

Recipes

SHEET PAN SAUSAGES WITH BROCCOLI, KALE & CHICKPEAS

Adapted from [Dishing Up the Dirt](#)

4 Elmwood Stock Farm sausage links
1 head of broccoli, cut into small florets
1 cup cooked chickpeas (if from a can rinsed and drained)
4 garlic scapes, finely chopped (or garlic cloves)
1 teaspoon crushed red pepper flakes
salt and pepper
olive oil
½ a bag of baby kale (about 2 cups worth)
freshly grated parmesan cheese
mustard for serving

Preheat the oven to 425F.

Place the sausage links on a baking sheet. In a bowl toss the broccoli and chickpeas with the garlic, crushed red pepper flakes, salt, pepper and a bit of olive oil until well coated. Spread the veggies out on the baking sheet with the broccoli. Place in the oven and bake until the broccoli begins to brown and the sausages are cooked, about 25 minutes. Flip the sausages and veggies halfway through cooking.

Meanwhile, in the same bowl you tossed the broccoli and chickpeas with oil, add the kale and drizzle it with a bit more oil. Use your hands to massage the kale with the oil until it turns bright green and is tender.

Remove the sheet pan from the oven after about 25 minutes. Add the kale to the pan and toss it in the pan juices and nuzzle it between the veggies. Sprinkle the veggies with freshly grated parmesan cheese and place the pan back in the oven for about 5 minutes longer or until the cheese melts and the kale becomes slightly crisp.

Serve the sausages with a side of mustard and enjoy!

QUICK PICKLED RADISHES

Adapted from [Love & Lemons](#)

4 bunches red radishes
1 cup white vinegar
1 cup water
2½ tablespoons cane sugar
1 tablespoons sea salt
½ teaspoon mixed peppercorns
½ teaspoon mustard seeds

Thinly slice the radishes and divide between 4 (11.5-ounce) jars or equivalent. The amount of radishes and brine used may vary based on the size and shape of your jars and how you slice your radishes.

Heat the vinegar, water, sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Let cool and pour the brine over the radishes, then stir in the peppercorns and mustard seeds. Let cool and chill until ready to use. Pickled radish slices will be ready to eat in about 1 hour.



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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:

- **Broccoli:** Wrap broccoli loosely in a plastic bag, and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days. Broccoli does not like to get warm. Refrigerate it immediately.
- **Leafy greens (arugula, baby kale, lettuce mix):** Store in your fridge in perforated plastic bags.
- **Napa Cabbage:** Keep dry, unwashed cabbage in the vegetable bin of the refrigerator. If the outer leaves lose their firmness, remove and discard those. Once cut, wrap in a sealed plastic bag and continue to refrigerate, it should keep for several weeks more.
- **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.
- **Raspberries:** Store raspberries uncovered in the refrigerator in a single layer on a paper-towel-lined plate for 2-3 days. Rinse gently just before using.

Nature Preserves

Knowing many of you tend plants, actively garden, or at least mow your lawn every now and then, it seems like the beginning of meteorological summer is a good time to have the good bug vs bad bug discussion. Like us, you would never even consider spraying poisons in and around your inner sanctum. Be it concern for your personal risk during the mixing/spraying and what to do with the leftovers, or your concern for residue on the plants, or off gassing vapors, or the unintended consequences of collateral damage, whatever your pest de jour is, it cannot just have its way. Fear not, you are not alone in such encounters.

Your yard, and our farm, are tiny little microenvironments in search of biological equilibrium. Your yard may have once looked like a construction zone of backhoes, bobcats, brick masons, framers, and roofers strewing asphalt shingle pieces all around. Hopefully they worked around some big trees, but other than that, it was more than likely scorched earth. The addition of landscape plantings, grasses, new trees, leaf piles, and vegetable gardens, and flower gardens attract a whole host of insects that live on, in, and around them. Counterintuitively, the more different types of insects you invite to live with you, the better.

The more diverse an ecosystem is, the more stable it will become, that's a plain old law of nature. If you were to spray an insecticide to kill a certain species, there will always also be beneficial species killed, which will undoubtedly allow some other insect opportunists, just looking for a niche, to move in, drastically re-setting the equilibrium clock. These chemicals leave a residue that is toxic to the lifecycles of good bugs for years. You will win the battle and lose the war if you get on a chemical treadmill in the little patch of earth you call home.

I saw an adult Pennsylvania leather wing the other day that prompted me to write about this now. Every year, we rely on the legions of insects that call Elmwood home, to keep the typical vegetable insect pest outbreaks from ruining our (your) crops. First, the mom and dad insects must have a safe place to live and rear their young. Second, they must have a consistent food source to be healthy enough to bear offspring. Thirdly, they need to be in a nice neighborhood so their little darlings can reach adulthood and make their own home. At some point, they need our pests to complete that cycle. Often it is the young, actively growing larvae stage of the good bugs' lifecycle that does most of the work, on our behalf.

There are more good guys out there if you give them a chance. Do not assume that a bug you see on your plants is bad. If you see signs of damage, look for the culprit, under the leaves out of the sun, or even at night. Good bugs come in two basic types. Those that eat other insects or those that parasitize other insects.

Be sure to google these to see for yourself what you are looking for, or evidence of their existence:

- Lady bugs, the quintessential cute bug, do in fact eat sap sucking insects (often the eggs or larvae of such), but not a lot since they have a hard shell and therefore are not growing very fast. Lady bug larvae (google that) on the other hand, look like tiny alligators that are voracious eaters and grow fast, so they eat plenty.
- Funny looking wasps (google braconid wasp) lay their eggs in other insects, which to my understanding does not harm the host insect. But in a few days when the egg hatches, it eats the guts of the host, effectively killing it. Some species are so small, they can take aphids and turn them into little leathery mummies, no longer harming your vegetables.
- Lacewings are a fairylike wispy little flying insect that lays her eggs atop a white hair-like structure an inch or so tall. The reason being, her babies are so voracious, they will eat each other if they all hatch in a cluster (like most do), so they are programmed to hatch at slightly different intervals giving the others time to travel down the hair and go in search of food before a sibling finds them. Often you will see these in rows on tomatoes, or the underside of plant leaves, or sometimes even on a tomato or pepper.
- Pennsylvania Leather wing beetles eat all manner of pests and abound in our blackberry and raspberry patches. They are big, seem to live a long time, and we call them Kentucky leather wings since they are many generations into our ecosystem, and they call Elmwood home now.
- Insect niches are fascinating, and there are lots of them. Give them a chance to flourish, not to mention what earthworms and ants do for our soil.

Flowering plants are a good food source for beneficial insects, lest we fail to mention honeybees and other pollinators. Let the clover in your yard go. Plant sunflowers in the spring, again every so often, as the sap that oozes out of the stem that sticks to your hands, is mother's milk to beneficial insects. Catalpa trees in bloom will be teaming with good guys. Get to know them, and realize it is like National Geographic right before your eyes.

In my humble opinion, Elmwood Stock Farm should be declared a state or national nature preserve, due to the diversity of insects that coexist out here on the banks of the Elkhorn. Thanks for your support and for caring as much as we do. – Mac