

Recipes

Collard Green Wraps

Adapted from [Eating Bird Food](#)

2 collard leaves	1/2 cup zucchini, sliced in thin strips
1/2 cup hummus	1/2 cup radish, sliced in thin strips
10 asparagus spears, roasted or raw	1/2 cup red cabbage, sliced thin
1/2 cup cucumber, peeled & sliced in thin strips	1/2 avocado
1-2 carrots, peeled & sliced in thin strips	microgreens, or sprouts

Wash and dry collard leaves and then use a paring knife to shave down the stems. This will make them much easier to fold.

Place collard leaves on a flat surface, spread 1/4 cup of hummus near the top/middle of each leaf, fill each leaf with the remaining veggies, splitting each amount between the two wraps. Wrap the leaves as you would a burrito. Cut each wrap in half and enjoy.

Fudgy Sweet Potato Brownies

Adapted from [Minimalist Baker](#)

1 cup sweet potato purée	1/4 tsp sea salt
2/3 cup maple syrup	1 tsp baking powder
1/2 cup almond butter or peanut butter	2/3 cup flour
1 tsp pure vanilla extract	1/2 cup chopped raw pecans
1 1/2 tbsp coconut oil	1/4 cup dairy-free chocolate chips
1/2 cup cocoa powder or cacao powder	

To make sweet potato purée, halve sweet potato and add to a parchment-lined baking sheet. Bake at 375F for 25-30 minutes or until tender to the touch. Move to one side of the pan and wrap the parchment paper over top to steam and let steam for 5 minutes. Then peel away the skin and mash in a mixing bowl. Set aside.

Adjust oven temperature to 350F and line an 8x8-inch baking pan with parchment paper. Set aside.

To a large mixing bowl, add sweet potato purée, maple syrup, almond butter, vanilla extract, and coconut oil, and stir to combine. Add cacao powder, sea salt, and baking powder and stir to combine. Then add oat flour and stir until a thick, scoopable batter is achieved.

Transfer batter to your parchment-lined baking dish and spread into an even layer using a spoon or rubber spatula. Then top with pecans and chocolate chips

Bake on the center rack 350F for 28-32 minutes. The brownie edges should appear slightly dry and a toothpick inserted into the center should come out mostly clean. Remove from the oven and let cool in the pan for 30-60 minutes before enjoying!



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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 (collards, 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. Our containers can be a bit tricky to open. If you're having trouble, try placing one hand below and one hand on top of the container. Use your top hand to gently squeeze the container along the two long sides and lift the top lid. The lid should pop off. Make sure to keep a firm grasp of the container so no greens go flying.
- 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.

Protein Primer: How to Add Meat to Your Share

Vegetables command most of our attention and conversation with CSA shareholders, as they should, since they nourish our bodies on a daily basis. We are getting more questions about the meats available to you as our members are realizing that if the veggies are this good, the meats might be, too.

Let's take a look at how easy it is for you to have the best organic, pasture-raised meat in the world delivered along with your vegetable share each week.

Get to Know Your Meat

The organic and pasture-raised meats you can add to your Elmwood Stock Farm CSA Farm Share are not available from any other outlets, and the meats you find in a grocery store cannot compare.

Grass-fed and -finished, certified organic, locally grown, USDA Prime or Choice, dry-aged, Angus-Wagyu beef—there are a lot of descriptors tacked on to what is some of the most tender, flavorful, all-natural beef you'll find. In summary:

- Grass-fed and -finished beef is associated with heart health and regenerative farm health.
- The certified organic label has a verifiable animal welfare component and means the beef is produced drug-free.
- Locally grown meats have a low carbon footprint.
- The USDA Choice grade validates there is plenty of marbling for flavor and a good eating experience. USDA Prime is the best!
- Dry-aged beef hangs in the cooler for a period of time so natural enzymes tenderize the meat.
- Angus is a breed of cattle known for meat quality that can be traced back for generations, and our more recent Wagyu cross adds to the flavor and tenderness of the meat.

You have first access to all traditional beef cuts, with lots of ground beef and sausage options.

Organic, pasture-raised chicken:

Birds run around on grass, catching bugs and eating clover, breathing fresh air, and eating grains grown without pesticides or GMOs. The flavor and texture of the meat exemplifies the quality of their lifestyle. Traditional chicken cuts are available to CSA members first.

Organic, pasture-raised heritage breed and broad-breasted turkey:

Your CSA membership offers access to both types of turkey raised at Elmwood Stock Farm: broad-breasted and heritage. Both types are available whole for the holidays. Year-round, you'll find our breast-and-thigh-meat ground turkey

Organic, pasture-raised, Berkshire-cross pork:

The pigs are raised to be able to express their natural behaviors and raise their litters out in the open. Their rooting and foraging is supplemented with a diet of all-organic grains, enhancing the savory flavor of the pork you find here. You'll see traditional pork cuts, as well as breakfast sausages and grilling links in the store.

Organic, grass-fed and -finished lamb

Like the beef, the lamb is regeneratively raised, receiving simply grass, water and salt—in that order. Lamb is in limited supply, and CSA members have first dibs on all cuts, including chops, legs and ground options.

How to Cook Your Meat

We have devised plenty of options to keep our meals simple. “Fast food” can take on a whole new meaning, with a little foresight. Try some of our favorites:

Put frozen chicken legs or thighs in a glass baking dish with a little water and spices, salt and pepper. Cover and bake at 300 degrees F for two and a half or three hours. Check to see how much the meat is pulling off the bone, add some Elmwood Stock Farm BBQ Sauce, and put it back in the oven until falling off the bone tender.

Put a Boston butt pork roast, a couple of turkey legs or a beef roast in a glass baking dish. Season as desired, cover and cook for hours at 275 or 300 degrees F until tender. You can eat on it all week; it's easily reheated while you prep your salad and steam your kale.

When grilling steaks or pork or lamb chops, try not to boast too much and let your guests recognize something is different. Let the fat and flavor jump out, and then when asked, acknowledge the wholesome, hand-crafted nature of the product. You will quickly discover our meat has plenty of (good) fat, behaving on the grill as you would expect.

Place packs of ground beef/chuck/round/sirloin/pork/lamb/turkey in the fridge the night before or thaw rapidly in COLD water while you unpack from work and tend to your pets. The meat will be ready to brown in a skillet or to form into patties for the grill that you started when you got home. The frozen 1/3-pound beef or pork patties thaw as you grill or pan-fry them. Now that is truly fast food.

Whether your motivation is taste, a healthful lifestyle or supporting sustainably raised and local meats, I would argue that you, as an Elmwood Stock Farm CSA member, have access to the best meats in the world, delivered directly to you
—*Mac Stone*