

Recipes

SIMPLE KALE SALAD

Adapted from [Modern Proper](#)

3 bunches kale, chopped
1/3 cup freshly squeezed lemon juice, plus more for kale
1 1/4 cup freshly grated Parmesan cheese
3/4 cup extra-virgin olive oil
3 garlic cloves, minced
1/2 tsp kosher salt
1/4 tsp freshly ground black pepper
3/4 cup panko
2 cups loosely packed flat leaf parsley leaves

In a large bowl add the chopped kale and drizzle with a squeeze of lemon. Using your hands, massage the kale until tender and glossy, about 3 minutes.

In a small bowl whisk together the 1/3 cup lemon juice, 1 cup of the parmesan cheese, 1/2 cup of the olive oil, garlic, salt and pepper until fully combined.

In a small skillet set over medium heat add in the remaining 1/4 cup olive oil along with the panko. Using a wooden spoon or spatula, toss the panko until coated in olive oil. Cook, stirring often until the panko is a deep golden brown, about 2-4 minutes. Remove from heat and transfer to a bowl.

In a large serving bowl toss the kale with the parsley, parmesan-lemon dressing, and 1/2 of the bread crumbs. Top the salad with the remaining 1/4 cup parmesan cheese and bread crumbs and serve.

SESAME GINGER SNAP PEAS

Adapted from [Spend with Pennies](#)

1 tbsp olive oil
1 clove garlic
1 tsp ginger fresh, shredded
3 cups snap peas
1 tbsp soy sauce
1 tbsp toasted sesame seeds
1/2 tsp sesame oil

Heat olive oil in a pan over medium heat. Add garlic and ginger and cook just until fragrant, about 1 minute.

Add in snap peas and soy sauce. Cook 4-6 minutes, stirring occasionally until snap peas are tender crisp. Remove from heat and toss with sesame seeds and sesame oil.



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:

- Bok Choy or Tatsoi: Wrap bok choy or tatsoi in a plastic bag and place in the crisper of your fridge. Store for up to a week before the leaves begin to wilt.
- Leafy greens (kale, lettuce mix, mizuna): 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.
- Red Radish: Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store radish roots dry and unwashed in a plastic bag in the refrigerator for 1 week.
- Strawberries: Put your berries in a colander in your fridge as soon as possible, where they will keep for up to 5 days. Do not wash until you eat them.
- Sugar Snap Peas: Use as soon as possible within 4 to 5 days of receiving. Refrigerate peas in their bag in the crisper drawer.

Surfing the Web

My wife, Ann, and I were catching up about the weekend farmers markets I attended last weekend, including thoughts on the traffic flow, table displays, well-wisher comments and such over a meal of composed salad and chicken wings I had thoughtfully prepped a day before. The conversation turned to the mix of products we offer our customers and she suggested that I look at the CSA login pages of our website to catch myself up on all the things we offer.

Most of the time my head is filled with things like weaning lambs, hatching turkeys, chopping thistles by the driveway, planning where and when to move the chickens and the sheep, and the like. I took her advice and did some electronic homework. Wow, I am amazed at just what we have to offer when I see it all in one place like that! I'm part of all the goings on but have not stepped back recently to see all the fruits of our labor of love in one place. I raise the chickens, turkeys, and sheep, jump in with the vegetable growing and harvest as need be, and follow John's care of the cows and pigs. What you see in your CSA window on the website, is the culmination of all that work. We do it for you, because you, like us, care about what you consume and how it was raised.

Full disclosure, I was the last person to get an answering machine, acquire an email address, use text messages, and I remember where I was when I heard people would surf the World Wide Web on their phone. To this day, I do not yet have my own social media account though I see them. I do look at websites to book airfares, order parts and materials for projects, and watch an occasional U-tube how-to video. The world at your fingertips is amazing. Let's bring it back down to reality and read between the lines of what you see on your screen.

The jars of tomato-based products we offer are a result of being sixth generation farmers and gardeners. With all the work that goes in, we let nothing go to waste. We plant what we think will meet CSA and farmers market demand, plus a few extras in case the weather throws us a curveball, which is sadly more often than back in the good old days. Before there was such a thing as CSA, or the internet for that matter, when we had a flush of tomatoes come on all at once, we found a guy in Northern Kentucky that liked to preserve food in jars. Millard had no time to grow food, he did keep bees, and he liked to use his honey manufacturing training to "put stuff up" for growers like us. Now we plant enough tomatoes for CSA, markets, and jarring, so we can all eat local organic tomatoes all year.

Not many of you are left that relish the idea of standing over the stove for hours on end in August putting-up tomatoes so they don't go bad. Your grandparents had shelves and shelves of such products in the pantry, more likely a cave-like basement. I say, brown some ground beef or ground turkey, stir in marinara, al dente some pasta, and you have spaghetti dinner with a salad in minutes.

Honey jars look pretty much alike on a screen shot. Elmwood honey comes from only our beehives, not many hives mixed. Our bee guy tells me it takes a million flower visits for each pound of honey. He goes on to say how happy and healthy our bees are with access to a toxic free ecosystem, aka, Elmwood Stock Farm. We must have gazillions of flowers. When you eat it, our honey inoculates your microbiome, tempering your seasonal allergies. More on bees later, they are fascinating, suffice it to say. Know that all honeys are not the same, and if you ever have a swarm of bees adopt your home or yard, give me call and we can hook you up with a guy to corral them for you.

Of course, next I quickly pivoted to the meat section to see what our electronic footprint looks like—it's a virtual smorgasbord! Grass-fed and choice-grade beef, cut up any way you could imagine, even hard to find organ meats are available, all organic to boot. Pastured-raised eggs and chicken and turkeys and lamb. Pork that tastes like pork is supposed to taste. Our organic holistic management plan is working, thanks to you and your help. It would not be worth the effort to keep cattle and sheep just to fertilize the soils unless enough of us buy in.

It's amazing to see all the proteins that are good for you, keep you strong, benefit the planet, and have flavor as nature intended. Pork meats, lamb meats, turkey, chicken, beef, and eggs. Not sure how to cook some of these meat items? I usually just go low (temperature) and slow (a long time in the oven) and let the food speak for itself, apparently recipes abound on the internet.

The veggies come and go with the seasons, and something new will appear each week this time of year. The year-round greens are a staple of life and super important for good health. I'm getting hungry writing this, and I think a marinara sauce pizza with hot Italian beef sausage, onions, sweet potatoes (from the extra one I baked for dinner last night), spinach, and some garlic should hit the spot—all sourced from the farm. As a CSA shareholder you have access to the best food in the world from right here—and your virtual CSA account just makes it easier for you to get it. Thanks for your support. —Mac Stone