

LEMON RAPINI PASTA

Adapted from itsavegworldafterall.com

1 lb rapini	1/4 tsp red pepper flakes
8 oz dried orecchiette pasta	1 tsp lemon zest
3 Tbsp extra virgin olive oil	1/2 c grated pecorino romano or parmesan
3 cloves minced garlic	

1. Bring large pot of salted water to boil.
2. Wash rapini under cold water and pat dry. Cut into 2-inch pieces, including the leaves. When water boils, transfer rapini to pot. Blanch 60 seconds and drain immediately.
3. Bring another pot of salted water to boil. Cook pasta until al dente, then drain, but reserve 1/2 to 1 cup pasta water before draining.
4. Warm olive oil in large skillet over medium heat. Add garlic and cook 1 minute, stirring frequently. Stir in red pepper flakes and blanched rapini, cooking 2-3 minutes.
5. Add cooked pasta to skillet with 1/4 cup pasta water, lemon zest, and grated cheese. Cook, stirring frequently, for a few minutes until the cheese becomes a thin sauce coating the pasta. Add pasta water as necessary to achieve desired consistency. Remove from heat.
6. Serve with additional grated cheese if desired.

BEEF SMOOTHIE

Adapted from wellplated.com

1/2 c unsweetened milk of choice	1/4 c plain nonfat Greek yogurt
1 c frozen mixed berries	1-2 tsp honey, optional sweetener
1 small beet, peeled and diced	optional mix-ins: chia seeds, hempseed,
1/4 c frozen pineapple	ground flax, oatmeal

1. Place milk, berries, beet, pineapple, and Greek yogurt in a high-speed blender. Blend until smooth.
2. Add sweetener if desired. Enjoy immediately or refrigerate for up to 1 day.

Don't forget to reserve your spot on a farm tour!

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/>



Winter/Spring CSA News



April 8-14, 2024

Week 13 of 17

Volume 21, No. 13



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.

hello@elmwoodstockfarm.com | 859.621.0755

Controlled Cohabitation

Biodiversity is a tenet of the organic certification regulations, and frankly the only way to be a good organic farmer. Be it in the microscopic mix of bacteria and fungi, yeasts and things, to the insect jungle, to the vascular plants and the birds and mammals that live among them, organic farms host a richness of diversity not possible on chemical intensive landscapes.

We speak often of the benefits of a healthy soil food web and its ability to produce healthy crops, which in turn enriches our bodies with healthy food for our microbiome. We like to relay stories about how tiny insects rule the roost by eliminating insect pests at their most vulnerable stage of life. There are numerous examples of how the covering of the leaves in these rich environments, like a compost tea of sorts, reduces the ability of plant pathogens to get a toehold and degrade plants. We manage our fields to encourage this diversity to work in our favor. The USDA Organic Certification Agency then verifies that we are in fact doing so.

However, cohabitation with birds of prey, and many mammals, sets the stage for strange bedfellows. Elmwood Stock Farm trees are nesting sites for red-tailed hawks and great horned owls, and home to Wile E. Coyote(s), an untold number of Rocky Raccoons, gangs of groundhogs, platoons of Pepe Le Pews, and mice and voles galore.

So, in order to save at least one ear of sweet corn to sell, we employ two techniques to keep critters out of it. To keep Heckle and Jeckle out, we put inflated balloons with an eye painted on them and put them on top of 15' long poles scattered through the patch. We have also found decorative mylar helium balloons to work in a pinch (once we used a flying pink pig balloon). Thanks to some modern technologies like the electrified fence netting, we can encircle the corn patch with several lengths of the 18" tall netting, hook up a solar powered fence charger that shocks the raccoons if they touch it. Since they cannot climb it, and they don't jump well, we win. We also chuckle knowing the first time they touch it is with their wet nose. The fence charger is designed to give the animals a 'jolt', not inflict harm. Same goes for humans. These electric fencing systems, known as mental barriers as opposed to permanent rigid fence physical barriers, are key animal husbandry tools for poultry, beef, and sheep production.

Thankfully we have limited deer pressure, so we don't have to have an elaborate tall and wide string system above the low netting.

Our relationship with the hawks and owls goes back several generations as we watch the fledglings emerge from the trees each spring. It is fascinating to see them soar in the sky...but it is harder to watch as they swoop down for chicken dinner. It is only fair that we limit the temptation by designing poultry systems that lessen the interest in interaction. Big turkeys, no problem. They only need the 30" tall ground predator electric netting. Laying hens only need more than that when the young owls and hawks are sizing up. Then we make a spider web of sorts with 20# test fishing line from the house out to the netting, which alters the flight pattern of the raptors, so they don't even try to get in. It does add quite a bit of time to weekly chores when this spider web is re-spun every time we move the chicken house.

Smaller turkeys must have flight netting over their heads in addition to the perimeter netting. We use a lightweight, ¼' plastic mesh that radiate out from their shelter to posts out at the perimeter. We have to be sure the flight netting cover is high enough so the turkeys can still run and hop and flap about the way they love to do. This netting also takes quite a bit of time to move every few days. In order to win the arms race with these predators, the broilers now enjoy a long shaded courtyard between the two houses about 30' apart. The solid plastic sheeting roof also keeps out the rain, mid-day sun, and raptors. The sides of the courtyard are customized lengths of the electric net, so they are protected and the birds of prey are not tempted.

Mice come into the barns each fall to secure their winter home and food supply. By keeping feed and seed stashed in bins, we limits their access to food—an example of organic thinking. We keep cats at several of the barns by feeding them almost all they need, and they hunt for the rest. Since we see little or no evidence of invaders and have healthy cats, it must be working. For foodservice areas and locations the cats cannot access, the federal organic regulations allow Vitamin D3 as a rodenticide. These types of baits only affect the animal consuming the product and not any predators (like cats) further up the food chain.

Just like your image of the jungle, the diversity of plants, animals, and microbes define our farm. The more diverse an ecosystem, the more stable it is. We work hard to encourage biodiversity, even though some of that diversity costs us a lot of time and money to manage. That intimacy with nature is what it means to be an organic farmer. - Mac Stone