

Recipes

SPRING SALAD WITH EGGS & CREAMY TARRAGON DRESSING

Adapted from [The View from Great Island](#)

Salad:

1 bag lettuce mix
1 small fennel bulb, sliced thin
6 radishes sliced thin
3-4 stalks of asparagus, shaved
¼ red onion sliced thin
3 hard-cooked eggs, sliced
¼ cup soft goat cheese, crumbled
½ cup pistachio nuts

Dressing:

3 Tbsp fresh tarragon leaves
1 clove garlic peeled
¼ cup sour cream
2 Tbsp yogurt
juice of ½ lemon
pinch of salt and pepper

To make the dressing, put all the ingredients in a small food processor and process until smooth and creamy. Pour into a small jar and refrigerate until needed.

Arrange salad mix in a wide shallow salad bowl, covering the whole surface of the bowl.

Arrange the rest of the ingredients on top of the lettuce. Season with fresh cracked black pepper, and drizzle with the dressing just before serving.

SPRING VEGETABLE QUICHE

Adapted from [Cooking with Cocktail Rings](#)

1 refrigerated pie crust	3 large eggs
2 Tbsp extra-virgin olive oil	1½ cups heavy cream
1 medium shallot, thinly sliced	2 ounces goat cheese, crumbled
½ cup shelled english peas	3 Tbsp unsalted butter, cut into ½" pieces
1 cup chopped asparagus	1 container of pea shoots
2 packed cups spinach	
Salt & pepper	

Heat oven to 375°F.

On a lightly floured, clean work surface, roll ½ the dough out into a ½" thick 9" quiche or pie pan. Line with parchment paper and fill with pie weights, rice or dried beans.

Bake for 15 minutes then remove the weights and parchment paper and continue to bake until the crust is lightly golden brown, about an additional 5 minutes.

Heat a large sauté pan over medium heat add the olive oil and heat through. Add the shallots, asparagus, and peas and sauté, stirring occasionally, until the shallots are slightly caramelized and the asparagus is tender about 6 minutes. Add the spinach and cook until just wilted about 3 minutes. Season the mixture with salt and pepper and set aside.

In a large mixing bowl whisk together the eggs and the heavy cream until combined.

Add the filling to the crust, spreading it out evenly. Top with the egg mixture then sprinkle the goat cheese over the top.

Arrange the pieces of butter around the goat cheese then bake, until the top is puffed and golden brown and the center is set (it doesn't jiggle when moved), about 35 minutes.

Let cool for 15 minutes then serve topped with pea shoots.



CSA News

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Winter CSA Week 12

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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:

- **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.

Mac's Take

So, I can't say don't hold me to this if I put it in writing, but here's my reading of the tea leaves. Gathering information from first-hand sources gives me some confidence, filtering electronic sources gives me pause, but there are some trend lines that seem to be inking themselves in. It would be easy to go down the path of Chicken Little here, however, there are actions we can all take to hedge our bets. Interestingly, what we eat can make all the difference in the world.

The sky is falling in Ukraine, and we hope the courageous individuals that are standing up for freedom can maintain world order on all our behalf. Globalization brought unprecedented economies of scale, while we all passively counted on the intricacies to run like a Swiss watch. High input, chemical-intensive agriculture propped itself up to feed the world, until it cannot get the outrageous volume of earth degrading chemicals it depends on. A global pandemic that requires each of us to take personal precautions, for the greater good, is being scoffed at by many in leadership positions. Climate change is accelerating exponentially as a result of capitalistic greed. The malnutrition of the American people is apparent and abhorrent, just walk through a grocery store to see for yourself. I better stop there before a negative spiral pulls me in.

Given the dark clouds that swirl around us, we find ourselves asking what any one of us can do? Hands down, the best thing is to eat local. It defies logic that a locally raised chicken costs more than a chicken that had some of its parts sent to China, and back, but it does. One picture has some proverbial fat cats sitting around a board room table as they figured out how to raise millions of birds in a closed up "house," feeding millions of bushels of chemically produced genetically modified grains, harvested in a facility where nobody wants to work, then ship the chicken parts across the Pacific for fabrication, and then brought back, so US consumers can eat cheaply. The other picture has me and a helper moving chicken huts across a field a couple of times each day, giving them organic grains sourced from local Kentucky farms until it is time for the two-hour trip to our butcher, Jerome, where he and his crew are glad to see me. That's a world of difference in every bite of chicken you eat. Ditto for beef, pork, turkey, and lamb.

None of us can escape the rise in consumer prices that have jumped, given the corner we have painted ourselves in. Sure, most of us stopped buying cheap plastic crap from the Far East long ago, but little do-dads in appliances are made over there, and now cannot get here, so stove and refrigerator prices shot up because pieces and parts are in short supply. Suddenly, we realized the pickle we are in since N95 face masks and semiconductors are not made around here because it costs more to do it here than having people that work for pennies a day make them and send them to us. This became a national security issue overnight. The same holds true for our food supply.

Food prices are rising, fast, because farmers are paying more to get the toxic chemicals from afar, and the parts they need to keep equipment operational, if they can get them at all. Food processing facilities are paying their employees more to keep the lines running, and more for diesel to get the products delivered around the country. You can expect some empty store shelves from time to time of various foods over the coming years. They know the system is broken and they are not sure how to fix it.

While some 2% of Americans are considered to be farmers, a recent story I heard revealed that only 0.3% actually depend on farming for their livelihood. Many of these are at the mercy of multi-national companies for their paychecks and are admittedly shaking in their boots. (I'll find the source of this and see about the details, though it seems in the ballpark to me.)

But, here is what gets me up in the morning and keeps me going with pep in my step. The food we grow is dependent on the weather, not on shipments of toxic chemicals from around the globe. The animals we rear depend on us for their well-being, they are not drug addicts. You, our customers, are our neighbors. We know your name, you know ours. We can look each other in the eye and feel the power of our shared commitment to each other, and the planet by extension.

If you count the local farmers that grow food as their only source of income (like Elmwood), versus commodities, in the Central Kentucky area, my back of the napkin math says we are 0.00075% of the region. Encourage your friends, neighbors, and family to step up to the plate and support local food systems. Surely, they do not want to leave something like that up to chance—that nothing can go wrong with a capitalistic globalized food supply chain. Thank you for your continued support, we are here for you, for the long haul.—Mac

All of the Elmwood Stock Farm team wants to thank you for your participation in the Winter CSA season (lasting into Spring this year!) As we have another week or two before we start the Summer CSA season, Ann will reach out to see if you want to extend your CSA pickup or delivery for another week. Look for an email around Fri. 5/13 with details.

We'll be closing signup for Summer CSA 2022, so any friends thinking it over should go ahead and register this weekend. Happy Eating!