

Recipes

CRISPY ZUCCHINI TACOS WITH CABBAGE SLAW & LIME CREMA

Adapted from [Jessica in the Kitchen](#)

ZUCCHINI

1 lb zucchini
¾ cup flour
¾ cup milk
¾ teaspoon salt
½ teaspoon ground black pepper
¾ teaspoon garlic powder
½ teaspoon red pepper flakes
1 cup bread crumbs

CREMA

¼ cup greek yogurt or mayo
1 teaspoon lime juice
½ tsp finely minced garlic
sea salt and ground black pepper
1 chipotle chili in adobo, minced
½ teaspoon paprika
1 tablespoon milk

SLAW

2 cups shredded kale
2 cups shredded carrots
2 cups shredded cabbage
¼ cup apple cider vinegar
1 tablespoon sugar
sea salt and ground black pepper
2 tablespoon olive oil

TACOS

Corn or flour tortillas
¾ of a small jalapeño, sliced
Pickled onions
½ ripe avocado, sliced
2 tablespoons parsley, chopped
2 limes, sliced into wedges

Preheat oven to 450 degrees.

Prepare a baking sheet by lining it with a silicone baking sheet or parchment paper.

Cut the zucchini into spears about 3 inches long and an inch wide roughly.

In a separate bowl, whisk all the batter ingredients together EXCEPT the bread crumbs. Place the bread crumbs in a bowl. Line it up beside the batter bowl.

Toss the zucchini in the mixture one at a time, shaking off excess batter. Then, dip the zucchini into the breadcrumbs to coat, then place onto the baking sheet. Repeat until all of the zucchini spears are coated.

Bake for 25 minutes, then remove from oven and set aside.

Mix all the ingredients for the slaw together while zucchini is baking. let sit on the counter or in fridge if not using immediately so all the flavors can marry together.

While zucchini is baking, in a food processor or blender, blend all the crema ingredients together. Add a tablespoon or water to thin out the lime crema for drizzling if you so desire. Season with salt and pepper to taste. Place in a small bowl to spoon over tacos.

Heat 1 teaspoon olive oil in a skillet over medium heat.

Place a tortilla in the heat until golden brown spots appear and they are slightly puffy , then flip and cook the same. Set on a plate to assemble.

Layer with slaw, crispy zucchini and avocados over the soft taco shells. Add other toppings here if so desired and drizzle the tacos with the lime crema.

Serve with limes to squeeze over for a fresh burst of flavor. Enjoy!



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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:

- **Cucumber:** Put cucumbers in a sealed plastic bag in the crisper drawer of the refrigerator for up to a week. Keep them far away from tomatoes, apples and citrus, which accelerate their deterioration.
- **Fennel:** Cut off the stalks where they emerge from the bulb, and if you want to use the feathery foliage as an herb, place the dry stalks upright in a glass filled with two inches of water. The unwashed bulb may be kept in a plastic bag in the refrigerator drawer for 2 weeks.
- **Green Beans:** Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.
- **Leafy greens (lettuce mix, bok choy, tatsoi etc.):** Store in your fridge in perforated plastic bags.
- **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.
- **Zucchini:** Store squash unwashed in a perforated plastic bag in the vegetable bin. They keep for about a week and a half.

Conservation as the Cornerstone

We speak often about crop rotation and organic principles around plant production in these newsletters, yet recently we realized we have not gone into much detail about conservation measures we employ to be good stewards of the land. We are blessed with magnificent soil here at Elmwood Stock Farm, and we do everything we can to improve it as we convert solar energy into nutritious foods for you and, by extension, human energy.

In our animal- and crop-rotation plan, each acre of land has its assigned purpose. Every eight years, we plow down alfalfa hay fields and plant them in our rows of little vegetable seeds or transplanted seedlings. This is obviously disrupting to the plants, insects, microbes and aggregate soil particles that have called it home for so many years. We most often use a moldboard plow, which basically undercuts the field about 8 inches deep and flips it upside down. The nutrients released from the now-decomposing plants and all the related biota immediately start re-colonizing the underground rhizosphere to give a good start to the little plants that we're about to put into the soil.

Good soil conservation dictates that the ground is always worked on the contours of the slope of the field. For the initial tillage, we use a five-bottom 16-inch plow. This leaves the field rough, which helps spring rains infiltrate easily, reducing the risk of erosion as long as the rows are perpendicular to the slope. If one were to plow up and down the slope, the lower area between the humps of each plowshare would act like a gutter and erode a gully every 16 inches, effectively washing away tons of topsoil. These same dips between the plowshare humps act like little berms that hold water until it has time to infiltrate the soil.

Secondary tillage to smooth the surface and prepare a seed bed is also done on the contour for the same reason. This is not as easy as it sounds, given the undulating hills and slopes of the topography of the Bluegrass Region. Working soils when too wet can ruin the structure of the soil, and tillage does not work well when too dry. A “good farmer” is steadfast in limiting erosion while prepping the fields in a timely fashion for spring planting.

Planting on the contours is equally important, whether the plants are growing on bare ground or, even more importantly, in strips of plastic mulch. Since the plastic sheds rainwater, it is important to encourage the water not to collect and run down a slope, so we use the raised-bed berms of plastic to hold the water in place to infiltrate and nourish the plant roots underneath. Bare-ground plantings get cultivated several times a year, which loosens the soil, making it at risk of erosion which is why contour farming is so critical.

Understanding individual fields on a farm means becoming familiar with the lay of the land. Fields that require little consideration to all of this are said to lay well. Some fields have variable slope patterns and/or variable soil types, which require more attention to detail. Sometimes, we will have several row patterns in the same field. We might also leave a portion of the field in sod, where the water naturally drains away, letting the established plants and their roots hold the soil in place. These are called sod waterways; you should see them in some fields as you drive through the countryside.

The USDA-Natural Resources Conservation Service (NRCS), has funds available to incentivize farmers to employ conservation measures on their farms. Wind breaks save lots of soil loss in the Great Plains and are, therefore, a good investment in national food security. In our area, programs are available to offset the cost of various erosion-control measures, plant beneficial-insect habitat, employ cover-cropping systems and more. These investments in stabilizing the soil, for the good of society, date back to the Dust Bowl years. What a wakeup call that was.

Here at Elmwood Stock Farm, we have six, going on seven, generations of good farming techniques bred into our heritage. Our few inches of topsoil are our livelihood. First and foremost, we do everything we can to keep it in place. Building the organic matter, increasing the diversity of microbes that develop structure within the soil particles, rotating crops with differing types of root structures, and long rest periods in hay and pasture are other tools we have to maintain, if not build, soil. This gets to the art of farming. In *The Gift of Good Land*, Wendell Berry says: “We have neglected the truth that a good farmer is a craftsman of the highest order, a kind of artist.” In a past conversation with Wendell, he referred to us as good farmers, and for that we are very proud. —Mac Stone