



CSA News

November 8-14, 2021
Fall CSA Week 6
Volume 18, No. 39



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.

Thanksgiving Preparations

We reflect on the Thanksgiving holiday as the bonding effect of sharing a meal with others, and we are honored to be part of your holiday as the farmers providing the wholesome foods that you prepare.

Whatever your traditional menu may be, the items in this week's and next week's CSA shares should be the foundation of many of the dishes you prepare. Many of you will look to see what is in your share and begin to schedule what to eat now and what to keep back for the Thanksgiving feast.

With turkey being the centerpiece of the traditional Thanksgiving menu, we are proud of the organic, pasture-raised turkeys we rear at Elmwood Stock Farm. The heritage breeds were near extinction until farmers like us began working with their breeding stock. It is counter-intuitive, but since we are allowed to sell them for food, and our customers ask for them, we are able to raise lots of them, thus increasing the number of breeding females throughout the country. The heritage turkeys' confirmation and behavior is much like their wild cousins. Because they are so majestic, Ben Franklin wanted them to be the National Bird, so it's a good thing he was out voted; otherwise we would not be able to eat them. Over the years, our turkeys have been recognized by Cook's Illustrated, Vogue and TheSpruceEats.com, spurring further interest in these rare birds as well as the broad breasted bronze turkeys that we offer.

One Thanksgiving tradition that has changed, thanks to your support, is the end of the growing season. We used to shut down the packing shed and put away the farmers market gear a few weeks after the first frost. Now, with your commitment of signing up for a Fall CSA Share, and the Winter CSA Share to come, we plant and grow vegetables for you year-round. Since we grow more than enough for your shares, we list the rest on the online store, take some to the farmers markets, and make donations weekly to our community partners, feeding even more people.

Thanks for making us part of your holiday tradition. We will continue our tradition of growing good food for our community. —*Mac Stone*

How to Stock Up for Thanksgiving

There are two reasons you may want to stock up on your CSA order this week and next: One is because Thanksgiving is Thursday, Nov. 25, and you may be cooking for a crowd. The other is because you will not

receive a CSA share that week. **There is no CSA distribution on the week of Thanksgiving (Nov. 22-28).**

It is easy to add items to your CSA order when you log in to your online account, using your Farm Credit and your Account Balance.

When you [log in](#), at the top of your screen, you'll see Farm Credit as a positive balance. When you cancel an order or remove an item from your share online, or if an item was refunded by the farm, the value of those items were added to your Farm Credit. Spend your Farm Credit on farm veggies and pantry items. You cannot spend Farm Credit on meats or eggs.

If you wish to purchase additional vegetables and pantry items and you do not have a Farm Credit, no worries! Your purchases will be deducted from your Account Balance. (Keep reading!)

Also upon logging in, you'll see your Account Balance. This may be a positive amount (money available for you to spend) or a negative amount (money you owe the farm).

The value of the meats and eggs that you add to your share, as well as the value of the extra veggies and pantry items you select, is put on your Account Balance, showing a deficit. If your Account Balance shows a positive number, you have credit with the farm. This may be the case if you have a Choose My Own meat share or if you prepaid into your Account Balance to spend throughout the season.

A reminder: All Farm Credit and positive Account Balances must be spent by the end of the Fall CSA Season. Unused balances will go toward CSA shares donated to families experiencing food insecurity. Farm Credit and positive Account Balances will not be issued as a refund.

When your Account Balance shows a negative number, this is money you owe the farm. Full payment is due when you accrue -\$100 in charges and/or by the end of the Fall CSA Season.

Contact the farm if you have questions about how to use your Farm Credit and Account Balance to stock up for your holiday meal and for your week in between CSA distributions. Reach out at ElmwoodOrders@gmail.com or 859-621-0755.

Place your Thanksgiving turkey order today for nationwide shipping—they ship next week!—and for local pickup and CSA delivery, which takes place the week after. Visit ElmwoodStockFarm.com/Turkeys to learn how turkeys are raised on the farm and to place your order.

Recipes

Cabbage, Radish & Apple Slaw

Adapted from Blackberry Babe

5 c. shredded cabbage	1/4 c. apple cider vinegar
1 Granny Smith apple, cut into matchstick pieces	1½ T. water
1 bunch salad radishes, roots cut into matchstick pieces	1½ T. olive oil
2 T. white onion, finely diced	1/8 tsp. celery seed
2 T. maple syrup	pinch of powdered mustard
	salt & pepper, to taste

Combine cabbage, apple, radish and onion in a mixing bowl.

In a small jar, shake maple syrup, vinegar, water, oil, celery seed, powdered mustard, salt and pepper.

Add dressing to cabbage mix, stir well. Chill for at least 30 minutes.

Breakfast Baked Potato Skins

Adapted from First & Full

5 Russet potatoes, washed and dried	5 eggs
olive oil	3 c. chopped greens
salt & pepper	1 clove garlic, minced
8-10 pieces bacon	2 T. butter, melted
	parsley, chopped

Preheat the oven to 450 degrees F.

Rub potatoes with olive oil and salt. Bake for 45 minutes, until crispy on the outside and done on the inside. Allow to cool for a few minutes, and cut in half horizontally.

Cook bacon in a skillet until crispy. Remove from skillet, reserving drippings. Allow bacon to cool, and chop it.

Sauté greens and garlic in bacon drippings in the skillet. Season with salt and pepper, to taste. Remove greens from skillet.

Add olive oil to skillet, if necessary. Scramble eggs and cook all the way through.

Scoop out most of the flesh of the halved potatoes. Reserve for another use. Place potato skins back in the oven for 8 minutes to crisp up. Brush inside of potato skins with melted butter, top with scrambled eggs, sautéed greens, and chopped bacon. Top with chopped parsley.