

Recipes

Pan-Fried Hakurei Turnips

Adapted from Naturally Ella

- ½ pound hakurei turnips
- 2 tablespoons olive oil or ghee
- ¼ teaspoon salt
- ½ teaspoon fresh thyme
- ¼ cup homemade or store-bought breadcrumbs

If your turnips have greens, trim the tops leaving about an inch of the greens. Then cut the turnips into quarters.

Place a pan over medium-low heat. Add the olive oil or ghee to the pan, followed by the turnips and salt. Cooking, turning only a couple times, until the turnips are browning and tender; 6 to 8 minutes.

Once the turnips are just about done, stir in the thyme and cook for another minute or two. Once the turnips are done, sprinkle with breadcrumbs before serving.

Goddess Hummus

Adapted from Love & Lemons

- 1 (15-ounce) can chickpeas, drained and rinsed
- ¼ cup vegetable broth (or water)
- 3 tablespoons fresh lemon juice
- 2 tablespoons tahini
- 1 garlic clove
- ½ teaspoon sea salt
- ¼ cup fresh parsley
- ⅛ teaspoon cumin
- ⅛ teaspoon smoked paprika
- Freshly ground black pepper, to taste
- 1 cup packed fresh spinach
- ½ cup packed microgreens, pea shoots, or sunflower shoots

In a food processor, combine the chickpeas, vegetable broth, lemon juice, tahini, garlic, salt, parsley, cumin, paprika, and black pepper and blend well. Add the spinach and microgreens/shoots and blend again. Chill until ready to use.

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



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.
- 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.
- 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.

What Could Go Wrong?

The pandemic exposed weak links in global economic supply chains, of which there are many, no matter what industry you pick to evaluate. Vehicles, appliances, plumbing supplies, building materials, food processors all felt the jolt of just-in-time delivery supply lines disruption, followed by stuff not being available at all. The more pieces and parts in whatever you make, the more likely you are scrambling to recover. Our nation's food supply is perched atop a precarious web of supply chains, vulnerable at every turn. Here are a few examples I have seen, which validates the value of our relationship with you.

Rube Goldberg himself could not have concocted the convoluted-complicated-capitalistic-bureaucratic blueprint of getting food from farms to people we see today. What could go wrong when multi-national companies lobby politicians for favorable regulations, so food can be cheap? In big round numbers four or five multi-national meat packers control some 80% of US red meat and poultry supply and much of the rest of the world's supply for that matter. The dairy industry has effectively tangled itself up in their own supply chains. It is said "...if you think you understand milk pricing formulas, it has not been properly explained." What could go wrong? Does global pandemic, geo-political war with tanks and sanctions, ransom ware and cyber-attacks, trucking shortages, container ships stuck in canals or catching fire or dumping loads in rough water ring a bell?

Several years back, consumer groups successfully pushed for Country-of-Origin Labeling (COOL) so consumers would at least know which country their meat came from. One winter while doing some market research, I noticed a package of ground beef stating, "A product of Canada-US-Mexico." Well, that narrows it down a little. I have not cared to look at meat in a grocery store since. Just recently, President Biden formed a task force to investigate price fixing as the processors I mentioned are showing record profits while farmers selling calves are not seeing any uptick in prices. The task force will likely find annals of lawsuits and regulations going back decades, whole agencies in both USDA and state governments documenting attempts for transparency in pricing, but not a lot has changed. What's wrong with that picture?

Somewhere on a farm, in a pasture, a cow has a calf, usually part of a herd that know one another and know the land they roam. Calves come into this world in the 70 to 100-pound range, nurse mother's milk, and eat grass at some point where they are weaned at about seven months of age when the milk has become a small percentage of nutrition and mom needs a break to think about eating, sleeping and her next calf. That's where the bucolic image in your head ends for most beef calves.

Before a calf ever leaves the farm, it's known that it will bring more money at the sales stockyard if you have taught it how to eat corn out of a bunk feeder, since that is all it will do for the rest of its life.

It also pays to place growth-promoting products under the skin to slowly dissolve over time and apply a splash of systemic insecticide on the back to be sure there are absolutely no parasites inside or out, along with giving a slew of vaccinations to reduce shipping-fever-complex, a disease associated with comingling calves from all over on a truck ride out west to a feedlot. The sixty or so beeves on the truck are greeted by tens of thousands of others, all sorted into pens by weight/age/body type, and get fed a grain-centric diet to get big and fat fast. There are more growth-promoting products administered along with fermentation modifiers since ruminants are not really designed to eat mostly grain. There are millions of acres planted with chemical cocktail-laden GMO grains, to later be hauled in daily to feed all the animals. At harvest, they go into computerized and mechanized processing plants staffed by people that are truly not paid enough to work in those conditions but find it better than not working. Meat is then shipped to other factories to be fabricated into restaurant- and retail-ready products. (You've probably heard about some US chicken processors sending eviscerated and plucked chickens to China for fabrication that are then brought back to be consumed in the US.) All these processes are controlled by a couple of giant retailers and a conglomeration of fast-food retailers that brag about how cheap their food prices are. What could go wrong? Massive contributions to greenhouse gas emissions, environmental degradation of soils, and improper fats contributing to the malnourishment of our population, to name only a few.

All the while, John and I quietly care for our animals on the farm in a natural environment, mimicking nature as the livestock move themselves to fresh clean grasses we planted for them, eliminating the need for growth enhancers, toxic pesticides, and we don't even own any feed bunks. A short two-hour drive to our abattoir in Casey County (where a handful of people work in good conditions because they want to and make good wages), and back again to our freezer makes for a short supply chain. What could go wrong? Once the clutch on the red Ford truck started slipping going up the big hill on Hwy 49 with a load of lambs, another time I blew a trailer tire with a load of birds, thankfully the tandem one held up until I got there. Another time I showed up right on time at 6:30 am with 300 chickens on the wrong day. Other than that, we are sequestering carbon, we are not fouling our nest nor the meat we eat, while we are providing heart-healthy nutrients to our customers.

If you are a plant-based eater and still reading this (thank you!), know that the same questions can be asked about vegetables, grains, and processed foods—just not quite as dramatic of a story.

I want to personally thank you for being a shareholder of Elmwood Stock Farm in 2022. Your dedication to the betterment of our nation's food, to a shorter supply chain, and to improving our world in general, extends well beyond the farm gate.

— Mac Stone