

SPICY KALE AND COCONUT FRIED RICE

Adapted from cookieandkate.com

2 Tbsp coconut oil, divided	1/4 tsp sea salt
2 eggs, whisked	3/4 c large, unsweetened coconut flakes (not
2 cloves garlic, minced	shredded coconut)
3/4 c chopped green onions	2 c cooked and chilled brown rice
1 c chopped vegetables, like bell	2 tsp soy sauce or tamari
pepper, carrot, or Brussels sprouts	2 tsp chili garlic sauce or sriracha
1 bunch kale, ribs removed and leaves	1 lime, halved
chopped	handful fresh cilantro, for garnish

1. Heat a large pan over medium-high heat. Add 1 tsp oil and swirl the pan to coat the bottom. Pour in the eggs and cook, stirring frequently, until the eggs are scrambled and lightly set. Transfer the eggs to your empty bowl.
2. Add 1 Tbsp oil to the pan and add garlic, green onions and chopped vegetables. Cook until fragrant or until vegetables are tender, stirring frequently, for 30 seconds or longer. Add the kale and salt. Continue to cook until kale is wilted and tender, stirring frequently, 1-2 minutes. Transfer the pan contents to your bowl of eggs.
3. Add remaining 2 tsp oil to the pan. Pour in coconut flakes and cook, stirring frequently, until flakes are lightly golden, about 30 seconds. Add the rice to the pan and cook, stirring occasionally, until the rice is hot, about 3 minutes.
4. Pour the contents of the bowl back into the pan, breaking up the scrambled eggs with your spatula or spoon. Once warmed, remove pan from heat.
5. Add tamari, chili garlic sauce, and juice of 1/2 lime. Stir to combine.
6. Slice the remaining 1/2 lime into wedges, then divide the fried rice into individual bowls. Garnish with lime wedges and torn cilantro leaves.

SPRING GREENS SMOOTHIE

Adapted from homemadefoodjunkie.com

1 c buttermilk	1 banana, frozen
1 c plain kefir	1 c chopped dandelion greens
3 c frozen fruit (try blueberries, strawberries, or something else)	3 c chopped kale or spinach
	honey, to taste

1. Pour the kefir and buttermilk into blender.
2. Add chopped greens 1/3 at a time and pulse a few times until blended.
3. Add banana and pulse until blended.
4. Add frozen fruit and blend until thoroughly mixed.
5. Add honey to taste, blend until mixed, and serve.



Winter/Spring CSA News



Mar 18-24, 2024
Week 10 of 17
Volume 21, No. 10



Winter Squash, Garlic & Sweet Potatoes: Store all at room temperature as all three will keep for weeks or even months. If you start to see a change in color, or a soft spot develops, go ahead and prepare soon!

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 for 15 to 20 minutes.

Carrots, Turnips, Beets, Radishes, Rutabagas & Potatoes: Store in a bag, cloth, or other container in the coldest crisper bin of your refrigerator. Keep potatoes out of the light to discourage greening.

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?

Microgreens: Keep greens and shoots in the fridge in their plastic clamshell compostable container. They'll keep for up to a week. Do not wash microgreens until you're ready to use them.

What's for Supper?

At home, sometimes we plan our evening meals for the week around one nice chuck roast, using it several ways over several days. Sometimes we grab a salad or a nice juicy burger and eat on the fly. Either way, eating is one of the only things that human beings must do every day! So if it ranks so very high on the must-do list (and definitely earns the title of most enjoyable activity on the list, I might add), then why do we spend so little time securing a source of wholesome foods nourishing us to be healthy, wealthy, and wise individuals? With the growing season upon us, this is a good time to map out how much of this year's Elmwood Stock Farm crop you will get to enjoy, and provide the opportunity to be sure there will be more for years to come.

We have taken the long view on securing a food supply for ourselves and a for a growing number CSA shareholders, market customers, friends, family, and strangers. Business growth has been incremental, and would not have been possible without the financial support of our CSA shareholders. Their investment in us ahead of the growing season affords us the ability to purchase seeds, heat the greenhouses, and hire help to make it all come together. It has also fostered our ability to make capital improvements in infrastructure and equipment with the idea of producing more, and doing it more efficiently. CSA shareholders are, in effect, our bankers. We are grateful that we don't have to spend time, money and energy trying to convince some lending institution employee that we need lots of money for the opportunity to sell perishable products on the street and, by the way, we are counting on the weather to cooperate to do so. This way, we get to stay on the farm and take care of our most enjoyable must-do on the list: feeding ourselves. Most of what we eat in a year comes from right here. The same can be true for you.

So while you are out there hunting for food, invest a little time and energy to be sure your food choices are consistent with your moral compass. Try to minimize your investment in GMO technologies and confined animal feeding facilities. Some questions to guide your exploration may be: what path did this plant or animal take to your plate? How many trucks has it been on, in how many forms? If it's a plant, how has it been treated chemically? If it's an animal, how has it been treated in terms of living

conditions? How big is your carbon footprint out in the Midwest somewhere? If you don't like the answers you find, remember that the farmer is not at fault—the market and newfangled technologies have driven them to it. Then, recognize that your behavior as a consumer has the power to change that answer to something ethical: the shift to a decentralized food supply will begin to take shape, securing a food supply you want to eat, right here at home. Look for the organic logo for sure. Stake your claim, right here in the Bluegrass, in a regenerative model of converting solar energy into people power.

Economies of scale are more than a bit elusive for a diversified food farming system. Between spreading out the labor (which is a polite way of saying there are only so many hours in the day during the growing season), and matching production with markets, we operate somewhere between a moon mission and a juggling act. We can predict and plan around the Laws of Nature, but not the unpredictability of Mother Nature herself. Technologies like plastic films for indoor growing and trickle irrigation systems for efficient water use, combined with ecosystem augmentation through the release of beneficial insects help insulate our productive capacity from zingers like extremes in moisture and temperatures. We have a running list of investments we want to make, to ensure our trucks keep rolling your way, chocked full of some of the highest quality food on the planet. Your chemical foot print will be zero out here, your ecological index will be off the charts.

The national expectation that foods are supposed to be cheap starts the conversation off on the wrong foot. "Cheap" food simply diverts costs from the consumer to things consumers still have to pay for in other ways, things like environmental cleanup and healthcare costs. By contrast, when you load your larder with wholesome foods where you actually paid to improve the environment, and did no potential harm to yourself, your investment will pay dividends for years to come. I'm not even convinced it has to be expensive to buy local once you get the lay of the land. Our relationship with a workplace child care facility has taught us that with portion control and elimination of junky foods, we can all eat on a budget.

We have the luxury of not deciding what's for supper until the day of, or a few days out at best. You, too, can have a say in when, where, and how the food you consume gets to your plate. And at your meal, it's nice to reflect on just how you've chosen to nourish yourself, since it was months, even years, in the making. Eating is a must-do, so make it count. -Mac Stone