

BAKED SPAGHETTI SQUASH FRITTERS

- Adapted from eatingwell.com
- | | |
|------------------------------------|---|
| 1 spaghetti squash, halved, seeded | 1/4 tsp coarsely ground pepper |
| 2 Tbsp olive oil | 1/4 tsp salt |
| 1/2 c. grated yellow onion | 3/4 c. thinly sliced scallions, divided |
| 1 large egg, separated | 1/2 c. shredded Cheddar cheese |
| 1/4 tsp baking powder | 1/4 c. sour cream |
| | 3 slices bacon, cooked and crumbled |
1. Preheat oven to 400 degrees F. Put squash cut side down on baking sheet lined with parchment paper.
 2. Bake 50 minutes until very tender. Remove from oven; let cool 10 minutes.
 3. Using a fork, scrape out the squash flesh to equal 3 packed cups.
 4. Line baking sheet with parchment paper, brush with 1 Tbsp oil and set aside.
 5. Working in batches, place the squash strands and onion in the center of a clean towel; squeeze firmly over sink to remove as much liquid as possible.
 6. Combine squash mixture, egg yolk, baking powder, pepper, salt and 1/2 cup scallions in a bowl. Whisk egg white in a bowl until frothy; stir into mixture.
 7. Scoop about 3 Tbsp of squash mixture on the baking sheet and flatten into a 3-inch round with a spatula. Repeat, making 8 fritters spaced 2 inches apart.
 8. Brush tops evenly with 1 Tbsp oil. Bake 10-12 minutes per side until crisp. Remove from oven, sprinkle with cheese, and continue baking about 2 minutes. Top fritters with sour cream, bacon and remaining scallions.

SWEET POTATO BLACK BEAN QUESADILLAS

- Adapted from wellplated.com
- | | |
|--------------------------------------|---------------------------------------|
| 3 small sweet potatoes, 1-in chunks | 2 tsp extra virgin olive oil |
| 1 Tbsp chili powder | 1 medium yellow onion, diced |
| 1 Tbsp cinnamon | 1 large green bell pepper, diced |
| 1 tsp cumin | 2 cloves minced garlic |
| 1 tsp smoked paprika | 1 can black beans, rinsed and drained |
| 1/2 tsp kosher salt, divided | 6 medium whole wheat tortillas |
| 1/2 tsp ground chipotle chili pepper | 1 1/4 c. grated sharp Cheddar cheese |
| | Toppings of your choice (optional) |
1. Place potato chunks in saucepan, cover with water, and boil 8 minutes. Remove from heat, drain, then return to pot and mash. Stir in chili powder, cinnamon, cumin, paprika, 1/4 tsp kosher salt, and chipotle chili pepper.
 2. Heat olive oil in skillet. Sauté onions and peppers about 3 minutes. Add garlic and salt and sauté 5 more minutes.
 3. Combine mash and sautéed vegetables. Stir in beans until evenly distributed.
 4. Heat skillet over medium heat, then grease. Place tortilla in skillet, then spoon about 1/2 c. filling onto half the tortilla and sprinkle with 1/4 c. cheese. Fold empty half of tortilla over the top.
 5. Cook until tortilla is browned, 1-2 minutes, then flip and brown the other side. Repeat for all tortillas, serving immediately with any desired toppings.



Winter/Spring CSA News



Jan 18, 2024
Week 1 of 17
Volume 21, No. 1



Sweet Potatoes: Store sweet potatoes at room temperature. Refrigeration will cause them to harden and turn black when you cook them! The sweet potatoes you receive will keep for weeks or even months.

Winter squash (butternut, acorn, spaghetti): Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months, growing sweeter as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.

Root vegetables (turnips, radishes, rutabaga, carrots): Store roots, unwashed, in a plastic or cloth bag in the crisper bin of your refrigerator. The roots should last for weeks.

Garlic: Store in cool temperature, but not refrigerated, for long-term storage. Warmth and/or moisture will cause garlic to sprout, but it can still be used even if you see green shoots, just use it soon!

Jarred Items: It's the best time of year to include Elmwood's organic Diced Tomatoes, Ketchup, Marinara, BBQ or Salsa in your seasonal recipes—think chili, lasagna, soups, or what about as a pizza topping?

Perennials

Welcome back, happy new year, and thank you for signing up for our winter/spring distribution season. Despite the real winter weather in store for us, we are ready to get back in the saddle of weekly distributions and are honored that you are too. This winter, some of us have been hibernating by the fire, while others have been poring over the books and caring for our critters. After a quick winter “break,” it is time to get started. Thank you again for entrusting us with your sustenance.

If you are the lone first-time shareholder amongst all the perennials that stay signed up year-in and year-out, give me a call so I can get you up to speed—otherwise, I’ll respectfully dispense with the pleasantries here. The ground should stay frozen a good part of the winter which is favorable to us and to our livestock. Over the next several months, there will be cold snaps for sure, but hopefully short lived as the longer days and actual clear blue skies eventually encourage us outdoors. The leafy greens in the high tunnels lay dormant as they do each winter, but soon they will wake up and begin to grow again. In the meantime, we are sharing with you what there is, and sourcing extras from farmer friends as available.

Mid-winter on the banks of the Elkhorn is where perseverance is the name of the game and not for the faint of heart. I am not pleased, and not surprised, with the weather forecast for the next good many days: single digit temperatures, or in the teens, and not once above freezing. It’s hard on the animals, and hard on me caring for them. The squirrels have never stopped working the walnuts, constantly, all day, every day. I hope they don’t know something I don’t know about winter transitioning into spring.

As far as the eye can see, the land is tan with a mosaic hint of green, the trees are brown, going on black. The cover crop rye/vetch fields should be greening up in a couple of weeks, although it will be a purply bluish-green when they do.

Before we know it, the perennial pasture plants that have called Elmwood Stock Farm home will be rewarded for their stand-up-ed-ness to winter as the solar array warms the ground to which they cling. The plants have been picked over down to the crown by the cattle and sheep, which allows the sun

to reach the rich dark earth, warming it faster. Once temperatures allow, this action encourages the plants to green up and begin growing sooner, which in turn means more grass for the stock. Cool stuff. Regenerative farming right before our eyes, and the animals do all the work.

You might have visited our table at the farmers market over the holiday break this winter (and if you haven’t yet, you should!). We’ve had a few green items here and there, but potatoes and winter squash have been the bulk of our winter vegetable offering. The laying hens are coming through winter with thick fluffy feathers and reward our twice daily feeding with an abundance of eggs.

We’ve restocked our grass-fed organic Wagyu-Angus beef offerings and are fully stocked on pasture-raised organic chicken pieces. We’ve got a nice selection of lamb cuts, turkey sausages, pork breakfast sausages and much more. All pork and lamb will be fully restocked later this spring.

There are lots of potatoes in the cooler and sweet potatoes in the packing shed, so eat up. The quality coming out of the field last fall was excellent, so they have held well and improved in flavor. What could be easier than placing a nice, big, sweet potato in the oven and coming back an hour later to slit the top open, inserting a pat of organic pastured butter, letting it melt and meld into the flesh and diving in with a spoon? Lately I have taken to using them as the base for a taco bowl with seasoned ground beef or ground turkey, black beans, cheese, salsa, onions, avocado, maybe some sour cream and enough lettuce to cover the whole thing. Still ready in about fifteen minutes and it’s likely good for me.

I am looking forward to seeing what our high tunnels offer over the next few months. The tiny spinach, carrot, and lettuce seeds can turn out a lot of delicious food once they get growing in a few weeks. Some fresh cut herbs, other leafy greens, salad radishes, and hakurei turnips should be in your shares soon.

Thanks again for your continual loyal support. Much like the perennial pasture plants that feed our livestock who in turn feed the soil that feeds the plants, your perennial financial support feeds our production team, that produces the food that feeds your family. Now that’s a business model that can stand the test of time. You get the best food in the world and the farm will grow that food in perpetuity. I, for one, am looking forward to our weekly connections this year, and eating really good food along the way. —Mac Stone