

Recipes

SHEET PAN CHOW MEIN

Adapted from [Smitten Kitchen](#)

1 bell pepper finely sliced
1 carrot, peeled and finely sliced
1 head of broccoli, cut into florets
Kosher salt
Olive oil or a neutral oil
1 8-9 oz package dried egg noodles
1 small can baby corn, drained
6 ounces asparagus, or sugar snaps peas, cut into 1-2 in segments
1 medium shallot or 3 scallions, thinly sliced
2 tablespoons toasted sesame seeds, to finish
1 tablespoon toasted sesame oil

Soy Seasoning:
1 tablespoon toasted sesame oil
3 tablespoons soy sauce
1 tablespoon stir-fry sauce
1/4 teaspoon ground white pepper
1 small clove garlic, grated or minced

Heat oven to 425°F. On a large baking sheet, toss the pepper, carrot, and broccoli with a splash of olive oil and season with salt. Roast for 10 minutes, until the vegetables start to soften.

Meanwhile, make the noodles: Bring a large saucepan of salted water to the boil. Add the egg noodles, and cook according to the packet instructions, or al dente, about four to five minutes. Drain and cool under cold running water. Drain well again and pat dry.

Combine the soy seasoning ingredients in a small bowl.

Remove the baking sheet and push the vegetables to the side. Add the noodles, corn and asparagus. Drizzle the noodles with sesame oil, season with more salt and toss well to coat. Return the tray to the oven and bake for another 15 to 18 minutes, until the noodles are crispy on the top and bottom.

Remove the tray from the oven, drizzle over the soy seasoning and toss well. Scatter over the shallot and sesame seeds and serve.

GARLIC BOK CHOY OR TATSOI

Adapted from [The Forked Spoon](#)

1 tablespoon vegetable oil
5 cloves garlic - minced
2 large shallots - minced
2 pounds baby bok choy or tatsoi - halved or quartered
2 tablespoons soy sauce
1 teaspoon sesame oil
1 teaspoon crushed red pepper - optional

Add the oil to a large wok or skillet over medium-high heat. Swirl to coat the entire surface of the pan. Add the garlic and shallots, stirring continuously for 1-2 minutes, or until fragrant.

Add the bok choy, soy sauce, and sesame oil. Toss to coat and cover. Cook for 1-2 minutes, uncover and toss, and then cover and continue to cook until bok choy is cooked to the desired doneness.



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.

Mac's Organic Evolution

When a bewildered-looking 3-year old looks up at you and asks, “Daddy, why did you spray poison on our food?” it makes you think. When you are trudging along a pond dam with a tank of toxic herbicide sloshing around on your back, spraying invasive thistle weeds, and fish “accidentally” die off, it makes you think. When you have a surplus of garden tomatoes at work but are not sure you want to take them home for the family, it makes you think.

As the guy Kentucky State University (KSU) hired to convert an overworked cattle and tobacco farm into a research facility for small-scale farmers in the mid-80s, I had a big job ahead of me. KSU is renowned for its world-class aquaculture program to this day, and this farm in Franklin County was acquired for farm-scale demonstrations in the ponds on the farm. Being a young whipper snapper who's gonna do everything by the book, I headed out one day to kill thistles. All the how-to-be-a-good-farmer guidebooks —most developed and disseminated by colleges of agriculture across the country—had a chart of herbicides to spray for weeds. The chosen chemical was broad-spectrum, broadleaf weed killer that caused no harm to grasses, like the fescue and bluegrass I was rescuing. The next morning, I was delighted to see wilting thistles but horrified to see hundreds of bluegill and catfish, plus a few bass, belly up in the pond. My larger-than-life boss, Doc Benson, very quietly informed me, “You can’t kill the goose that lays the golden egg and keep your job.” That made me think, how can I do this another way?

About this same time, I was tending the garden behind the farmhouse overlooking said pond, growing a wide array of veggies for my family. It had obviously been the garden patch for others whom had lived there, overworked like the rest of the farm. I was having trouble with insects damaging the crops, so I sprayed what the trusty guidebooks advised. I strapped on a different backpack sprayer and took care of those pesky critters; problem solved. I was feeling pretty proud of myself, as I had saved our green beans from insect devastation. Later that day, I walked my young daughter out to the edge of the garden and told her we could not go into the garden for two days because I had sprayed bug poison. When I had no comeback for her question about the poison on the food, which made me think there has to be a better way to grow food.

Simultaneously, the mission to develop scale-appropriate systems to fit small-scale, often under-capitalized farmers led to full-blown research projects. In the official by-the-book replicated tomato-research trials, the team was evaluating the pros and cons of using various colors of plastic mulch. Of course, these plants were “properly” maintained with regimented insecticide and fungicide spray schedules. After harvest and evaluation, the tomatoes were donated to local soup kitchens and shared by the crew. When Doc asked us why we were not taking any of the surplus tomatoes home, he cocked an eyebrow at me when I informed him we had plenty of other tomatoes to take home that had not been sprayed, ever.

That set the wheels in motion for KSU to be the first land-grant university in the South and Midwest to certify some of its land into organic production. Doc gave me and the rest of the farm crew the freedom to design systems to be shared with small-scale farmers so they could avoid the use of toxic chemicals on their farms. Our weekly evaluation walks were the genesis of KSU’s monthly Third Thursday Program, which still exists. Some 25-plus years and a formal recognition from the USDA Secretary of Agriculture later, thousands of farmers, scientists and industry representatives have been led to think about how food can be grown without toxic chemicals at KSU. Now those early impacts on me have made a lot of people think.

My conviction to organics originated with personal experience and real life examples. The opportunity to work with the bee people and the fish folks let me gain insight into sensitivities to toxins, and really opened my eyes. Applying advice from a previous boss, the path to success was to “have eyes that see, a mind that works, and an action attitude.” That’s how I changed life for the better, and I got to keep my job. That's also how we go to work for our CSA members too, so you don't have to explain to your children why there are poisons on your food, why the fish died in the pond, or why you don't want to eat the tomatoes.

If you have an a-ha organic moment, please share it with us! Our CSA Member Facebook group is a great place to join the conversation. —Mac Stone