

Recipes

Roasted Baby Turnips with Mustard Vinaigrette

Adapted from [Food & Wine](#)

1 tablespoon white wine vinegar
1 ½ teaspoons whole-grain mustard
1 scallion, minced
1 ½ tablespoons chopped flat-leaf parsley
½ cup extra-virgin olive oil
Salt and freshly ground pepper
24 baby turnips (2 pounds), stems trimmed to 2 inches

Preheat the oven to 425°. In a bowl, whisk the vinegar with the mustard, scallion, parsley and ¼ cup of the olive oil. Season the vinaigrette with salt and pepper.

Heat a rimmed baking sheet in the oven. Cut the turnips in half through the stems; quarter them if large. In a large bowl, toss the turnips with the remaining ¼ cup of oil and season with salt and pepper. Spread the turnips on the preheated baking sheet and roast for about 18 minutes, until tender. Transfer the turnips to a platter and let cool. Drizzle with the vinaigrette and serve.

Arugula, Green Garlic, and Walnut Pesto

Adapted from [Dishing Up the Dirt](#)

½ cup walnuts, pinenuts, or almonds
2 green garlic stalks, thinly sliced (white parts only)
2 ½ cups packed arugula or mizuna leaves
½ teaspoon salt
½ cup extra virgin olive oil
1 tablespoon fresh lemon juice or red wine vinegar
⅓- ½ cup freshly grated parmesan cheese or another hard, salty cheese

In the bowl of a food processor pulse together the walnuts and garlic. Add the arugula and salt and continue to pulse until well combined. With the motor running, slowly pour in the oil. Process until smooth. Add the lemon juice and cheese and continue to process until well incorporated. Taste for seasonings and adjust as needed.

Serve on top of pasta or eggs, spread on a sandwich or wrap, or use as a dip for crackers and veggies!

Store pesto in a jar in the fridge for up to 2 weeks or keep in the freezer for 6 months.

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:

- 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.
- Dried Hot Chiles: Elmwood's organic chiles, dehydrated! Store these Cayennes in your freezer until ready to use them and they will keep for a year. These are great for adding spice to beans, soups, tacos, marinades, and more! To reduce heat, remember to remove the seeds! You can also make a puree to use instead of chile powder.
- Green Garlic: Unlike cured garlic, fresh green garlic must be kept in a plastic bag in the refrigerator. It should be used quickly because any accumulated moisture in the bag can cause it to spoil.
- 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.
- 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.

In the News

Fertilizer prices are a wonky farming metric that have made their way to mainstream news outlets of late, another example of the ‘who knew?’ world we live in. Rarely have prices been much topic of conversation outside grain belt diners, where farmers discuss the latest GPS guidance and mapping systems, trade tariffs, and which GMO/chemical cocktail to use. Large-scale farming technologies are mind-boggling and the subject of another newsletter. For now, I will stick with the production and availability of production inputs. Not only are the basic elements of nitrogen and phosphorus more expensive as a result of global supply chains, along with so many other things, but now it seems the Russian invasion of Ukraine has choked off a chunk of that supply altogether. While we here at Elmwood Stock Farm have no want for ‘artificial’ fertilizers, most of the world’s population does depend on them, sadly.

Seeing how we have chosen to step out of the fray of petrochemical farming systems, I am not boned up on nitrogen fertilizers, and I do not invest time in tracking corporate consolidation of such global supply chains of these materials, however, the basics will suffice in explaining why it may be impacting you.

First the science. Nitrogen is the fuel that makes plants grow, like gas in your car, or coal to make electricity. Other fertilizers supply the building blocks of plant cells, but cannot be put into play without nitrogen. In fact, commercial farming systems use the exact same raw ingredients, oil and/or natural gas, and it’s highly refined for farmer use. (We let our carbon-rich soil with microbial life produce nitrogen biologically at Elmwood.) So, one reason for the high fertilizer costs, and by extension, high food prices, is the prices are directly related to the supply of oil/gas, the refining capacity, and the demand of which products they are refined into. As society climbs out of the pandemic and travels more, the airlines and gas stations are willing to pay more to get what they can to fuel pent-up demand. On top of that, much of the nitrogen fertilizer refining capacity is overseas since Americans do not want such nasty factories in our own backyard, which means we are dependent on ships to bring it to us. When petroleum product prices soar, so goes the farmers’ fertility costs.

Come to find out, both Russia and Ukraine have been happy to construct such refining capacity in their back yards to feed their own crops, and sell more to others around the world. With that supply suddenly taken away, multinational food companies find themselves paying more to produce the crops to make processed foods, and also to keep shareholders happy.

Most of what we are considering here are grains to feed animals for human protein sources or refine them into thousands upon thousands of highly processed food ingredients. It is almost impossible to avoid soy or corn or wheat in your diet unless you are a perennial Elmwood Stock Farm CSA shareholder. The news reports how much beef, dairy, and poultry prices are rising based on the increase in feed grain prices. The irony here is beef and dairy cows are not designed to eat grains in the first place. If we shifted to grass-based meat and milk production systems (like Elmwood meats), the demand for fertilizers would drop precipitously and rural economies could rebound. Costs of production would go to human energy to manage the animals as they were intended.

Big food got here in the name of science and efficiency, albeit more than a bit short-sighted. Yes, you can harvest more corn per acre if you dose it with petroleum-based fertilizers and deploy toxic gases to kill pests. Not for nothing, the bomb making factories in WWII were converted into fertilizer plants, and various nerve agent facilities were converted into pesticide production facilities. The externalities of the annual use of these products is not being considered in the cost structure of our food supply. The dead zone in the Gulf of Mexico, high nitrate levels in drinking water, pesticide residues in foods, and human health issues associated with diet-related diseases are the result. But hey, look at the astounding yields of grain per acre!

At Elmwood, we too are adjusting prices to account for the higher labor costs associated with gaining and retaining a good crew to perform the work we do, and to account for higher seed costs along with other input cost increases because our suppliers have raised their prices to stay in business, a vicious cycle. John grows the grains for his pigs without depending on anything but organic seed to come on a truck, and I contract with a group of organic growers in west Kentucky for organic poultry feed, and they do not depend on petrochemicals either. We are not polluting the environment or fostering diet-related diseases. In fact, we are sequestering carbon in the soil, encouraging a diverse ecosystem of insects, and providing healthy foods for a healthy you. You know what you are paying for and know you are getting the best food on the planet, for the planet, and for yourself, from right here at home. -Mac

