



CSA News

November 15-21, 2021

Fall CSA Week 7

Volume 18, No. 40



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.

Small Talk at the Holiday Table

As you enjoy the farm-fresh vegetables from Elmwood Stock Farm with friends and family this holiday season, we encourage you to share the special nature of the wholesome foods that you are preparing with them. There are many reasons we produce food using organic, regenerative agriculture, and we are grateful that our CSA Farm Share members share these values with us.

You may be a member of the CSA Farm Share because you appreciate the ecological benefits of organic farming. You know that the vegetables raised here are not sprayed with synthetic chemicals, the livestock are not treated with growth promotants, and the land-management decisions are made for the good of the ecosystem.

Perhaps you joined the CSA Farm Share because you learned about the integrity of the US Department of Agriculture organic certification process. You know that we follow strict guidance for everything from the feed given to our animals to the boxes that come in contact with your vegetables to the soaps used to clean the packing shed sink. Not to mention, we submit a plan outlining this work and are audited by a third party at least once a year.

Maybe you became part of the CSA Farm Share because of the social value of the grower-consumer relationship that we share and the ways in which you support the local economy by spending your food dollars here. A study by the Oregon State University Center for Small Farms and Community Food Systems found for every dollar spent on locally produced foods, \$0.76 stays in the community, while each dollar spent on food from outside the region resulted in \$0.28 remaining in the local economy. Each CSA shareholder contributes to a more resilient Bluegrass region.

Another reason we understand that you may have wanted to join the CSA Farm Share is your concern for animal welfare. You know that all of the animals on the farm live outdoors, on healthy, organic pasture—the way animals should. Our pigs root in the dirt and make mud holes. The chickens and turkeys scratch and peck the ground for tasty grubs and insects. The cattle and sheep are rotated through pastures to graze the most nutrition from forages grown in our certified organic soils. You may have even come to the farm to see this system at work.

Whatever your reasons for making the effort to be a CSA member, sharing this knowledge when you share your holiday meal will expand the consciousness for those who are not yet indoctrinated.

Apart from all of the benefits of local and organic food consumption, your friends and family may be surprised at the diversity and quality of the produce you're able to find in Kentucky this time of year. Some of these veggies were planted or seeded at the beginning of the summer, hoping the season would be bountiful and allow us to offer squash and sweet potatoes for Thanksgiving meals. Others were planted or seeded in August, in time to have the growing conditions necessary for maturing around now. Be sure to let your holiday guests know we have a Winter CSA Farm Share and year-round farmers markets, as well—eating well no longer stops when the weather makes a downturn.

Before we embarked on having a Fall CSA Farm Share, our growing season ended a couple of weeks after a killing frost. Back then, we would glean from the fields enough to feed ourselves. Now with your support, we not only have your family to care for with these wholesome produce and meat items, but our farmers market and online store customers seek them out, as well.

Many people have not taken the time or made the effort that you have to make a connection with healthful, thoughtfully produced foods. Consider this as you speak kindly and withhold judgment. But you might think of ways to stimulate your friends' and family members' thoughts about foods that are a product of transgenic mutation of a plant's genome (meaning genetically modified crops) and their potential effect on the ecosystem. Let them know there are no harmful pesticides to wash off the produce as you prepare them. Most of all, get them to think of the path their food purchases have taken around the country or the world, compared to the short trek from Elmwood Stock Farm directly to your kitchen.

As your friends and family remark on how flavorful something is, you might smile and politely tell them it's because you believe in this regenerative relationship with nature and your partnership with Elmwood Stock Farm. —*Mac Stone*

No CSA NEXT WEEK!

Next week is Thanksgiving week, and you will not receive a CSA share. Your next CSA Farm Share distribution will be the week of November 29.

Recipes

Celery Salad

Adapted from Bon Appetit

Thanks to CSA member Kim for sharing this recipe on the CSA Members Facebook Group. Find more great CSA-member-tested recipes like this at [Facebook.com/Groups/ElmwoodStockFarmCSA](https://www.facebook.com/Groups/ElmwoodStockFarmCSA).

1/2 c. raw almonds	salt & pepper
1 bunch celery with leaves, thinly sliced on a diagonal	2 ounces Parmesan, shaved
6 dates, pitted and chopped	1/4 c. olive oil
3 T. lemon juice	red pepper flakes

Preheat oven to 350 degrees F. Spread almonds on a rimmed baking sheet. Toast for 8 to 10 minutes, until golden brown, stirring occasionally. Let cool, and chop.

Toss almonds, celery, celery leaves, dates, and lemon juice in a bowl; season with salt and pepper. Add Parmesan and oil, and toss gently. Season with red pepper flakes.

Pumpkin Polenta

Adapted from With Food and Love

3 T. olive oil	1 c. puréed winter squash
3 medium shallots, minced	2 T. fresh chopped sage
2 garlic cloves, minced	1/2 tsp. paprika
4 c. chicken or veggie broth	1 tsp. salt
1 c. cornmeal	1 tsp. pepper

Heat a large skillet over low heat. Add olive oil, shallots and garlic, and sweat for 2 minutes.

Turn heat to medium, add broth and bring to a simmer. Add cornmeal, 1/3 cup at a time, stirring constantly to avoid clumps. Reduce heat to a simmer, and cook uncovered for about 20 minutes, stirring frequently, until broth is absorbed and polenta is soft.

Turn heat to low, and stir in squash, sage, paprika, salt and pepper. Cook and stir for 5 minutes.