

## Recipes

### Microgreen & Radish Salad

Adapted from Dishing Up the Dirt

#### Dressing:

½ teaspoon Dijon mustard  
1 teaspoon Elmwood honey  
¼ teaspoon fine sea salt  
2 tablespoons lemon juice  
4 tablespoons olive oil  
½ teaspoon lemon zest  
2 tablespoons poppy seeds

#### Salad:

3 heaping cups microgreens and/or shoots  
4 radishes, thinly sliced  
3 tablespoons roasted sunflower seeds  
2 ounces crumbled feta cheese

Add all dressing ingredients to a mason jar, secure the lid and shake vigorously.

Taste for seasonings and adjust as needed.

In a large bowl toss the microgreens/shoots, radishes, sunflower seeds, and feta.

Drizzle with the dressing and toss until evenly coated.

### Sweet Potato & Greens Skillet

Adapted from A Couple Cooks

2 pounds sweet potatoes  
3 cloves garlic  
1 bunch greens (chard, kale, collards, etc.)  
2 tablespoons olive oil  
1 teaspoon dried oregano  
1 teaspoon dried basil  
½ teaspoon kosher salt  
Fresh ground pepper  
4 ounces feta cheese crumbles  
4 Elmwood eggs

Wash the sweet potatoes, and peel the garlic. In a food processor, or using a large box grater, shred the potatoes (with the skins on) and the garlic. Wash the greens, then cut them into thin strips.

In a large skillet, heat the olive oil over medium heat. Add the sweet potatoes, dried oregano, dried basil, kosher salt, and fresh ground pepper. Sauté for 7 to 8 minutes, stirring frequently, until the sweet potatoes are tender but not crispy. Add the greens and sauté for another minute.

Stir in half of the feta cheese. Then crack the eggs into the skillet and sprinkle the top with the remaining feta crumbles. Broil on high for 4 to 6 minutes until the egg whites are solid. Serve immediately.



## 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:

- Cornmeal: There are no preservatives or additives mixed in our cornmeal, so we ask you to store it in the freezer to preserve the natural oils.
- 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. Try them in this week's Microgreen & Radish Salad recipe!
- 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.
- Veggie Powder: Our very own superfood blend of green, leafy vegetables. Add this to smoothies, eggs, soups, or sauces for a nutrition boost! Store in your pantry with other dried herbs.

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

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## Fields of Flowers

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Driving to the Petro truck stop this past week to meet up with a fellow farmer to get this year's pullets, Ann and I saw vast pinkish purple fields along the Bluegrass parkway. One does not normally think of purple landscapes when picturing this great Commonwealth, yet there they are, a few weeks each spring. Two low-growing plants are the culprits of the color, henbit and/or purple dead nettle. Upon close examination, henbit has a round stem and a lobed leaf margin, while purple dead nettle has a square stem and the leaf looks like a clown collar, but at 70 mph they look alike—sometimes even standing over them. These little weeds are opportunists, happy to find open ground where they can prosper. They provide ground cover to reduce the risk of erosion, honeybees get early pollen and nectar, and some say the greens and flowers are even nice in a salad.

The fields they are covering were most likely in corn or soybeans last year, and probably will be again this year, and next, ad infinitum. This brief window between spring thaw and the spraying of herbicides affords these quick maturing plants the opportunity to germinate-grow-flower-set seed, fulfilling the goal of propagating the species.

In the coming weeks, the conventional corn or soybean grower will spray a toxic cocktail to kill all weeds, coming or going. The tank mix of chemicals consists of several modes of action. The infamous Roundup and/or Paraquat will be in the mix to kill any living green tissue. To my recollection, and I'm sure lots of refinement has happened since I last used one of these products in the late 1980's, Roundup is translocated to the roots of the plant to also kill them, while Paraquat only kills the leaf tissue, working on annuals that have already germinated like henbit.

However, that is not enough firepower to keep weeds out of the crop all season since some weeds do not germinate until after the crop has been planted. Not to worry, there are herbicides designed to lay in wait for weed seeds to germinate, wherein the emerging radicle (the first root that breaks open the seed coat and anchors the seed in place) gets zapped, preventing the weed from ever getting started. Similar logic and compounds go into the tank mix for total insect and disease control, with even scarier biochemical pathway disruptions that have consequences well beyond the end of the rows. There is more.

Some academically trained and well-paid smart scientists figured out how to alter the genetic code of the crop so the defoliating chemicals (Roundup and Paraquat and others, I presume) kill the weeds, not the corn or soybeans.

They have also inserted genetic material into the chromosomes of the plant to kill insect pests rather than depend on those pesky sprays. Because these unnatural gene sequences are now built into the plant itself, and able to be passed along to the next generation of darlings, it is in the seeds themselves, which is the part of the plant that animals and humans eat. To my mind, there are enough contaminants floating around this world that I see no good reason to knowingly put mutant genetic codes into my body. While other smart scientists work to unlock the relationship between our gut biomes and our immune health (which is all about identifying genetic sequences of microbes), why throw a mutant into the system that turns food into human beings and that has evolved over thousands of years?

In the early days of these applications, some smart scientists thought that if big grain farms nuked the fields with these technological advances, eventually there would be no more weeds (or insects) to worry about. Evolutionary biology has proven them wrong. The weeds and insects have gradually mutated to survive such chemical onslaughts, now referred to as "super-weeds" and "super-bugs" in farm press writings. Scientists keep tweaking the codes, the plant and animal kingdoms continue to find workarounds to survive, resulting in a cold war like no other. One of the most widely used classes of these toxins, neonicotinoids, has shown to have residual detrimental effects on honey bees, and other non-target insects.

It's hard for me to fully enjoy those fields of flowers that bring bright colors to the countryside, knowing the plight of those fields the other ten months of the year and the unintended consequences to the environment. My advice is to keep GMO food products out of your diet, which pretty much translates to eating organic meats and dairy, and even corn chips and salad dressings.

Here and there around your yard, these first vestiges of spring weeds are nice for us and the bees. They are fairly wimpy and easily taken out of your garden with a hoe or tiller, so no worries. Their offspring will not germinate until next winter, so enjoy. The honey bees will thank you for it. Sorry if I ruined the pretty purple flower fields for you as you drive by them but thought you would want to know. —Mac