

Recipe

Sweet Potato Tater Tots

Adapted from Minimalist Baker

For Sweet Potatoes:

2 large sweet potatoes

1/4 tsp. ground cinnamon

2 tbsp. sugar (optional)

For Coating:

1 cup panko bread crumbs

1 tbsp. coconut oil (melted)

2 tbsp. sugar

1/4 tsp. sea salt

1 tsp. ground cinnamon

2 tsp cornstarch

Preheat your oven to 400 degrees F.

Poke holes in the sweet potatoes and let bake for approximately 45-60 minutes, until fork-tender. Set aside and let cool.

While the sweet potatoes bake, add all coating ingredients EXCEPT coconut oil, to a large bowl and mix until combined. Then, while mixing, slowly stream the coconut oil into the bowl and mix until incorporated evenly.

Once sweet potatoes have cooled, peel and add them to a mixing bowl. Add the cinnamon and mash roughly. Add sugar, if using, and mix well.

Preheat oven to 375 degrees F and spray a baking sheet with nonstick spray or line with parchment paper.

Scoop out approximately 1 tbsp. of sweet potato puree and form them into a tot-like shape.

Transfer each tot to the coating and toss gently to coat. Once coated, transfer to the prepared baking sheet. If you'd like, you can gently brush each tot with olive or coconut oil to help them crisp in the oven. Bake for 20 minutes, flip, and back for an additional 20 minutes. If you prefer crispier tots, you can bake for an additional 10-15 minutes.



CSA News

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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:

- Garlic: Leave on your countertop or in your pantry.
- Hakurei turnips: Remove the root from the greens and store them separately in plastic bags in the fridge.
- Leafy greens (arugula, baby kale, spinach, lettuce mix, etc.): Store in your fridge in perforated plastic bags.
- Potatoes: Refrigerate in a perforated plastic bag or paper bag. Keep out of light to prevent skins from greening.
- Salad radish: Remove the root from the greens and store them separately in plastic bags in the fridge.
- Sweet potatoes (Murasaki & orange): Keep on the counter or in a pantry. Murasaki sweet potatoes have deep purplish-red skin and cream-colored flesh that deepens into a golden hue. They have a nutty, earthy flavor and a starchy, fluffy center. Orange sweet potatoes have a rose or red-hued skin and deep orange flesh. Their water content is higher than that of a Murasaki, resulting in a soft center and a sweet, almost citrusy, flavor.

Perennials

Welcome back, thanks for signing up for our winter/spring distribution season! After a couple of months of real winter weather, we are ready to get back in the saddle of weekly distributions and honored that you are too. The farm still looks like the dead of winter although there is a sense the great awakening is gearing up for spring greening. Some of us have been hibernating by the fire, while others have been pouring over the books and caring for our critters, including some lambs we were not expecting so early. The longer-than-normal winter break turned out to be a good decision and now it is time to get started. Thank you again for entrusting us with your sustenance. If you are the lone first-time shareholder amongst all the perennials that stay signed up year-in and year-out, give me a call so I can get you up to speed—I'll respectably dispense with the pleasantries here.

The ground stayed frozen a good part of winter which is favorable to us and to our livestock. Each of the snow/ice events seemed like we got less than Lexington weather was reporting, and no mammals or birds are complaining about that. The dreaded January thaw did not happen until well into February, causing the ground to turn to muck. As the ice crystals liquify the ground becomes unfit for man or beast, much less trucks and tractors. Over the next several weeks, there will be cold snaps for sure, but each should be short lived as the longer days and actual clear blue skies encourages us outdoors. The greens in the high tunnels lay dormant for an extended period this winter, so we are in uncharted waters as to how quickly they will wake up and grow, but we want to get the season started and share with you what there is.

As far as the eye can see, the land is tan with a mosaic hint of green, the trees are brown, going on black. The cover crop rye/vetch fields are greening up, although it is a purply blueish green. Mid-February on the banks of the Elkhorn is where perseverance is the name of the game and not for the faint of heart. The squirrels have never stopped working the walnuts, constantly, all day, every day. I hope they don't know something I don't know about winter transitioning into spring.

The perennial pasture plants that have called Elmwood Stock Farm home forever, essentially, will be rewarded for their stand-up-ed-ness to winter as the solar array warms the ground to which they cling. The plants have been picked over down to the crown by the cattle and sheep, which allows the sun to reach the rich dark earth; warming it faster, which encourages the plants to green up and begin growing sooner, which in turn means more grass for the

stock. Cool stuff. Regenerative farming right before our eyes, and the animals do all the work.

John has the seed room up and running this spring, and with some help is filling the first greenhouse about as fast as the vacuum seeder can run. The onion seeds must be excruciatingly flecked one at a time into the individual tray cells, but we haven't heard any complaining as it's nice to be inside a warm, sunny space on a windy, winter day.

You might have visited our table at the farmers market this winter. We've had a few green items here and there, but mostly potatoes and garlic have been the bulk of our winter vegetable offering. The laying hens have come through winter with thick fluffy feathers and reward our twice daily feeding with an abundance of eggs.

We finally made the leap into bar coding our meat packages, to improve our inventory management for both your and our benefit. No more flipping hardcopy ledgers to verify what is available for you to order, electronic spreadsheets are instantaneously updated with the swipe of the scanner gizmo. Thankfully we have smart young people on our team to set up such a system, and it's not as difficult to use as I thought it might be.

There are lots of potatoes in the cooler and sweet potatoes in the packing shed, so eat up. The quality coming out of the field last fall was excellent, so they have held well and improved in flavor. What could be easier than placing a nice, big, sweet potato in the oven and coming back an hour later to slit the top open, inserting several pats of organic pastured butter, letting it melt and meld into the flesh and diving in with a good-sized spoon? Lately I have taken to using them as the base for a taco bowl with seasoned ground beef or ground turkey, black beans, cheese, salsa, onions, avocado, maybe some sour cream and enough lettuce to cover the whole thing. Still ready in about fifteen minutes and good for you.

I am looking forward to seeing what our high tunnels offer over the next few months. The tiny spinach, carrot, and lettuce seeds can turn out a lot of delicious food once they get growing. Some fresh cut herbs, other leafy greens, salad radishes, and hakurei turnips should be in your shares soon. I saw some corn being cleaned and ground into meal on the burr mill just today!

Thanks again for your continual loyal support. Much like the perennial pasture plants that feed our livestock who in turn feed the soil that feeds the plants, your perennial financial support feeds our production team, that produces the food that feeds your family. Now that's a business model that can stand the test of time. You get the best food in the world and the farm will grow that food in perpetuity. I, for one, am looking forward to our weekly connections this year, and eating really good food along the way. —Mac Stone