

Recipes

ROASTED BEET HUMMUS

Adapted from [The Minimalist Baker](#)

- 1 small roasted beet
- 1 15-oz. can cooked chickpeas (mostly drained)
- 1 large lemon (zested)
- ½ large lemon (juiced)
- 1 healthy pinch salt and black pepper
- 2 large cloves garlic (minced)
- 2 heaping Tbsp tahini
- ¼ cup extra virgin olive oil

Preheat oven to 375F. Remove the stem and most of the root from your beet, then scrub and wash it under running water until clean.

Place the beet on a sheet of foil, drizzle on a bit of olive, wrap tightly, and roast for one hour or until a knife inserted falls out without resistance. It should be tender. Once the beet is cooled enough to handle, gently peel away the skin and quarter it.

Place the quartered beet in your food processor or blender and blend until only small bits remain. Add remaining ingredients except for olive oil and blend until smooth. Next, drizzle in olive oil as the hummus is mixing.

Taste and adjust seasonings as needed. If it's too thick, add a bit of water to reach desired consistency. Will keep in the fridge for up to a week.

GLAZED GRILLED CARROTS

Adapted from [NYT Cooking](#)

- 2 tablespoons balsamic vinegar
- 1 tablespoon soy sauce
- 1 tablespoon dark brown sugar
- ½ teaspoon finely chopped fresh rosemary
- ½ clove garlic, cut into paper-thin slices
- 1 teaspoon freshly grated ginger
- 2 tablespoons vegetable oil, plus more for the carrots
- 10 medium carrots, peeled, trimmed and cut in half lengthwise
- Salt
- 1 green onion, thinly sliced

In a large bowl, whisk together vinegar, soy sauce, sugar, rosemary, garlic and ginger until combined. Whisk in 2 tablespoons oil so dressing emulsifies; set aside.

Heat grill to low. Coat carrots with oil and season with salt. Grill carrots, covered, turning as needed, until nicely charred and fork tender, 20 to 25 minutes.

When carrots come off the grill, toss them immediately in the prepared dressing. Once they're coated, use tongs to transfer the carrots to a serving platter and garnish with green onion. Drizzle with a few spoonfuls of the remaining dressing.



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Farm Share Storage & Use Tips:

- **Beets:** If your beets still have greens attached, cut them off, leaving an inch of stem. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the beetroots unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but try to use them within a week for optimal sweetness!
- **Celery:** Your celery is in a bunch of cut stalks, recut the ends and stand up in a jar of water in the fridge. It should keep for up to two weeks. Be sure to ensure all of the leaves, as well as the stalks!
- **New Potatoes:** New potatoes are freshly dug and not yet cured. These should be stored in the refrigerator in a paper or perforated plastic bag.
- **Tomatoes:** Store tomatoes upside down on a plate or cutting board at room temperature. Do not refrigerate tomatoes; cold temperatures deplete their flavor and texture.
- **Watermelons (Add-on option):** These watermelons are the seeded Sugar Baby variety. To store, cover cut melon with plastic wrap and keep cubes or slices in an air-tight container. Organic melons are a rare treat, so enjoy them while you can!

In the News

I click on mainstream agriculture newsletters to keep an eye on the big boys, and this past week two headlines caught my attention. The first was a story about an alarmingly high percentage of humans surveyed, that had herbicide residue in their urine, including some individuals under six years of age. The other had to do with the historic collusion of beef processors to fix prices, which is coming to a head with producers as it becomes more openly obvious during a global pandemic. To me, the capitalistic corporatization of the nation's cheap food system is leaving farmers and consumers holding the bag.

Let's start with body fluids. The CDC's National Health and Nutrition Examination Survey looked at Glyphosate (trade name Roundup) residue in urine. It's the most widely used herbicide in this country. From my generic tracking of big ag, that would be just shy of 200 million acres of genetically modified Round-up Ready corn or soybeans, that have glyphosate applied each year, give-or-take ten or twenty million acres. Most of these acres are harvested for livestock feed. Additionally, millions upon millions of acres of corn and soybeans are refined into their component parts to be incorporated into thousands of foods that contain some derivative from corn or beans. The big daddy is fructose corn syrup.

The decades-long international public debate on whether glyphosate is carcinogenic, or not, makes me think there must be some correlation, or the debate would have faded away. Recent class-action lawsuits would make me think there is something to it, at least enough to convince me to stay away from it. In the early wild west days of herbicide, formulations were set when tests showed no residue present in the crop. New technology can detect tiny "trace" amounts but begs the question of how much is too much, when farmers have the regulatory authority to spray away.

It seems farfetched to think these herbicide molecules got hung up in an animal and then were passed on to a human, although they apparently got hung up in a human at the time of testing, which gives me pause. The more direct source of exposure is by eating foods that contain corn and/or soybeans. This little bit of herbicide residue seems to be the cost of doing business if you want cheap food. There is also potential exposure from lawn care, sports fields, and parks, so it's hard to lay the blame on any one source. My thought is to eliminate as many as possible. For the record, glyphosate is not allowed in organic production systems, and we do not use it at Elmwood Stock Farm.

The other headline of note last week was the discrepancy between beef prices going up at the grocery while cattle farmers are being paid less. It seems four companies control some 80% of the beef supply in this country and folks are crying foul that prices seem to be rigged.

Cattle farmers and ranchers tend to their cow herds and generally get a new calf from each cow every year. Most calves are sold at weaning 6-8 months later, and trucked to vast feedlots in the Midwest, where most of the corn and beans are grown. (Some calves stay on farms to size up on grass, called backgrounding, before going to a feedlot.) The value of these calves is based on how much beef Americans are eating or will be eating several months out from when they have sufficiently fattened up—determined by retailers. But these higher prices are not passed on to the farmers and ranchers.

This simple supply and demand model does not seem to line up as the four big players are calling the shots. The same scenario holds true for milk, pork, and poultry. Farmers and ranchers that produce the actual product are the least profitable but have the most at risk. Various Congressional actions over the years have attempted to achieve fair pricing. There would not be Congressional actions if there wasn't something to it.

Here at Elmwood Stock Farm, your farm, we have chosen to step out of the fray and build an open dialogue with our customers. We use no herbicides nor insecticides, or fungicides for that matter, so you can eat in peace. The price of our meat products is the summation of expenses it costs us to produce and our butcher to process the product for you. We do not compare the cost of our cuts of meat to others in the marketplace, because it's like apples to oranges. Our meat and veggies come with a clean bill of health and a fully transparent organic seal of authenticity.

Our foods come to you with a smile, not a link to a class action lawsuit. We offer our products at the price it costs to do the work, fair and square. The third-party verification that we invite with organic certification offers transparency. We appreciate the partnership and with your support, we'll continue to grow good food for you. —Mac