

BACON PEA SALAD WITH RADISH

Adapted from punchfork.com

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| 4 strips bacon, cut into 1" pieces | 2 Tbsp Dijon mustard |
| 4 c peas, thawed if frozen | 1/2 c crumbled feta |
| 1/4 small red cabbage, thinly sliced | 3 cloves garlic, minced |
| 3 radishes, thinly sliced | 1/2 tsp kosher salt |
| 2 green garlic, thinly sliced | 3 Tbsp red wine vinegar |
| 1/4 c parsley, chopped | 1/4 tsp crushed red pepper flakes |
| 1 shallot, thinly sliced | freshly ground black pepper |

1. In a large bowl, toss peas, cabbage, radishes, green garlic, parsley, and salt.
2. In a skillet over medium heat, cook bacon until crispy, 10 minutes. Using slotted spoon, remove bacon from pan and place on paper towel-lined plate.
3. Return skillet to heat and add shallots and garlic. Cook until shallots are soft, 5 minutes. Add red wine vinegar, then whisk in mustard. Season with red pepper flakes, salt, and pepper.
4. Pour dressing over pea mixture and top with bacon and feta before serving.

BEETROOT TARTE TATIN

Adapted from carolinescooking.com

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| 1 sheet puff pastry | 1 Tbsp balsamic vinegar |
| 12 oz beetroot, cooked | 2 Tbsp sugar |
| 2 Tbsp butter | 1 oz goat cheese |

1. Preheat oven to 375 degrees.
2. Roll out the puff pastry, then put a small cast-iron skillet on top to measure and cut out a round disk the size of the skillet.
3. Peel the beetroot and cut into thin slices, around a quarter-inch thick.
4. Melt the butter in the skillet, then add the vinegar and sugar. Stir until dissolved and cook a minute.
5. Lay the beetroot slices around the pan, working from the outside, layering round then filling any gap in the middle. Do this while the butter-sugar mix is still on the heat, being careful not to touch it with your fingers.
6. Remove the pan from heat and dot chunks of goat cheese on top of the beets.
7. Carefully lay the pastry disk over the beetroot and tuck the edges down as much as possible around the sides.
8. Bake in the oven until light brown on top, around 20 minutes.
9. Allow the tart to rest a minute or two before inverting. Serve warm or cold.



Winter/Spring CSA News



April 29-May 5, 2024

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Volume 21, No. 16



Green Garlic: Fresh green garlic should be kept in a bag or container in the fridge. Plan to use in any recipe that calls for garlic, or replace green onions with green garlic in other dishes. Slice the white ends all the way up into the green area, stopping when you get to the tougher flat leaf. Leaves can be use in stock making, then discard.

Leafy Greens: Store leafy greens in the fridge in a perforated plastic bag. If you chop and wash ahead of time, spin the leaves dry before putting back in the bag with a dry paper towel to absorb moisture. Refresh by plunging them in ice water 15-20 minutes.

Carrots, Turnips, Beets, Radishes, Rutabagas & Potatoes: Store in a bag, cloth, or other container in the coldest crisper bin of your fridge.

Asparagus: Asparagus is best eaten as fresh as possible. To store, stand up stalks in a jar with about 1 inch of water, with ends submerged. Loosely cover with a plastic bag, and refrigerate for up to a week. If the water looks cloudy, change it as needed.

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.

A Few Kind Words

Customer comments at the week-end markets we attend keep our engines revved up through the rest of the week. We appreciate your kind words about the freshness and flavor of the foods you get from us. The stories that often go along with the kindness tell us the whole is bigger than the sum of the parts. Knowing we are not only nourishing you, but helping bring family and friends together to celebrate the goodness, in turn generates new stories.

As CSA shareholders of Elmwood Stock Farm, you have already made the connection and commitment to consume wholesome organic foods. A comment I heard one Saturday was how much better a pair of 30-somethings felt since “we switched to eating your food.” They looked at each other while completing the other’s sentences, seemingly each wanting to be the one to let me know just how proud they were, and how good they felt. It has opened a new outlook on life, and now they look forward to cooking together after work. We know from the survey conducted by the UK College of Agriculture, Agriculture Economics Department, that organic CSA shareholders spend less time going for medical visits than the average Kentuckian. Seemingly, this time is exchanged for spending time in the kitchen. With the unfolding of information from the Human Microbiome project, it just makes sense.

On a Sunday, when I handed a first-year shareholder his goodies for the week at the Hyde Park Farmers Market, he appeared giddy with excitement. Reading his body language, I inquired how his CSA experience was going. He spontaneously exclaimed for all around to hear, “...it’s awesome, it’s like having a birthday every week! We look forward to figuring out what and when and how we are going to eat all this stuff. It’s a blast.” So we encourage you to break down your share when you get home. Decide what is more perishable than others, securing them away in the fridge to maintain the freshness, and mapping out your menus to some extent. Some people follow the recipes to a ‘T’, others use them as a suggestion. Learn to get creative with substitutions, and generally get comfortable prepping the produce you are working on. When people ask us how we prepare various items, our response is generally the same. Keep it simple. We like to eat some fresh veggies every day, like lettuce salads,

with whatever accoutrements may be available. Then we do a lot of steaming of veggies, with not much else other than salt and pepper, with sometimes vinegar on greens or butter on turnips. Let the food speak for itself.

It was fun, and rewarding, when a young couple on Saturday at Tandy Park discovered we had fresh chickens available and decided to completely change the menu for the cookout they were having later that same day. “We could totally have grilled chicken thighs tonight, grill some asparagus, and make a salad with the greens and microgreens, and they even have fresh herbs. Everything we serve could come from here!” What a great way to host a party for friends and share the freshness and flavors of whatever is available on a given day. That’s the way we eat.

I’ll admit, some comments really get my goat. Inevitably, in a couple of months, someone will tell me “snapping green beans is too much work.” Really, are you kidding me? It doesn’t seem like a very big chore to sit on the deck with the love of my life, sharing conversation and a cold drink, while snapping the ends of some beans, and breaking them up into bite size pieces, or not. The difference between a chore and a peaceful evening sometimes boils down to attitude.

It is very rewarding for us, to hear how important your relationship with our food is to you. Rarely does a market go by that someone does not say “...my doctor told me to eat the kind of food you grow.” Does that not make food, well, medicine? With the survey results to back it up, seems like a pretty logical conclusion, that taking the time to prepare wholesome organic foods that are bursting with flavor is a pretty good way to live your life. With your show of financial support, and kind words, we are honored to be your farmers. And for that, we say thank you. - Mac

Nourishment: Elmwood Stock Farm Tours 2024

May 11: The Beauty of Organic Farming

June 15: Farm Fresh Flavors

August 3: Farming From Afar

September 14: Turkey Talk

Purchase tickets at <https://elmwoodstockfarm.com/farmtours/>