

Recipes

Alice Waters' Green Garlic Spaghetti

Adapted from [Serious Eats](#)

Salt

1 pound spaghetti

½ cup extra-virgin olive oil

3 heads green garlic, thinly sliced

1 tablespoon chopped parsley

Small pinch of red pepper flakes

Bring a large pot of salted water to boil and add the spaghetti. Cook until al dente, reserving 1 cup of pasta cooking water before draining.

Meanwhile, heat the olive oil in a large (3-quart) saucepan over medium heat until shimmering. Add the garlic, parsley, red pepper flakes, and ¼ cup of water. Cover and sweat, stirring occasionally, until soft, adding more water if necessary to keep the garlic from caramelizing too much.

Add the cooked pasta to the garlic mixture and toss well to combine. Add some pasta cooking water if necessary to bring the dish to a creamy consistency. Serve with more olive oil and the minced tops of the green garlic, if desired.

Apple Spinach Salad

Adapted from [Gimme Some Oven](#)

Salad:

5 ounces fresh baby spinach

2 small apples, cored and thinly sliced

half of a small red onion, thinly sliced

½ cup chopped walnuts, toasted

⅓ cup dried cranberries

3 ounces crumbled goat cheese

Vinaigrette:

¼ cup extra virgin olive oil

2 tablespoons apple cider vinegar

2 teaspoons honey

1 teaspoon Dijon mustard

1 small garlic clove, peeled and minced

pinch of salt and black pepper

Combine all of the vinaigrette ingredients together in a bowl and whisk vigorously (or shake them together in a mason jar) to combine.

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine.

Serve immediately, garnished with the remaining goat cheese, and enjoy!



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.

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

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Every Meal Can Be an Earth Day Celebration

Every year around Earth Day, there are all sorts of tree-planting parties, river and ravine clean-up events, school garden work, and science projects developed, all intended to bring awareness of the fragile biology of our planet. Some will have a lasting impact by changing people's attitudes about doing their part for the collective good, many will also enact long-lasting structural biological advancement. As Elmwood CSA perennial shareholders, you are honoring the earth every time you sit down to eat, which you probably plan to do at least a couple of times a day, for the rest of your days.

Look at it this way, humans eat a lot of food. In a year's time, I'm good for 60 dozen eggs, well over a hundred avocados, 20 or 30 gallons of yogurt/ cottage cheese/ milk, a bunch of bunches of bananas, buckets of berries, quite a few pounds of Elmwood hot pork sausage, several loaves of Dave's thin-sliced organic bread, and that's just breakfast. By the end of the year, I add on another 200+ row feet of leafy greens, at least that much more in veggies (corn, beans, tomatoes, squash, etc.) plus all the root cellar stuff. Several grapevines, part of an apple tree, and maybe more cacao bean bags than I care to admit are ingested. While I have not yet converted my protein intake to acres, I know it is something along the lines of a half-acre or more.

Everything on my list is organic, or I don't eat it (except for a few restaurants I visit because there is just not the availability where I live, yet). By making this food choice, no genetically modified seeds are planted on my behalf. No jugs of highly toxic synthetic chemical jugs are opened for my benefit. No pigs are stuck in narrow crates, no chickens are stuffed into a house, or a cage, with a shortened life just for me. No farmer dons a hazmat suit, no honeybees become collateral damage, for me.

If I extrapolate out my intake and multiply that by the number of Elmwood Stock Farm shareholders, staff, and family members, the collective "we" are actually making a measurable positive impact on the environment. We manage hundreds of certified organic acres of land for the ESF CSA program. I have toyed with the idea of assigning each CSA member the longitude/latitude of the piece of the earth where we grow your food but thought the messaging could get messy if you came out to geocache your spot and found a pile of cow manure. Although, that is proof positive of carbon sequestration in its purest form.

Over my five-year stint on the USDA National Organic Standards Board (NOSB —the governing body of how plants and animals can/cannot be raised to meet the organic standards you expect), I witnessed hundreds of thousands of acres of farmland in the US, actually millions worldwide, convert over to organic production. The NOSB gives growers the tools and knowledge to produce food without resorting to slash and burn-leave no prisoners-extractive-chemical dependent wisdom. There is a tight-knit organic community of growers, academics, processors, and marketers that collectively evaluate how to grow food right, teach the growers how to do it, and how to achieve a market premium for doing so. This is not to say there were not intense debates around the margins, but at dinner after the meetings, we all had the same vision: grow healthful food while improving the land.

The organic movement continues to make a difference, one bite at a time. And Earth Day is a time to make sure we recognize it.

By choosing to eat organic food, you are paying the full costs associated with human nutrition. Wholesome organic fruits and vegetables do not sneak pesticide residues into you, along with the associated potential cancer risks. Grass-fed meats have heart-healthy traits, avoiding the debilitation and costs to human health. Choosing organic deprives cities of the need to rid their water supplies of toxins, and sea life is no longer denied excess oxygen in their marine water.

It may not seem like any one of us can make much of a difference in the trajectory of our planet, but as you see, we can. Please encourage others around you to join in with the pay-as-you-go attitude in making positive food choices in their daily lives.

Meanwhile, if anybody wants help with a tree-planting project, starting a school garden, or cleaning up a mess somebody left behind, I'm up for it. The planet is in trouble and we have to do all we can. Come out for a farm tour and we can talk more. You can put a stake in the ground, declare that no more fouling of the planet is going to happen on your watch, and join me in celebrating Earth Day every day. —Mac

