## SWEET POTATO KALE PIZZA WITH ROSEMARY & RED ONION

Adapted from twopeasandtheirpod.com

your favorite pizza dough
1 large sweet potato, thinly sliced
1/2 red onion, sliced
1 1/2 Tbsp olive oil, divided
salt and pepper
1 1/2 c mozzarella cheese
1 1/2 c chopped kale
1 Tbsp balsamic vinegar
1 tsp freshly chopped rosemary

1. Preheat oven to 400 degrees F. Place sweet potato and red onion slices in bowl and toss with 1/2 Tbsp olive oil. Season with salt and pepper. Place on a baking sheet and bake, turning once, for 20 minutes until tender. Remove from oven and let cool.
2. Turn oven to 500 degrees F. If using a pizza stone, place stone in oven. On a lightly floured surface roll out the pizza dough with a rolling pin to 3/8-inch. Place dough on a pizza peel or pan that has been generously coated with corn meal. Lightly brush dough with remaining 1 Tbsp olive oil. In small bowl, toss kale with balsamic vinegar. Top pizza dough with mozzarella, sweet potato, kale, red onion, and fresh rosemary.
3. Place pizza directly on pizza stone or on oven rack. Bake 10-15 minutes or until crust is golden and cheese is melted. Remove from oven and let cool before slicing.

## SPRING SPINACH SALAD WITH EGGS AND BACON

Adapted from wyseguide.com

Dressing:
1 c neutral oil
1/3 c catsup
1/4 c apple cider vinegar
1/3 c honey
1/2 tsp salt
1 Tbsp Worcestershire sauce
1 tsp pepper

Salad:
5 slices bacon (optional)
2 hard-boiled eggs
5 oz spinach
3 green onions, finely diced
3/4 c sliced radish

1. In a large measuring cup combine oil, catsup, apple cider vinegar, honey, salt, Worcestershire sauce, and pepper. Whisk until combined and emulsified. Set aside.
2. Add spinach to serving bowl. Add half the bacon, eggs, radish, and green onions. Add about 1/4 cup of the prepared salad dressing. Toss to combine and top with the remaining bacon, eggs, radish, and green onion. Drizzle with more dressing as desired and serve immediately.

# Winter/Spring CSA News

**April 1-7, 2024**
**Week 12 of 17**
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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.**

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## Regenerative Farming

Customers have been asking more questions about regenerative agriculture lately. What does it mean? Is it better than sustainable or organic? It is a term caught up in the Cold-War-type tactics in the marketplace of whose food is better than whose food. Webster defines it as bringing into existence again, but that greatly oversimplifies it for my way of thinking. Maybe this little story will help frame it for you.

The story begins as WWII ends, with the Greatest Generation standing tall, taking it on the chin in Europe and the South Pacific, and doing what they had to do, while rarely reminiscing about the hardship. They also brought all that wartime technology back home to the hills and hollers of the heartland, and the industrialization of food began. Bomb making ingredients were turned into fertilizers. Nerve agents were reformulated into pesticides, tanks turned into tractors. Farm boys were looking for work, and families sprang up everywhere.

Now picture, in this 1940's rural America, two brothers coming home from war. One just wants to put the war behind him, settling back into tending the cattle, raising a few crops to sell, growing and eating home cooking. His orchard needs pruning, the weeds have taken the grain fields, the cows seem somewhat skittish, but overall, the farm is fine. The old Farmall tractor still runs pretty good, and is big enough to turn a good amount of ground and make some hay. The farm doesn't look like much, but he doesn't need much, mostly glad to be out of harm's way.

The other brother comes back, excited about all this new technology available to raise vast fields of crops. He takes over the neighbor's land, since so many boys did not come back, and plants fencerow to fencerow. He even takes out a few fences and trees for efficiency's sake. Matching up the right seeds with the right fertilizers with the right herbicides with the right insecticides is tricky but exciting. He gets shiny new toys, and the local banker enjoys all the money floating around. Besides, the Land-Grant Institution is there to help.

So the one brother settled down with his honey, mapped out the farm, did some math, studied up on soils and plants, and plotted his plan to prosper and raise his family. They could barter eggs for dry goods and chicken for gasoline. They could butcher a few beeves and scald some hogs several times a year. Townsfolk were weary of victory gardening, so they were glad to buy his veggies. So he bought some seeds: some alfalfa (the queen of cattle food, soil builder, and carbon sequesterer extraordinaire) and some vegetable seeds, to provide lots of families with food. They strung up barbed wire tree to tree, so the cattle could help themselves to good pasture. They learned both the alfalfa and the veggies did better when they swapped fields every few years. They cherished their relationships with their customers and the farm was a great place to raise kids. They were able to buy some nice new tractors and tools along the way, because the people in town helped them pay for them. We're talking Olympic athletes here, not Norman Rockwell.

All the while, the high tech brother concocted a plan to jumpstart his farming: he'd get the gear and gadgets to plant lots of seeds, sell lots of whatever in the fall, and be finished until the next spring. He ran his tractors with plows, planters and sprayers up and down the roads, which impressed his neighbors. What they could not see were the chemical toxins being released all around them. Nor did they understand how the race to outpace Mother Nature with retooled munitions and nerve agents was escalating. All to grow a crop to sell to people elsewhere, not his neighbors.

Of course, farming with big tractors, petrochemicals, and genetically altered seeds is now the norm. Running roughshod over the landscape each spring is necessary to feed the world, right? The manufacture of toxic synthetic chemicals is just a necessary evil. Transporting all the fertilizers and raw products is just part of the calculus. There is a tremendous amount of energy that must be continually put into this system of growing and delivering food to people to keep it going. This is the proverbial life support keeping our food system going.

Conversely, we, who have chosen to invest judiciously in equipment to grow food, are considered the oddballs. Whether the plants we nurture are used to feed us, or feed the soil, it is all powered by solar energy. Sure, we have to use steel and diesel to grow and sell our plants and animals, but otherwise, there is no dependency on any "-cides" to keep the system alive. The farm is Mother Nature's self-fulfilling prophecy. Additionally, there is no need to transform it through all manner of processing or refinement because it is already in the perfect form for you to eat. And because you buy our food, the farm helps keep our community going, and you keep us going. Now, that's my definition of regenerative agriculture. - Mac Stone