

Recipes

Crispy Scallion Asparagus Pizza

Adapted from [Naturally Ella](#)

4 tablespoons olive oil	1 recipe or store-bought pizza dough
4 scallions, thinly sliced	2 ounces shredded gruyere
½ teaspoon crushed red pepper	2 ounces shredded/torn mozzarella
1 teaspoon toasted sesame seeds	
½ cup minced parsley	
1 tablespoon lemon juice	
⅛ teaspoon salt	
6 to 8 thicker asparagus stalks	

Preheat your oven with stone, grill, or pizza oven as needed.

Heat a medium skillet over medium heat. Add the olive oil followed by the scallions. Cook until the scallions start to crisp up. Stir in the chili flakes and continue to cook until the scallions are crispy. Remove the pan from the heat and stir in the sesame seeds, parsley, lemon juice, and salt.

For the asparagus, hold the untrimmed end of the asparagus, and using a vegetable peeler, shave the asparagus. Place the shaved asparagus in a bowl and toss with the scallion oil.

Toss/stretch the pizza dough to the desired size and place on a pizza peel or baking sheet lightly coated with cornmeal. Top the dough with the asparagus and all of the oil mixture. Sprinkle with the shredded cheese and cook however you're cooking your pizza.

Pork Cutlets With Green Garlic Salsa

Adapted from [NYT Cooking](#)

¼ cup chopped parsley	2 Elmwood pork chops
3 tablespoons chopped mint	Extra Virgin olive oil
2 tablespoons finely chopped chives	Salt & pepper
2 tablespoons finely chopped green garlic	
1 tablespoon lemon juice	
1 teaspoon kosher salt, more as needed	
⅛ teaspoon chile flakes	
½ cup extra virgin olive oil	

Heat oven to 400°F. Place a cast-iron skillet in the oven to heat as well.

Combine the herbs, garlic, lemon, 1 teaspoon salt, and chile flakes. Stir in ½ cup oil.

Season the pork chops with olive oil, salt & pepper. Remove the skillet from the oven and set it over medium-high heat on the stovetop.

Place the pork chops in the hot skillet and sear until golden brown, about 3 minutes. Use tongs to flip the chops, then immediately place the skillet in the oven.

Roast until the pork chops are cooked through and register 140°F to 145°F in the thickest part of the meat with an instant-read thermometer. Cooking time will be 6 to 10 minutes depending on the thickness of the chops. Rest chops for 5 minutes, then top with salsa.



CSA News

May 2-8, 2022

Winter CSA Week 11

Volume 19, No. 11



Log in to your CSA account online to find a customized list, photos and descriptions for your share.

Farm Share Storage & Use Tips:

- **Asparagus:** Springs signature vegetable! Ideally, you want to use asparagus ASAP. If you need to store it, stand up the asparagus in a glass or jar with about 1 inch of water, making sure all the ends are sitting in the water. Loosely cover the asparagus with a plastic bag, and store it in the refrigerator for up to a week.
- **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.
- **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.

Fields of Farmers

As you enjoy the greens and things in your winter share, know there is more to the story. Those of you that garden at home know the marvelous feeling of eating something you grew or admiring flower bouquets for weeks on end. There is precious few of us left that know how to take bags of seeds and a patch of earth, produce lots of beautiful plants for lots of folks to enjoy, under the watchful eye of Mother Nature.

Seeing the pride swell up in our production crew, whose hands craft these foods from the land, for others, is a wonderful thing to witness. John and Ann were reared in it, my coming out party was in the early eighties, best I remember.

At Elmwood we have seen lots of young people come and go over the years. I gave up trying to do it all myself a long time ago, those close to me know just how much help I need. (If it has a keyboard—I need help.)

Thinking back to how we did things years ago when Ford showed up asking if he could jog on our farm roads as the highway was so dangerous for his daily run. He soon worked with us, and for several years soaked up everything he could about how to farm. He, his wife, and kids now have their own organic farm near London, KY and is a dear friend we cherish, but don't tell him I said that.

Ben came through here fresh out of school, looking to gain some experience, but also to learn how to carry his own weight. He went on to run the UK organic farm in Lexington, before starting a family and a CSA farm in Oldham County, KY.

Kyle was here for a while after graduating from Georgetown College, and now he and his growing family have a large organic farm outside of Paducah, KY. We still talk with Kyle every few months and learn as much from his experiences as he does from ours.

Some young folks that hire on never get the ah-ha moment of stewardship or develop the do-what-it-takes attitude because the work looks easier than it really is.

Then there is Jessica. We have known her for years as she went through UK and built the Greenhouse 17 farm program from scratch with grit and pep in her step. When the pandemic hit and we were shorthanded, Ann begged her to come help us, even if just a couple of half days a week. Jessica could hear the concern in Ann's voice, and when learning the tender baby plants in the greenhouse needed some TLC, she jumped on board. Due to Jessica, we can now say that Elmwood Stock Farm has a flower program. She was out in the cold rain a few weeks ago, pulling frost blankets over her young seedlings, because she has so much pride in her work, and feels the responsibility to her little darlings that she brought into this world. It is pleasing to see the rows of colorful flowers across the fields along with the veggies. And when I happen upon her making bouquets from that day's harvest, her pride and smile beams brighter than the flowers themselves.

We are excited to have Tsu on our crew these days, who came to us from Japan via Berea College and is now managing the greens beds. Tsu does whatever it takes to care for the leafy lettuces, arugula, mizuna, and baby kale we all enjoy. The pride and conviction she brings to her work cannot be taught by us or anyone else, and we are fortunate that she brought it with her. I like that Tsu keeps us organized to be sure she can excel in her tasks of growing the best food in the world.

Jan lives right around the corner in a house right on the actual bank of the Elkhorn with her dogs, cats, chickens, and a horse or two. She has become our number one equipment operator. She can operate farm equipment as well as small airplanes. There is no person on the planet that cares about other living beings more than Jan, plus she checks the fluids before she starts something, and rarely has flats—which are huge pluses in my eyes. Most of the tractor tires are bigger than she is so John fixes them if needed, but I bet she could do it herself if she put her mind to it.

David, who has been with us seasonally for 14 years knew nothing about growing microgreens until last year. Now he takes great pride in his germination pattern and the healthy growth of these tiny little seedlings. He knows how healthful they are, enjoys adjusting the mix to add new colors and flavors, and recognizes that all of you are counting on him.

Meghan came on a farm tour almost 3 years ago and never left. She has covered about everything in the farm office as we have asked while working her into production tasks over the years. She has gained enough experience that we can rely on her to help with seeding, greenhouse duties, riding the transplanter—pretty much she can do whatever needs to be done.

Brittany joined the farm going on two years now with a degree in Equestrian Science. She manages the vegetable transplants along with watering and caring for the greenhouse full of plants. One look in the door, and you can tell from the tidy and healthy rows of color how much pride she takes in her work. I doubt Brittany or any of these folks sleep soundly through a night-time thunderstorm, thinking about how things are holding up on the farm. This simple thing makes them farmers in my book.

You are shareholders in more than just a CSA program. You are affording an opportunity for our production team to develop and take pride in providing food and flowers for you. John, Ann, and I are in this for the long haul and feel blessed to have a crew that has the constitution and gumption it takes to toil in the fields. There are precious few of us left that know how to culture thousands upon thousands of plants, care for livestock, and be stewards of the land, much less fix a flat tire in the mud.

Possibly those flowers look a little brighter and those greens taste a little sweeter knowing you are investing in the future of so many, as you help to grow fields of farmers. We all thank you. —Mac