

MARINATED RADISH SALAD

Adapted from Simply in Season

8 large bunches radishes, sliced, diced, or julienned	1 tsp sugar
8 green onions, sliced	1 tsp Dijon mustard
1/4 c fresh dill, chopped	1/2 tsp salt
1/2 c olive oil	6 oz Swiss cheese, shredded
1/4 c lemon juice	pepper to taste

1. Combine radishes, onions, and dill.
2. Stir together olive oil, lemon juice, sugar, mustard, salt and pepper. Pour over radish mixture and toss lightly. Cover and refrigerate at least 2 hours but no more than 4. Remove 30 minutes before serving and stir.
3. Sprinkle cheese on top and serve.

CARROT, RED LENTIL, AND SPINACH SOUP

Adapted from occasionallyeggs.com

1 tsp olive oil	cayenne pepper to taste
1/2 red onion, chopped	sea salt to taste
5-6 medium carrots, sliced 1cm thick	14 oz diced tomatoes
3 cloves garlic, minced	6.5 c vegetable or chicken stock
3 cm fresh ginger, minced	3/4 c red lentils
1/2 tsp cumin	3.5 oz spinach, chard, or kale
1/2 tsp turmeric	Juice of 1/2 a lemon
1/2 tsp fresh ground pepper	Brown rice, to serve

1. In a large pot, heat oil over medium heat. Add onion and saute until soft and fragrant. Stir in carrots, and cook another 1-2 minutes.
2. Add garlic, ginger, and spices, stirring to coat vegetables. Add salt and tomatoes, stir, and pour stock in.
3. Increase heat to high, cover the pot, and bring soup to a rolling boil. Add lentils and reduce heat to medium-low and simmer for 20-25 minutes, covered, or until the carrots are tender.
4. Stir in the spinach and turn off the heat, letting the hot soup wilt the spinach with the lid on. Add the lemon juice.
5. Serve over brown rice and store leftovers in the refrigerator or freezer.



Winter/Spring CSA News



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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.

Come See Us!

We would like to personally invite you spend a couple of hours with us on Elmwood Stock Farm. The micro ecosystem out here on the banks of the Elkhorn has become a very special place after two decades of regenerative organic farming practices. Our soils are now like an Olympic decathlete, strong and agile, yet gentle and measured. The plant biome is robust, the livestock hearty.

As our CSA customer, your commitment to our produce helps to further the cause. Come see and feel and smell and hear what you have helped develop—the story is compelling. You will take away an understanding of how we meld biological principles into an intricately woven relationship with one another to produce food without the use of synthetic materials.

Because each day brings changes on the farm, no two tours will be exactly alike. But generally, I'll begin the tour with a little background on our disassociation from following recommended use of herbicides, pesticides, and fertilizers. At the time, all those chemicals were considered normal if not essential. But pesticide residues were showing up on produce in the market place. Plus that stuff sterilizes the soil, which makes crops vulnerable to bully pathogens, and indiscriminately wipes out insects, which disrupts the entire food chain that keeps the ecosystem balanced. It was tricky to apply the poisonous substances at the proper dosage rates, AND not for nothing, that stuff can kill you if overexposed! It says so, with skull and crossbones right there on the label. We want you to be aware of what motivated us to fundamentally change how we grow food.

The tour is scripted to be sure you gain an understanding of the biological principles we follow to produce food responsibly. You'll witness how we manage our pastures and rear our livestock with a nutrient benefit for the crops. You will see how our job as farmers is to collect and store solar energy with our plants, then send our animals in to capture that energy, and convert it into tasty certified organic, grass-fed, USDA Choice, dry-aged beef for our nutritional benefit. You will learn how pastured poultry systems work and understand why they are worth all the effort.

We will stroll from the seedlings in the greenhouses, to the grafted tomatoes in the high tunnel, to see the use of protective row covers, differing irrigation designs, weed barriers, and mulches; all demonstrations of how modern technology is keeping pace with the tools we need to grow food this way. You may want to employ some of these where you live. The expanse of field production of dozens of different crops is marvelous to behold. You will see how we plant by the thousands and harvest by the piece.

The regularly scheduled tours are scheduled for the following dates: March 16, April 7, May 11, June 15, August 3, and September 14. Look at your calendar and see which date suits you best. We are also glad to schedule private tours for camps, garden clubs, book clubs, running clubs, faith-based organizations, professional development excursions, and so on. We are glad to focus the conversation of the tour to meet the interests of your group.

Just being out here under the majestic trees for a while is worth the price of admission. We will share data that confirms eating these foods is good for you. After you see how the connection between healthy soil, healthy plants, and healthy people plays out in real life, you may see the food on your plate a little differently. As Wendell Berry says, "Eating is an agricultural act." You will most likely make foundational changes in the way you approach food, once you know what we know. We want people we know and love to make good decisions about their food choices.

So, if you are a home gardener and want to see how we grow vegetables without catastrophic results, come see us. If you want to know how your food was raised, not just where, come see us. If you are confused about label claims you see at the grocery, come see us. Do you want the low down on the influence of genetic engineering of the foods you eat? If you respect and revere Mother Nature, come see her at her finest. We are sequestering carbon in the soil while feeding our neighbors.

Come see for yourself what this regenerative agriculture thing is all about. And bring the kids. -Mac Stone