some summer crops are still available. Our intensive greens planting schedule looks bountiful. And you will have the opportunity to try several kinds of sweet potatoes in ways those shopping at the grocery store cannot.

The nutrient density of these fall-grown organic foods is off the charts, and your taste buds will tell that same story. Thank you for investing in your own well-being; we take very seriously our responsibility as your food producer.

These newsletters are our communications line with you, our shareholders. Most of you are staying on with the CSA Farm Share straight through from summer, and some of you are the lucky few that joined in during open enrollment. Welcome, all.

Stay Informed

There are a handful of CSA member resources you should know about:

- In addition to these newsletters that you'll receive with each share, check your email on Wednesday evenings for an newsletter with farm news and updates.
- Join the private Elmwood Stock Farm CSA Members Facebook group to engage with us as the season progresses. Visit [Facebook.com/Groups/ElmwoodStockFarmCSA](https://www.facebook.com/Groups/ElmwoodStockFarmCSA), and send a request to join.
- Use the "CSA Handbook" and "Tips & Trick for CSA Success" guides to optimize your membership with us. Find them at ElmwoodStockFarm.com/CSA-Member-Resources.
- While the weekly ordering platform is easy, questions come up, and we are here to help. Email (elmwoodorders@gmail.com) or call us (859-621-0755) with questions.

Eat What You Want

As seasoned shareholders know, you are not confined by the size of the share you committed to when you registered. You can choose as many selections as are available and add them to your share. You'll see your Farm Credit go up and down when you add or remove vegetables. You can add meats or eggs anytime and put them on your Account Balance. When your Account Balance starts climbing, you can make payment to us (for sure when it reaches -\$100 or more).

Like us, you may intend to eat lettuce and/or arugula and/or mizuna and/or kale salad every day, sometimes twice a day, for the next

several months (hopefully forever). So you can order some of each, each time you see them offered. Throw in some hakurei turnips and carrots, and now we're talking about a salad fit for a king.

Another reason your Fall CSA share is such a treat is the greens' taste and tenderness. The plant leaves are still working, converting solar energy into sugars and cellulose and whatever else makes them who they are; yet with slow growth rates as weather cools down, each of those leaves is supercharged with flavor and nutrient density. This process is optimized by the balance of nutrients in our carbon-rich organic soils. Basically, all those complex biochemical pathways of life have access to the specific compounds they need to perform. Layer on the plant biome from our soil biome, and your microbiome will thank you for consuming some of the best food in the world.

Surely you are planning on roasting beets and the various fall squashes, and we haven't forgotten about sweet potatoes. This year, we have several varieties of orange-flesh sweet potatoes and one white-flesh sweet potato. You can get nice, big, baking-sized sweet potatoes or French fry-sized fingerlings, which are a popular Elmwood Stock Farm signature item.

This idea goes for meats, as well. Those of you with meat shares know that we reserve a selection of cuts from which you can choose all winter, before they're offered to the general public through our online store. We just restocked your chicken and beef selections. Pork inventory is looking good, and you'll find even more lamb cuts soon.

Our turkeys have become the centerpiece of holiday traditions for many families. Secure yours sooner rather than later, as the most popular sizes tend to sell out. We'll even deliver your turkey with your CSA share the week before Thanksgiving, if you want us to.

Thanks, again, for signing on for another season. The weather forecast looks pretty good for the next 10 days, anyway. Who knows what the remainder of the season will bring? We will do our best to give you lots of food options to choose from.

Thank you for your support. It helps us sleep at night, and gets us up early. —*Mac Stone*

FINAL FARM TOUR OF THE SEASON: OCT. 9

Join us for a farm tour focusing on the organic, pasture-raised turkeys at Elmwood Stock Farm. CSA Farm Share members receive free admission! Find info at

ElmwoodStockFarm.com/FarmTours, and email the farm to reserve your spot: ElmwoodOrders@gmail.com.

Recipes

Sweet Potato Curry

Adapted from Jessica in the Kitchen

2 T. coconut oil	1/4 tsp. cumin
1/2 large red onion, diced	1 c. cooked chickpeas or cooked shredded chicken
14 oz. tomatoes, diced (drain, if using canned)	1 lb. sweet potatoes, cubed in 1" pieces
3/4 tsp. salt	1 can coconut milk
1/4 tsp. pepper	1 T. lime juice
3 garlic cloves, minced	1 bag greens (mizuna, kale, etc.)
1½ T. garam masala	
1 tsp. curry powder	
3/4 T. paprika	

In a deep pot over medium-high heat, add coconut oil, then onions, tomatoes, salt and pepper. Stir. Lower heat to medium, and cook until tomato juices are naturally released and onions are soft, for about 10 minutes. Add chickpeas/chicken and sweet potatoes. Stir. Add spices. Stir for about 30 seconds, until fragrant. Add coconut milk, and stir. Bring to a boil, and reduce to medium-low to simmer for about 20 minutes, until sweet potatoes are fork-tender. Stir in greens and lime juice.

Remove the curry from the heat. Taste and adjust salt and pepper. Allow to cool slightly and for the greens to wilt, then serve with rice or your favorite grain.

Garlic-Ginger Chicken

Adapted from The Endless Meal

2 T. soy sauce	1 T. minced ginger
1 T. melted coconut oil	2 lbs. chicken thighs
1 T. minced garlic	

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

Mix soy sauce, oil, garlic and ginger in a medium-sized bowl. Add chicken, and toss to coat. Push some of the mixture under the skin.

Bake for 40 minutes, or until chicken is well browned on the outside and has reached an internal temperature of 165 degrees F. Serve alongside a salad and roasted veggies.