



CSA News

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Fall CSA Week 5
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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:

- Beets, radishes and hakurei turnips: Remove the root from the greens and store separate in plastic bags in the fridge.
- Brussels sprouts: Store unwashed in their bag in the veggie bin.
- Cabbage: 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 plastic and continue to refrigerate; it should keep for several weeks more.
- 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. No need to peel. They freeze well.
- 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.
- 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.

The Special Nature of Ginger & Turmeric

If we all lived in Hawaii and you were reading this as part of your interest in the foods your Hawaiian farmers are growing for you, we probably wouldn't make such a big deal out of the baby ginger and baby turmeric available to you. We're not in Hawaii, though. We're in Kentucky, with a decidedly non-tropical growing climate, and for a short period of time, you can access these tropical foods grown right here. So we're making a big deal out of them!

Ginger and turmeric are versatile, flavorful and healthful rhizomes with beautiful, exotic foliage. Their full growing season is 10 months, though even in the greenhouse, the best we can do is six months, which is how you end up with baby ginger and turmeric. In this earlier stage of maturity, baby ginger and turmeric have the same flavor and texture as their mature counterparts, minus the rough skin.

If you like the taste of ginger and turmeric, you'll realize there's no boundary to the dishes these Asia-native rhizomes can improve. And if you follow herbal-medicinal practices, you probably already know that ginger is said to be beneficial in treating nausea, motion sickness and arthritis and that turmeric may help relieve joint pain, indigestion and inflammation. (Talk to your doctor if you're interested in any of this.)

Here is a roundup of ways you might use the baby ginger and turmeric from your CSA Farm Share:

As a hot drink: Whether or not you put stock in the herbal-medicine benefits of ginger and turmeric, a warm cup of ginger tea or a creamy golden latte can brighten a dreary day.

As a cold drink: An iced ginger tea is a refreshing summertime beverage. Add green tea for a kick of caffeine or an apple slice after simmering to bring another flavor to the tea. You might like these beverages sweetened with honey.

In a juice or smoothie: You probably don't want to do a shot of ginger juice on its own—but it's good for you if you can handle it—rather ginger and turmeric both make nice, spicy additions to your regular juicing and smoothie routine. Mix ginger, turmeric, pear, apple and spinach for a sweet, spicy, healthful juice.

To flavor sugar: You'll feel super fancy when you can offer guests ginger sugar for their tea or have some on hand to dust your holiday cookies. You need about 1 cup of sugar per 1-inch piece of baby ginger. Cut up the ginger, put it in a food processor with the sugar, and blend it together. Spread it out on a baking sheet to dry for a few days,

mixing it now and then—baby ginger is quite moist—and then keep it in a sealed container.

Candied: You'll be invited to every holiday party if friends find out you're bringing homemade candied ginger as a gift for the host. This process takes some time—and lots of sugar—but it's a fun way to preserve your baby ginger, and you get the awesome byproduct of ginger simple syrup, which really is the whole reason you should be candying your ginger to begin with—use it to flavor cocktails, top homemade ice cream or flavor a glaze for baking. Search online for a candied-ginger recipe that suits you.

In eggs: Turmeric is a lovely addition to egg dishes. Grate a little into your scrambled eggs, omelettes and frittatas for a new take.

In pumpkin pie: You might fancy yourself a good pumpkin-pie maker already, but at least once, try adding some fresh, grated ginger and turmeric. It's pretty simple: Mix 2 tablespoons of ginger and 1 tablespoon of turmeric into your favorite pumpkin-pie recipe.

In salad: Grate up some baby ginger and baby turmeric along with your carrots and kohlrabi, toss all of that with lemon juice and a tiny bit of salt, and serve it over a bed of lettuce.

In stir-fries and curries: Having been used in Asia for thousands of years, fresh ginger and turmeric make a stir-fry or curry dish that much better. Use it to taste. Start by grating a small amount before going overboard; the flavors should blend with the other flavors rather than take over the dish entirely.

In baked goods: Step away from the powdered ginger! In any recipe that calls for powdered ginger, substitute grated fresh ginger. Use 1 teaspoon grated for every 1/4 teaspoon powdered.

In salad dressing: Combine grated ginger, minced garlic, sesame oil, olive oil and soy sauce in a mason jar, and give it a shake for hibachi-restaurant-style salad dressing at home. Try adding turmeric to a yogurt-based salad dressing, too!

Freeze it for later: Both baby ginger and baby turmeric freeze beautifully. Pop it whole into a sealed bag in the freezer. When you're ready to use it, just grate it in its frozen state.

Share with us in the [CSA Member Facebook Group](#) your favorite uses that we missed in this list!

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Recipes

Winter Squash Pancakes

Adapted from Everyday Annie

1¾ c. all-purpose flour	dash of ground cloves
2 T. brown sugar	1 c. milk
2 tsp. baking powder	1/2 c. roasted and puréed butternut or acorn squash
1/4 tsp. salt	1 large egg
3/4 tsp. ground cinnamon	2 T. vegetable oil or melted butter
1/4 tsp. ground nutmeg	
1/4 tsp. grated ginger	

In a medium mixing bowl, combine flour, brown sugar, baking powder, salt and spices. Stir with a fork to combine. Mix milk, squash puree, egg, and oil or butter in a liquid measuring cup. Add wet ingredients to dry ingredients, and whisk together just until combined.

Heat a greased skillet or griddle over medium heat. Once the skillet is hot, add a 1/3-cup scoop of batter. Let cook until bubbles begin to form on the top surface. Carefully flip with a spatula, and cook the second side until golden brown, a couple minutes more. Repeat until the batter is finished. Serve with cinnamon sugar, maple syrup, and/or butter.

Coconut Milk-Braised Greens

Adapted from The Kitchenista Diaries

2 T. coconut oil	1/2 tsp. red pepper flakes
1 large onion, sliced	2 tsp. curry powder
salt & pepper, to taste	2 bags greens, leaves sliced
4 cloves garlic, minced	14 oz. can coconut milk
1" knob baby ginger, grated	1 lime

Preheat oven to 350 degrees F.

In a heavy pot, melt coconut oil over medium heat. Cook onions just until softened, seasoning with a pinch of salt.

Stir in seasonings. Cook for 1 minute, until fragrant. Pour in coconut milk. Stir until lumps dissolve. Bring to a gentle boil. Reduce heat, and add greens by the handful. Let them wilt before adding more.

Cover the pot for a few minutes so greens wilt completely. Stir, and season to taste with salt and pepper, then cover again and transfer the pot to the oven for 1 hour. The very top will turn a little crispy. Finish with a squeeze of lime, and serve hot.