

BRIGHT SPRING SALAD

Adapted from loveandlemons.com

1 bunch asparagus, 1-in pieces	Dressing:
1/2 c frozen peas, thawed	1/4 c fresh basil
a few handfuls of salad greens	1 small garlic clove
2 radishes, thinly sliced	1 Tbsp lemon juice
1/2 c crumbled feta cheese	1/2 tsp lemon zest
1/2 avocado, pitted and diced	1 Tbsp white wine vinegar
1/4 c chopped, toasted pistachios	2 Tbsp extra-virgin olive oil
1/2 c roasted chickpeas	1/2 tsp salt
Fresh herbs (basil, mint, or chives)	
salt and pepper	

1. Bring a large pot of salted water to a boil with a bowl of ice water nearby. Blanch the asparagus for 1 minute, until tender but bright green. Transfer to ice water for 1 minute. Drain. Allow asparagus to dry and transfer back to the bowl. Add peas. (You can sub broccoli, cauliflower, or other veg)
2. Make the dressing by pulsing all dressing ingredients in a food processor.
3. Add half of the dressing to the bowl with the asparagus and toss to coat. Season to taste with salt and pepper.
4. Assemble the salad. Arrange the salad greens on a platter, then layer the asparagus/pea mixture, the radishes, feta, avocado, pistachios, chickpeas, and herbs. Drizzle with remaining dressing and serve.

SPICY CILANTRO-LIME POTATOES

Adapted from triedandtruerecipe.com

1 lb potatoes, peeled and quartered	1/4 tsp cayenne powder
1/2 tsp baking soda	1 lime, juiced
2 tsp salt	1/4 c cilantro, minced, plus more for serving
1 Tbsp extra-virgin olive oil	1 serrano pepper, trimmed and minced
1 tsp ancho chili powder	salt and pepper to taste
1/2 tsp paprika	

1. Preheat oven to 425°F. Place potatoes, baking soda, and salt in a large pot. Cover with water by 1 inch and bring to boil. Cook 10 minutes until slightly under fork-tender. Drain into large bowl.
2. Transfer potatoes to baking sheet in even layer. Let stand 5-10 minutes.
3. Transfer potatoes to bowl with olive oil, ancho chili powder, paprika, and cayenne, tossing to coat. Return to baking sheet in even layer and roast 20-30 minutes until golden brown.
4. Add lime juice, cilantro, and serrano to bowl. Add roasted potatoes to bowl and toss to coat. Serve and garnish with more cilantro as desired.



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 develop, 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.

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Saving Daylight

Make no mistake: I am not a fan of daylight savings time. Suddenly we have to start morning chores before first light and supertime is closer to bedtime. And then since we try not to eat too close to bedtime, we stay up too late, especially since it seems like you have to get an early start. Geez, whose idea was this anyway? The plants and animals in our care don't care. For them, getting up and bedding down ebbs and flows with rise and fall of the sun. So, until our bodies get used to it, we have to get up "early" and stay up "late" because we are caught between nature's rhythms and the rhythm of the alarm clock.

To be clear, the getting up time is the same, it just feels way early. Plus, everything seems to take longer in the dark. De-icing vehicles, checking lambs, even our routine morning exercise walk is disrupted by hard to see icy patches. This was the norm in the dead of winter, but spring is in the air and it doesn't have to be this way. It is interesting to see where the constellations have migrated to in the heavens though. Hearing the coyotes yelping because they have not retreated for the day can be a bit un-nerving (thankfully, they seem to feast elsewhere).

The thing is, we prefer to start chores sometime between first light and sunrise. This fits with the diurnal rhythms of the birds and beasts. The chickens are not so patiently awaiting fresh feed, but there needs to be enough light to navigate electric fencing, checking water systems, and scouting for signs of nocturnal predation. No matter what your mother may have said to make you sleep better, things do happen in the dark that don't in the day. Cattle generally camp down at night, ruminating the previous days forage intake. They also arise just before sunrise, so we like to be available to tend to any needs they may have.

The plants in the greenhouse awaken from their daily dormancy as the sun rises. We certainly don't (or can't) start chores in there before good light allows us to check germination, growth characteristics and determine how much watering is necessary. The point being, certain things need to be taken care of each day before the rest of the world's 8am workday begins, and that's not as easy to do well after the clocks change.

Where springing forward really rears its ugly head for me is in the evening. Workdays are full, what with plowing, planting, seeding, harvesting, planning, and caring for newborns this time of year. Therefore, evening chores are not done until just before sunset. The poultry must be fed and watered and have their eggs gathered. Cattle fences must be checked. Greenhouse ventilation and watering must be tended to. Now, it's easily 8pm before we can get to the house and think about taking care of ourselves, feeding the dogs, running the peacocks off the deck, and watching the kittens find their feet. Some version of chef salad and a cookie later, and dang!—it's well past bedtime.

The plant and animal kingdoms in which we are immersed, instinctively pattern their lives in tune to the sun. As farmers, we abide by the laws of nature within the larger context of a society set on some arbitrary time. I guess back in the 60's, daylight savings time was based on some calculation that the post-industrial world would consume less fossil fuel if they tinkered with the timing of a normal workday. While I'm all for that, farmers must not have been involved in that discussion.

The collective "we" may benefit from daylight savings time, but all this "we" gets out of the deal is less sleep. Seems a bit ironic, since saving daylight is what we do, capturing solar energy, that is. We're saving sunlight in the form of food, and we do it on our own time. —Mac Stone

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