

Recipes

BLT SALAD

Adapted from Bon Appetit, serves 4

8 slices organic pasture-raised bacon	Pinch of sugar
1 piece rustic country-style bread	1/4 bunch or a very small handful of chives
1/3 cup mayonnaise	1 bag organic salad mix
2 tablespoons fresh lemon juice	1 pound ripe tomatoes, cut into bite-size wedges OR 1 pint salad tomatoes
Kosher salt, freshly ground pepper	
1/3 cup olive oil	1 large avocado, sliced

Preheat oven to 350°F. Arrange 8 bacon slices side by side on a small rimmed baking sheet, overlapping slightly if necessary. Bake bacon, removing sheet from oven and turning slices with tongs halfway through, until slices are deep reddish brown with crispy edges, 25–35 minutes.

While bacon is cooking, cut crusts off bread; discard. Tear bread into 1" pieces. Don't worry if the pieces end up in different shapes and sizes. Irregular is good! You should have about 2 lightly packed cups.

Transfer bacon to a paper towel-lined plate and blot with more paper towels to absorb excess fat. The bacon will crisp as it cools. Reserve baking sheet with bacon fat. Increase oven temperature to 425°F.

Scatter bread on reserved baking sheet and toss with tongs until bread is evenly coated in fat. Bake bread, tossing once halfway through, until pieces are golden all over and crisp, 10–15 minutes. Let cool.

Meanwhile, whisk 1/3 cup mayonnaise and 2 Tbsp. lemon juice in a medium bowl. Season with salt and lots of pepper, then slowly stream in 1/3 cup oil, whisking until dressing is thick and emulsified. Whisk in a pinch of sugar. Thinly slice enough chives to measure 2 Tbsp. and whisk into bowl with dressing. Slice remaining chives into 1" pieces; set aside.

Rinse and spin dry salad lettuce. Arrange lettuce pieces among individual plates. Season with salt and pepper and drizzle about a third of the dressing over top. Arrange tomatoes, avocado, and croutons over and around lettuce pieces. Break up cooled bacon with your hands into rough 1" pieces and scatter over salad. Drizzle with remaining dressing. Sprinkle with reserved chives and serve.

Fall CSA signup is open!

Visit ElmwoodStockFarm.com or contact the farm at 859.621.0755 to reserve your fall season share.



CSA News

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Summer CSA Week 16

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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:

- Leafy salad: (arugula, lettuce mix, mizuna, etc.): Rinse and process in your salad spinner and keep in a closed container with a paper towel to absorb excess moisture.
- Onions: Onions may be kept in any cool, dark, dry place with adequate air circulation for several months.
- New Potatoes: New potatoes are freshly dug and not yet cured. Store in the refrigerator in a paper bag or other container to keep out of light so skins will not turn color.
- 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.
- Asian Greens: Store in fridge wrapped in bag or cloth to protect from the drying air of the refrigerator.
- Zucchini/Summer Squash: Store squash unwashed in a bag in the vegetable bin. Squash keeps about a week and a half; larger pieces keep longer than smaller pieces.

Fall Has it All

The cool mornings came early this year, a sure sign fall weather is upon us. Walnuts are big and full, beginning to drop, even though they are one of the latest trees to leaf out. The leafy greens are coming back with cooler weather and the first sweet potatoes are coming out of the ground. It's nice when it feels like fall. The morning and evening light seems to take on a new hue, the unpredictability of the weather becomes a little more predictable.

The summer vegetable season runs through the first week of October, when all bets are off on first frost. We plan to have your favorite summer veggies until then. Back in the dark ages of the local food movement, we shut down Elmwood's farmers market vending a week or so after first frost, and for that matter the Lexington Farmers Market closed down from mid-October until Derby weekend the next May.

Back then, we would throw a piece of old tobacco canvas (frost blanket) over some tomato plants for us to enjoy until full-on-freeze. There was usually some kale or collards out there we could glean on up until Thanksgiving. In conversation, we felt bad that we were eating so well and our regular customers did not get any. I don't remember which came first: turkey farming or using email as a marketing tool, but about the time of the new millennium, we began to purposely plant veggies to harvest for our community well into fall, even up until winter would knock us out.

You may have seen the Facebook group post last week alerting CSA members that fall season signup is open. Many veteran shareholders have already secured their share, my thanks to you. We know they know what we know—the fall share season might be the best!

In October, with a little variability from climate change thrown in, we can predictably still harvest summer crops (aka non-frost tolerant) well into the month. Tomatoes vines can be stripped of every fruit which then ripen over time in our packing shed (or your pantry), not to mention fried green tomato season comes, as all the green gems are pulled off the plants if frost comes before they have enough time to ripen.

The greens like kale and collards really like the cooler weather, they grow better, and they taste better. With the cooler and shorter days creeping in, the plants will photosynthesize sugars and flavors all day, but not grow as fast, meaning each little cell is chocked full of goodness. Frosty temps actually bring out the best of them.

Similarly, the cows and sheep avoid some of our pasture plants in the heat of summer only to eat every little leaf after frost.

Garlic is hanging where tobacco used to go in the fall to cure in the barn. The early sweet potato harvest has begun, however there will be a harvest push to get them all out of the ground before frost, and then well-cured, so we can count on them to last all winter. The spaghetti, butternut, and other fall squash plants look great, as John's no-till production system worked beautifully which means we should have less squash-washing to do and more carbon was sequestered. They harvest much faster and require less curing management so we'll leave most of them until last thing before frost to produce more and size up.

The fall season also brings us a fresh batch of broccoli and cabbages. We greatly prefer growing these crops in the fall. Just like the leafy greens, the onset of cooler temperatures brings out the flavor, and there is less likelihood weird weather will cause them to bolt (make a flower head instead of the veg we like to eat) and less insect pressure. Spinach, carrots, beets, and watermelon radishes will be front and center on most holiday menu planning you might be starting to think about. More about turkeys later.

The long hot dry spell is behind us I think, and if it heats back up again, it won't last long. We plant lettuces each and every week of the summer to plan on harvesting four or five weeks later. In October we can plant spinach-kale-lettuce one week and may not harvest it for six, seven or even eight weeks later. We'll plant the same things the following week and maybe not harvest it for ten or twelve weeks as the changing weather affects it that much. That's where the indoor-growing in high tunnels come in. We recognize how valuable these foods are for your nutrition so we do all we know how to do in order to have them available all fall, and even into winter for the year-round members.

We reduce the number of shares we offer in the fall, because it is a lot of work to manage frost blankets and takes a lot more time to gear up and harvest on cold, wet days. If you are on the fence about staying on as an Elmwood CSA shareholder, I suggest you get in. From tomatoes to spinach, fall has it all. Local, organic food directly from your farm to you, what could be better?—Mac