

WATERMELON RADISH AND MUSHROOM RAMEN

Adapted from localdifference.org

4 Tbsp olive oil, divided	2 Tbsp soy sauce
3 carrots, shaved	1/2 Tbsp rice wine vinegar
1 small white onion, diced	2 small heads bok choy, sliced lengthwise, stems removed
12 shiitake mushrooms, stems removed and caps chopped	2 packages plain dried ramen noodles
6 cloves minced garlic	1 radish, sliced
1 in ginger, grated or minced	2 scallions, finely chopped
4 c vegetable broth	sesame seeds
4 Tbsp miso	chili oil or chili crisps
2 Tbsp peanut butter	soft-boiled eggs (optional)

1. In a large saucepan, add 2 Tbsp olive oil, shavings of 2 carrots, diced onions, and chopped shiitake caps and sauté over medium heat. Cook for 5-6 minutes or until onions are translucent.
2. Add 4 cloves of garlic and the ginger and cook until fragrant, about 1 minute.
3. Add vegetable broth and bring to a boil. Then, stir in miso, soy sauce, rice wine vinegar, and peanut butter. Once combined, reduce heat to low and simmer, stirring occasionally. Season with salt and pepper to taste.
4. While broth simmers, prepare noodles according to package directions.
5. In a skillet over medium heat, add olive oil and bok choy. Season with salt and pepper. Sauté until tender, then add in garlic and sauté about 1 minute.
6. In a bowl, add noodles, broth, and bok choy. Top with radish, scallions, remaining carrot, sesame seeds, and chili oil. Serve.

BREAKFAST HASH WITH SWEET POTATO AND SWISS CHARD

Adapted from theeroastedroot.net

2 Tbsp olive oil	1/2 lb ground breakfast sausage
5 c sweet potato, chopped in 1/2" pieces	3 cloves garlic, minced
	Salt to taste
1 large yellow onion, diced	3 c rainbow chard, chopped

1. In a large cast iron skillet, heat oil to medium and sauté sweet potato and onion 8-10 minutes until softened.
2. Add sausage and garlic. Sauté 10 more minutes, stirring occasionally.
3. (If potatoes are still hard, heat oven to 350 degrees and place skillet in oven for 10 minutes, then return to stovetop.)
4. Add chard. Allow to steam on top for 30 seconds, then stir to incorporate until wilted. Serve with eggs and/or toast.



Winter/Spring CSA News



Feb 26-Mar 3, 2024

Week 7 of 17

Volume 21, No. 7



Garlic and Sweet Potatoes: Store both garlic and sweet potatoes at room temperature. The sweet potatoes you receive will keep for weeks or even months. Garlic will eventually send up a green shoot; use soon once you start to see this, including the fresh green garlic!

Leafy Greens: Store leafy greens in the fridge inside a perforated plastic bag. If you chop and wash ahead of time, spin the leaves dry before placing them back in the bag with a dry paper towel to absorb the moisture. Refresh limp leafy greens by plunging them into ice water.

Root and spuds (carrots, turnips, beets, radishes, and potatoes): Store in a plastic or cloth bag in the crisper bin of your refrigerator. Both root veggies and potatoes should last for weeks.

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?

Winter Squash: The flavor of butternuts and other fall squashes intensifies over time as the sugars concentrate. Store in the pantry or on the counter; plan to use within a month or so.

Partners in Health

It's a miracle every time a baby is born. I am fortunate to have witnessed, even participated in, hundreds of these momentous occasions. The choreography of organic chemistry at the cellular level is mind-boggling. Between shifting hormonal waves and muscular gymnastics, babies eject themselves from the safe and warm into the bright unknown, the umbilicus is broken. Within minutes they scramble to their feet and root around Mom's belly, looking for a connection to Mom. Once attached, the newborn suckles perfect food, colostrum--not just milk, mind you, milk loaded with extra fat and antibodies. And like that, colonization of the microbiome has begun. It's a miracle every time. Our hand in all this is taken very seriously, and it is not for the faint of heart.

A farmer's calling is to manage Mother Nature to the extent possible, while minimizing manipulation and mistrusting any sense of control. The behavior of the animals in our care is based entirely on instinct. The number one biological principle to a newborn is you are what you eat. From that jolt of colostrum to milk to grass and clover, that is all they know and all that matters. If that part goes well, usually everything else does too. Mother Nature knows things go best when Mom is in good condition from good nutrition.

Animal husbandry begins with an agrarian Hippocratic Oath. When Mom is properly nourished, pregnancy, delivery, and rearing go well, and we have little else to do. When something goes wrong, we are grateful for good schooling and supplies for routine health checks. We are thankful medical expertise is available in the form of food animal veterinarians, a dying breed, from time to time. The first thing the vet will take stock in, upon arrival for an emergency, is the overall health of Mom.

One has to be careful making analogies between humans and cows, sows, or ewes, but we are Darwinian first cousins. We all will be stricken with sickness, pain, broken bones, or disease from time to time, so as we advise our four-legged mothers on the farm, don't put yourself in harm's way and show up malnourished. Consistently eat your fruits and veggies, splurge sometimes, and stop eating a diet your body isn't equipped to sustain. As organic farmers, we are partners to the medical community to ensure that

patients are otherwise healthy when something goes awry.

We are also in the business of growing food to sustain humans. This sustenance comes in numerous shapes and flavors, but collectively they are the building blocks of a healthy human. If we consume the right combinations of plants, proteins, vitamins and minerals, our bodies will function as created. Our mitochondrial engines can run at peak performance. A robust microbiome exercises our immune system to ward off pesky bacteria and viruses. When our instinctual brain tells certain organs or functions to speed up or slow down, our bodies have the resources available to do so.

Our cows and sows and ewes are healthy because they eat what they should and nothing they shouldn't. The same law of nature works for us humans. Why do we think it's ok to eat all manner of synthetic food additives never seen in nature? Why do we think we can consume so much sugar and not have consequences? Simple sugars are quite rare in nature. Food-related diseases would be a thing of the past if we use a little self-control and ate what Mother Nature intended. Fancy pharmaceuticals are awesome for acute interactions, though not intended to be a crutch for poor dietary habits. We say "go to the Farm-U-See rather than the Pharm-A-Cy".

Evidence to support this sentiment is now in hand. Several years ago, UKy Health and Wellness Program partnered with CSA farms to shift the diets of those showing signs of diet-related issues. Lo and behold, body metrics showed improvement. People felt better and felt better about themselves. With more seasons of data under our belt, the benefits are clear. People with diet-related disorders spent more time at home consuming awesome-tasting foods and less time in a doctor's office and less money at the drugstore. We are pleased to work with your medical team for a healthier you.

As Elmwood Stock Farm CSA shareholders you know all this. Maybe your company just wants to be a drop off location for CSA shares. Some places offer payroll deduction to cover the lump sum payment. The voucher incentive model has been expanded to other institutions and businesses. If your office or company might like to participate in a workplace CSA, let us know and we'll get you connected. As winter CSA shareholders, you are leading the way for others to follow. Hippocrates said it himself, let your food be thy medicine. -Mac