

PASTA WITH BUTTERNUT SQUASH, KALE, AND BROWN BUTTER

Adapted from cooking.nytimes.com

kosher salt	1 lb whole wheat spaghetti or linguine
1 Tbsp canola or grapeseed oil	6 Tbsp unsalted butter, sliced
1 to 1 1/2 lbs butternut squash, peeled, halved, seeded, sliced 1/4-in thick crosswise	1 1/4 tsp garam masala 1/2 tsp red-pepper flakes 1 tsp lemon zest
1 bunch kale, ribs removed, coarsely chopped	2 Tbsp lemon juice grated parmesan for serving

1. Bring large pot of salted water to boil. In a large skillet, heat half the oil over medium-high heat. Add half the squash, season with salt, and cook 3-5 minutes. Scoot the squash to the side, piling it up as needed, then add remaining oil. Arrange remaining squash in single layer, season with salt, and cook 3-5 minutes.
2. When water boils, add pasta and cook until al dente. During last 3 minutes of cooking, add kale. Reserve 1 cup of pasta water, then drain.
3. When squash is browned, reduce heat to medium-low, add butter, stirring until butter is golden, nutty smelling and foaming, 1-4 minutes. Turn off the heat, add garam masala and red pepper flakes, stirring until fragrant, about 1 minute. Add 1 Tbsp cold water and toss gently, then set aside.
4. Add pasta and 1/2 cup pasta water to the squash mixture. Set over low heat and toss gently until pasta is glossed with sauce. Remove from heat and stir in lemon zest and juice. Season to taste and top with grated parmesan.

SPRING BABY KALE & ASPARAGUS QUINOA BOWL

Adapted from picklesnhoney.com

1 c quinoa	1/4 c dried cranberries
1 small bunch asparagus, ends trimmed, chopped	2 Tbsp extra virgin olive oil, divided 2 Tbsp balsamic reduction, divided
2 c baby kale	orange wedges
1 scallion, sliced thin	salt and pepper to taste
1/4 c sliced almonds	

1. Add quinoa, 2 cups water, and pinch of salt to small pot. Bring quinoa to boil. Once boiling, reduce heat to low, cover, and let simmer 15 minutes.
2. Prepare a large pot of boiling water and a large bowl of ice water. Add asparagus to boiling water and let cook 60 seconds. Used slotted spoon to transfer asparagus to ice water. Cool completely, then place on dish towel or paper towels to dry.
3. In large bowl, toss quinoa, baby kale, asparagus, scallion, almonds, and cranberries. Divide between 2 bowls, then drizzle each with 1 Tbsp olive oil, 1 Tbsp balsamic reduction, and a squeeze of orange juice. Season to taste.



Winter/Spring CSA News



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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.

Well-Oiled Machine

Elmwood Stock Farm is a solar powered food generator, yet it takes a vast array of equipment, implements, and modern technology to bring it to fruition. With the diversity of crops and enterprises comes a need to perform a multitude of tasks for their care, and with that comes an arsenal of specialized equipment. With a unique blend of old and new technologies, a resourceful nature, and a little luck, we seem to get the job done, one way or another.

It all starts with power. Tractors are still rated by horsepower, and just like horses, most are mounted from the left. There must be enough power generated to turn the wheels while also pulling tillage equipment that is dragged through the ground, or turning the rotary knives of haymaking mowers, or lifting the thousand-pound bales of hay for transport. All are diesel and built to last. The vintages range from 1950's to the early 2000's. We have smaller ones for pulling wagons and light mowing, we have bigger ones that turn the soil, and some in between. If you have ever dug a hole to plant a tree, you realize just how hard soil can be to move. It takes a lot of power to turn over an 80 inch swath of sod 8 inches deep.

Then there are the implements that hook to the tractors. Each one must be matched up with the right tractor, not only for power, but wheel spacing, turning radius, and must be heavy enough to lift and control the weight of the implement. There is a set for working ground and a set for haymaking and mowing. For dirt work, we have 10-12 implements across a spectrum from new to rusting relics—the latter have retired from their careers and now serve as a parts reservoir. Since every day is different, we need the flexibility to perform any type of tillage necessary, depending on soil conditions, crop status and the task at hand. Great satisfaction can be had from a little ingenuity in re-configuring tillage tools, often with parts off the old ones. Weeks ago we pulled a '5-16 moldboard plow' (to us it's just the plow) through the alfalfa field to invert the sod and feed the soil with the plant residue. Then we guided a rototiller over the field to prepare the soil for new crops. As I look out my window, a tractor is now pulling a transplanter through the field, leaving a leafy line of green behind it. Later, we'll use a whole host of lighter weight implements to

take care of the little weeds next to our little crops, which is when the real dancing with mother nature begins.

We can't forget the assembly of flatbed wagons and trailers, specialized grain wagons and carts, cargo and livestock trailers hanging around to move produce, animals, and supplies. Which leads us to trucks. We keep a stable of trucks, some lightweight for deliveries, others heavier and more powerful for pulling gooseneck trailer loads of cattle, hay, or poultry.

All this equipment must be maintained and occasionally repaired. Modern day equipment generally comes with sealed bearings. Older equipment, and certain points on new ones, have grease fittings that must routinely have grease forced into them with a grease gun, to keep the shafts turning freely, while holding them in place and not allowing the steel get hot from friction. The grease zerks are often hard to reach, get covered in dirt or hay debris, but must be serviced. Many of the implements are operated hydraulically, meaning a pump forces an oil like liquid to move a stationary shaft up or down. Any leak at a fitting or seal will reduce the needed pressure, causing the equipment to perform poorly, or not at all.

The time it takes to check the fluids or grease the fittings always pays off. Keeping bolts and fittings tight always pays off. It is not always easy to do when a storm is coming, or there's produce to harvest and CSA shares to make. Sometimes duct tape will hold that plastic seed hopper together until the job is finished. Sometimes you have to hold your tongue just right, maybe throw in some magic words when you turn the key for a mower to start, but we get the job done and that little switch can be replaced in due time. There are no mechanics we can call to come fix stuff, which is why John can fix just about anything. In a way, it's similar to livestock chores, do a little every day and then you rarely have big events.

Reverence for the plowshare and the stewardship it invokes is the heart of being a farmer. We break sod to harvest the potential energy of healthy soil and a solar-powered biosphere, ultimately to energize our community. It carries a lot of responsibility. With the right tools and equipment, we can provide that sustenance and actually improve the soil. One metric of that measure is how many calories does it take to produce a calorie of food. Our numbers look pretty good. Elmwood Stock Farm is a pretty efficient solar collector, as long as we keep the fittings greased. - Mac Stone