Recipes

Turnip Greens Pesto
Adapted from Fork in the Road

2 cups turnip greens, sub mizuna or arugula
⅓ cup pine nuts, or other nuts
2 whole garlic cloves
½ cup olive oil, extra virgin
½ cup parmesan cheese
⅛ teaspoon sea salt
⅛ teaspoon black pepper
1 tablespoon lemon juice

Remove turnip greens from the stem, if applicable. Submerge them in a bowl of water, then allow them to dry by laying them flat or using a salad spinner.

Once the greens are dry, add them to a blender along with pine nuts or seeds and garlic cloves and pulse until finely chopped. While pulsing, slowly pour in olive oil. Continue to pulse until the ingredients are well combined, but not completely smooth.

Add cheese, salt, and pepper to the blender. Pulse the ingredients together a few more times until combined. Give the pesto a taste and add more seasonings until you reach your desired taste. Add lemon juice, if desired. Store in your refrigerator.

Sweet Potato Soup
Adapted from Love & Lemons

2 tablespoons extra-virgin olive oil
1 medium yellow onion, chopped
1 heaping teaspoon sea salt
Freshly ground black pepper
1½ pounds sweet potatoes, peeled & cubed
1 apple, peeled and chopped
3 garlic cloves, grated
1 teaspoon grated ginger
1 teaspoon coriander
½ teaspoon smoked paprika
1 teaspoon apple cider vinegar
3 to 4 cups vegetable broth
1 (14oz) can full-fat coconut milk
Fresh cilantro, to garnish

Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the sweet potatoes and the apple and cook until they begin to soften, stirring occasionally, about 8 to 10 minutes.

Add the garlic, ginger, coriander, and smoked paprika, and stir. Stir in the apple cider vinegar and then 3 cups of the broth and the coconut milk. Bring to a boil, cover, and reduce the heat to a simmer. Cook until the potatoes are tender, 20 to 30 minutes.

Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and top with a swirl of coconut milk. Garnish the soup with fresh cilantro to add flavor and brighten the dish.

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.
- 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. 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.

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If Not for the Planet, Do it for Yourself!

Saving the planet one bite at a time is a pretty tall order, so we better get started. You've most likely made the decision to stop contributing to hypoxia in the Gulf of Mexico. I suspect you don't want to contribute to greenhouse gas emissions, and I know that you would rather not have pesticide residues in your urine. But how does your commitment to making good food choices, that do help to save our plant, actually impact little ol' you?

You are what you eat ate. Be it bovine or broccoli, biology just works that way. As with the carbon cycle on the planet, how your food is reared or raised has a tremendous impact on the nutrients cycling within your own body.

Humans depend on thousands upon thousands of species of microflora in our digestive tract to transform food into cellular building blocks to cooperatively perform necessary functions like living, breathing, moving, seeing, and living life. Our individual cells are not in their 40s or 50s. They are constantly dying off and being replenished as we go along. The replacements come from the food we eat. Inside those cells reside mitochondria: the engine, the heart. The mitochondria in cells need fats and sugars to operate, which also come from food.

Our human body has complex bio-nutrient cycles that require lots of different minerals, vitamins, amino acids, carbohydrates, and organic compounds that come from food. Some are considered essential, meaning food is the only way to add them to your system. Others come from the microbes in our gut. The microbes transform food into a form our cells can use, so we need to feed the microbes what they need, so they can do their thing. This symbiotic agreement we have with microbes to balance our diets has been worked out over billions of years and is found throughout the Animal Kingdom. Whether we are thinking of a starfish, a salamander, a chicken, or my nephew, the dependence on microbes to provide nutrients is the same.

So, what is the good food our bodies need? In the case of fruits and vegetables, there is mounting evidence that plants grown in microbial-rich soil contain more essential nutrients than those grown in dead soil on a petroleum-based fertility program. The soils on Elmwood Stock Farm studied by the University of Kentucky researchers have a high cation exchange capacity. This means the microscopic magnetic field among soil particles is robust, with negatively charged receptor sites playing host to positively charged minerals like phosphorus, potassium, and dozens of others.

Combine that with a well-balanced bank of micro-nutrients like iron and manganese, and you have plants with all the nutrients they need. No other inputs are needed.

Such perfect soil balance can get thrown out of whack when synthetic fertilizers inundate the system offering relatively few minerals. These clog up all the cation exchange sites and reduce the availability of the micro-nutrients to the plants. When herbicides are applied, they efficiently stop plants from growing which takes away all the microbe's food supply, leaving the fertilizer alone to supply synthetic versions of those few nutrients. It's like the difference between taking a vitamin pill versus eating a peach. Plus, the commonly used fertilizers come as salts, which desiccate worms and microbes, a double whammy for sure.

Insecticides and fungicides are applied with the intent of eliminating life forms from the earth, and they are very good at it. By definition, plants raised in these intensive input systems are void of thousands of species of beneficial bacteria and fungi that our human body's microbial digestive partners are looking for. How can such cells in our gut possibly engineer the nutrients we need without the ingredients they need?

Paying it forward for the planet with your food choices can be enjoyable when it comes in the form of awesome-tasting proteins and carbohydrates. You get the nutrients you and your microbiome need to survive and even thrive. Plus, you don't have to worry about what's in your pee, or worse yet, what might still be lurking in you. Microbes rule this planet we call home. Healthy soil makes for healthy plants and animals, which makes for a healthy you. - Mac Stone

(Mac shared these thoughts a while back and asked us to reprint this week. Friends and family ask if eating local and eating organically really matters. Yes, it really does.)

Have you shared with friends your experiences with Elmwood Stock Farm's CSA farm share program? Signup is now open for the summer season and we have room for more members. If a friend, co-worker, or someone else mentions you as the reason they signed up, we'll add $10 in credit to your CSA account AND we'll give them $10 in CSA credit when the summer season starts!