

Recipes

Elmwood's Shamrock Shake

- 1 frozen medium banana
- 1 handful spinach
- ½ medium avocado
- ½-¾ cup milk of choice
- 1-2 tablespoons honey or maple syrup
- ¼-½ teaspoon peppermint extract, depending on taste
- ¼ cup cacao nibs or dark chocolate chips

Place frozen banana, spinach, avocado, milk, sweetener of choice, and ¼ teaspoon peppermint extract into a high-speed blender.

Blend on high until smooth. You may need to add a splash more milk to achieve the desired consistency. Adjust the spinach amount to make it greener and the peppermint extract amount to make it mintier.

Add in cacao nibs or dark chocolate chips and pulse a few times to slightly crush.

Pour into glass and top with additional cacao nibs/chocolate chips if desired!

Colcannon

Adapted from Delish

- 2 pounds gold or russet potatoes, peeled & cut into large chunks
- Kosher salt
- 6 tablespoons unsalted butter, divided
- 4 green onions, thinly sliced
- 1 bunch kale, shredded
- ¾ cup milk
- ½ cup heavy cream
- Salt and black pepper, to taste

In a large pot, cover potatoes with water and season generously with salt. Bring to a boil and cook until tender, 10 to 15 minutes. Drain and return potatoes to the pot.

Meanwhile, melt 4 tablespoons butter in a separate large pot over medium heat and add the green onions. Cook until softened, about 2 minutes. Add the kale, milk, and cream. Cook for 4 minutes, stirring often until the kale begins to wilt.

Add kale mixture to the potatoes and mash with a potato masher until fluffy and well combined. Season with salt and pepper.

Transfer to a serving bowl and top with a pat of butter and cracked pepper.

Find more recipes on the Elmwood Stock Farm [Pinterest](#) page.



CSA News

March 14-20, 2022

Winter CSA Week 4

Volume 19, No. 4



Log in to your CSA account online to find a customized list, photos and descriptions for your share.

Farm Share Storage & Use Tips:

- Cornmeal: *New this week!* The cornmeal that you get from Elmwood Stock Farm is ground on the farm from corn grown on the farm. There are no preservatives or additives mixed in. We ask you to store it in the freezer to preserve the natural oils. Use this cornmeal to make cornbread, of course, and also grits and polenta. Its simplicity makes it versatile for all culinary uses!
- Garlic: Leave on your countertop or in your pantry.
- Leafy greens (arugula, spinach, lettuce mix, etc.): Store in your fridge in perforated plastic bags.
- Microgreens, sunflower shoots, pea shoots: Keep microgreens & shoots in the fridge in their plastic containers. Do not wash until you are ready to use. Add microgreens or shoots to brighten up your morning smoothie, lunchtime sandwich, or evening stir-fry!
- Potatoes: Refrigerate in a perforated plastic bag or paper bag. Keep out of light to prevent skins from greening.
- Sweet potatoes (Murasaki & orange): Keep on the counter or in a pantry.

March Madness

The days are noticeably longer, it seems like the sun has been out a fair bit, the grass is greening nicely, and it feels downright tropical in the high tunnels in the afternoon. We have sown the “as soon as you can work the soil” carrots and beets in the field, the greens in the high tunnels are approaching harvestable size, and the lambs are frolicking about playing king of the hill on the old well house. Just so we don’t get too sassy about getting a good jump on the season, old man winter must get the last laugh. As I write this ahead of the weekend, I am hoping for snow to insulate the relatively warm soil from the wrath of bitter cold temps.

Pick your poison on which weather model you subscribe to. Some say we will see a few inches of snow at night only to have the skies clear the next day as the temps drop and drop and drop down into single digits that night. Then we have upper fifties the day before, and the day after—utter madness in my book. The shock factor of such drastic changes of warm to supercool is what is so hard on our plants.

Be they grasses, clovers, trees, weeds of all kinds, leafy greens or carrots, all plants are preprogrammed to tolerate freezing temperatures to a point. Plant hormones help regulate their ability to navigate cold temperatures. New growth seems to tolerate damaging temps better than older leaves for example. The thing is, these plant hormones are reading the tea leaves of the microbial awakening of warming soil, and the extended photoperiod, to advise the plants as they come out of winter dormancy or emerge as a tender seedling. Plants cannot see into the future, rather they just have to take it on the chin like the rest of us when deep dips like these occur.

A good snow cover will insulate the ground, preventing the quick hit of cold from reaching the plants and soil, akin to citrus and strawberry growers irrigating to encase the fruit in ice at 32 degrees F, not letting the cold penetrate to the fruit. Soil temps may only drop a few degrees if protected by snow, and when the snow melts, it’s as if nothing ever happened. If no snow cover for protection, most plants suffer in the single digits.

The high tunnels (unheated plastic hoop houses where the crop is grown in the ground, not the same as heated greenhouses used for transplants grown in containers to go to the field later) buffer this temperature swing pretty well, but if it gets as cold as the GFS model is calling for, the plants will be set back. All will be slowed, some may perish. We will also pull one or two frost blankets over the crops in the tunnels, giving us 5-10 degrees of protection, partly by reducing the number of hours at those critical temperatures.

Thankfully the carrots and beets and a few other items out in the field have not emerged yet, which would kill the growing point of each plant. Snow will hold enough ground heat to keep frost-heaving-soil from shearing off the first roots of the germinating seeds.

I’m not too worried about woody ornamentals except that if the buds have swelled, they are vulnerable to a single night temp dip. I suspect the early flowering bulbs will be ok, maybe stunted a bit.

The lambs will look all pitiful with snow on their backs and look at me like why am I doing this to them. (Ann will say it out loud to me.) Our sheep breed originated in Katahdin, Maine where it is said they have two seasons: winter and winter’s coming. They will be fine out here on the banks of the Elkhorn. As a group, the sheep are in that phase they go through each spring. Now that they have had good green grass for a week or so, they will not eat any more hay, even when we want them to. I do worry about how much the cold weather might slow pasture growth.

More diversity in your shares is on the way, we will have to see if this arctic blast sets us back very much. It’s early enough that we should be ok, not as hurtful as the “Blizzard of ‘16” (as in the surprise snow that came April 16th several years back.) And, not as bad as the big freeze in mid-May a couple of years ago when we extracted tens of thousands of tomato plants out of the ground (that we had just planted a few days prior) and put them back in the greenhouse for their survival (and ours by extension). After planting them back out again, the gamble worked, and they produced tomatoes, although they were several weeks behind schedule as were all the warm season crops that year.

The farm is sequestering carbon to stem the tide of climate change. The erratic nature of weather patterns is a manifestation of climate change. Some might wonder if Mother Nature is mad at us for what we have done to her planet. Together we are doing what we can to respect the earth and roll with the punches, as there will be more madness to come.

We found the first turkey egg this week, so spring is on the way, no matter what the weather models show. —Mac Stone