

GREEN GARLIC RISOTTO

Adapted from dishingupthedirt.com

1 c Arborio rice	
6 c chicken or vegetable broth	1/2 c dry white wine
4 Tbsp unsalted butter, divided	1 c arugula, roughly chopped
3 stalks green garlic, finely chopped	2 Tbsp parmesan cheese, grated
pinch of salt and pepper	

1. Bring broth to simmer in medium saucepan. Reduce heat and keep warm. In large pot, heat 2 Tbsp butter over medium high heat. Add green garlic and pinch of salt and pepper. Cook, stirring often, until tender, about 3 minutes.
2. Add rice and cook, stirring often for about 1 minute.
3. Add the wine and stir until evaporated, about 2 minutes. With a ladle add 1 cup warm broth. Cook, stirring often, until broth is absorbed, about 4 minutes. Keep adding broth, 1 cup at a time until rice is tender but still al dente and sauce is creamy, about 20-25 minutes.
4. Remove skillet from heat and stir in arugula, remaining 2 tablespoons of butter, and parmesan. Season to taste and serve warm.

GRILLED GARLIC SAUSAGE & ASPARAGUS

Adapted from kleinworthco.com

8 sausage links	Salt and pepper to taste
2 bunches asparagus, dry ends cut	1/2 c olive oil, divided
1 large red onion	1 lemon, cut into wedges
Minced garlic to taste	

1. Heat grill to approximately 400 degrees.
2. Lay out 4 large sheets of foil. Place 4-5 pieces of asparagus on each foil sheet. Add 2 sausages per foil sheet on top of the asparagus. Add several rings of onions on each. Top each with minced garlic, salt, and pepper.
3. Drizzle with approximately 2 Tbsp olive oil per packet.
4. Tightly crimp the foil ends together & fold in any excess to create an airtight wrap around the food.
5. Once the grill is ready, place packets on the grill and close the lid.
6. Allow to cook approximately 20 minutes or until the asparagus feels soft through the pack. Don't open the pack until you are ready to eat. You will hear it boiling inside.
7. When ready to enjoy, add a little fresh lemon squeeze over the top.



Winter/Spring CSA News



April 22-28, 2024
Week 15 of 17
Volume 21, No. 15



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.

Working Up Your Weekly Share

The produce you get each week has been cleaned and cooled to preserve that just picked freshness and flavor. The pick up schedule is timed so you can retrieve your share and quickly get the veggies tucked away in your kitchen and/or refrigerator. We take great pride in sending you top quality products, but you have a part in keeping it that way until time to eat it.

When you get your share and head home, try to keep it out of the sun, away from drafty open windows, or getting squished by other stuff you may be hauling around. Leafy greens are still transpiring moisture through their stomata (the microscopic holes that allow the cells to breathe), which is why we often bag them for delivery and storage, but lettuce heads or bunched greens may be open in your share. When you get home, the default mode is to get them back into refrigeration as soon as possible. If you can take a few minutes to read this newsletter, see what all is available for the week, do some menu planning, and properly store the items until needed, it will optimize your culinary experience.

Because we harvest produce like strawberries at their peak of ripeness (as opposed to supermarket berries that are picked days or weeks before full ripeness as they work their way from farm to shelf), they are tender and refrigeration holds them right where they need to be. Still, they should be eaten sooner in the week. The asparagus will hold in the fridge a few days, although the tips may curl upward if laid flat, as they are continuing to grow and trying to angle towards the sun. This is why you see them standing up on ice at retail outlets. If saving it for the weekend, rinse them off and stand them up in a dish of shallow water in the refrigerator.

Leafy greens, including lettuce heads, should be washed and drained before storing in a loosely closed plastic bag or container with a lid. If you don't have a salad spinner, go ahead and get one. We keep ours with washed and spun lettuce or spinach in the fridge, ready to go. Most all the produce is put through a two basin cold water wash and rinse system at the farm, but is not considered plate-ready. The first basin is to wash off soil that came with it from the field, where the second is a rinse that takes the field heat out, and rehydrates the leaves through those same

stomata. If leafy greens do appear limp, simply rinse them off and submerge them in cold water for a while, shake off the excess moisture, or spin, then place their container in the fridge to crisp up.

We make no apologies for sending you greens in every share—we expect you to eat them every week! Be it red kale, green kale, black kale, turnip greens, collard greens, spinach, or rainbow Swiss chard, you need to eat them often. In years past we have had a New Year's resolution to eat greens on a daily basis. Now, it is just something we do without question. With all the many recipes available, find a few you like and stick with it. We simply stem and steam 'em. They keep well after cooking as easy leftovers too. Kale salads last several days, if not even get better as the flavors meld in the fridge. The health benefits of these greens are widely known, and may be referred to as crucifers or brassicas in the popular press. Farmers call them Cole crops and everybody thinks we are saying cold crops. Broccoli, cabbage, rabe, and Brussels sprouts are also in this family of foods.

As we move through the season, try to take a few moments to work up your share when you get it home. Some people go ahead and cut it up for quick and easy meal prep for busy nights later in the week. You can rest assured there are no pesticide residues to worry about. The potatoes will not have been sprayed with a sprout retardant, so keep them in a cool dark place, like the fridge. We are militant about organic, so you can eat in peace. Go ahead and have a little fun: play with your food. - Mac Stone

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/>