

GREEN GARLIC TABBOULEH

Adapted from cooking.nytimes.com

3/4 tsp fine sea salt	2 1/2 c coarsely chopped parsley
1 c medium bulgur	1 1/4 c finely chopped green garlic, tender stems and tops only
2 Tbsp lemon juice	1/2 c chopped fresh mint
1/4 tsp ground cumin	1 c diced tomato
1/4 tsp black pepper	1 c diced cucumber
pinch allspice	1/2 c thinly sliced scallions
1/2 c extra-virgin olive oil	

1. In a medium pot, bring 2 cups well-salted water to a boil. Add bulgur; cover and reduce heat to low, and cook until tender, 8-12 minutes. Drain and rinse well under cool water. Drain completely and transfer to a large bowl.
2. In a smaller bowl, whisk together lemon juice, salt, cumin, pepper, and allspice; whisk in oil. Pour dressing over bulgur and toss well. Toss in parsley, green garlic, mint, tomato, cucumber, and scallions. Taste and adjust seasoning if necessary. Drizzle with more oil just before serving.

CAESAR SALAD WITH GRILLED CHICKEN AND SOFT-BOILED EGGS

Adapted from eggscellent.recipes

4 c salad greens, washed and torn	1 tsp garlic powder
1 c croutons	1 tsp anchovy paste
1/2 c Parmesan cheese	1 clove garlic, minced
4 soft-boiled eggs, peeled and halved	2 Tbsp lemon juice
2 pcs chicken breast, skinless	1 tsp Dijon mustard
1 Tbsp olive oil	1/2 c extra-virgin olive oil

1. Marinate chicken with olive oil, garlic powder, salt, and pepper.
2. Heat grill pan over medium heat and cook chicken for 6-7 minutes on each side. Rest for 5 minutes before slicing.
3. In a bowl whisk together anchovy paste, minced garlic, lemon juice, Dijon mustard, and slowly drizzle in olive oil while whisking until emulsified.
4. In a large bowl, combine romaine lettuce, croutons, and Parmesan. Add desired amount of dressing and toss. Top with chicken and eggs. Serve.

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Summer CSA News



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Week 1 of 20

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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. If your root vegetables still have greens attached, cut them off. Keep the greens refrigerated in a closed plastic bag. The roots should last for weeks.

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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May: The Season of Optimism

The cool weather crops are sizing up nicely as you will see in your selections each week, and the warm weather crops are off to a good start. Pastures are lush with the on and off again rainy spells. The lambs came all at once, an indicator of overall vibrant health, which validates our organic farming system provides optimum nutrition in a stress-free environment. Farmers are an optimistic lot, trusting things will go well if we abide by the laws of nature. As shareholders of our twenty-first CSA season, you are very much a part of the ecosystem through your Elmwood Stock Farm CSA, down to your very own vitality, and the community that it brings. The community around you is bigger than you might realize.

This past week I had the opportunity to spend some time with people renowned for their work in developing sustainable food systems around the globe. The Sustainable Food Trust (SFT) is doing marvelous work across England, building coalitions of farmers and consumers, telling the story behind the food system of upstream and downstream impacts of food choices on society as a whole. In the eyes of Patrick Holden, founder of the SFT, organic farmers have earned due respect for the many years of healing work. Sustainable, regenerative farms heal the planet and the people it serves.

Convened by a Kentucky philanthropist with an interest in food, health, organic, and much more, I was glad to be included. The diverse group came together to figure out how best each of our respective work can be weaved together to grow rural economies through good food, both here at home and abroad.

At the gathering, I met Jenn, whose work is to quantify the external costs of chemical farming on the environment, and the external costs associated with diet related disease on the health care system—and public health by default. I chatted with Matt about his work to help small farmers scale up in concert with local institutions and now his focus is moving into a prescription meals concept as the first line in health care. Ted was telling us how the lab in the Envirome Center at the University of Louisville will be feeding people different foods to evaluate the impacts on their bodies. Mary and I discussed our ongoing confusion as to why so many seemingly intelligent people make such poor food choices. Urvashi and I knew each other from my service on the National Organic Standards Board (NOSB.) In one of the public meetings held in Portland, Oregon a few years back, as Chair of the Board, I navigated a contentious vote to dis-allow antibiotics for fire-blight control on fruit trees. From that meeting Urvashi took the red-eye overnight to be on the Today show in New York the following morning, ultimately telling the world the NOSB got it right in the decision.

Brooke, with her team right here at the Organic Association of Kentucky, organizes the CSA employer healthy eating voucher program. She is working with the SFT to bring the power of all available resources to Kentucky. Ashton, and her team at the UK Food Connection, has the full support and resources of the UK College of Agriculture to develop some of the ideas kicked around over the dinner. Community Farm Alliance, Grow Appalachia, Kentucky Center for Agriculture and Rural Development, Kentucky Horticulture Council, Kentucky State University, and others, all work together to secure grant funding with a shared vision to empower small farms and drive local economies a/k/a create jobs. These groups, much like organic farming systems, work hand in hand, sharing their strengths to generate resources so farmers can grow more food, and pockets of economic activity can emerge.

So, you are probably asking how this relates to you? As Elmwood Stock Farm shareholders, you are staking your claim in the organic food movement. You know our farming systems produce wholesome foods and the planet is benefitting to boot. We have the data to prove our soils are healthier now than they were twenty years ago. We see the influx of beneficial insects that keep many insect pests in check. The magnificent oak and ash trees are coming out of decline since we implemented our rotational grazing systems, plus, the meat produced from such systems is heart healthier for the human body. The veggies burst with flavor from the microbially rich soils we have built over the decades. Now there's an image of carbon sequestration in all its glory.

Add all that up, and it seems obvious we are on the right path in our own farm's contributions to sustainability. Our little farm out here on the banks of the Elkhorn, and the other organic farms we partner with, are but little cells in the broader ecosystem of a sustainable food world. With your support by committing to a season-long CSA, we can scale the sphere of influence to grow more food for you and your friends and family. When the economies of scale begin to kick in, it fosters our ability to grow even more food for more people, and connect with more segments of the local economy. The result: a vibrant local food economy.

With all the people here in the Bluegrass and around the world working tirelessly to help us build a sustainable food system, it all comes down to people like you, making the commitment to invest in your own food supply for tomorrow and many years to come. Your body will thank you. You'll probably sleep better as well, knowing you are doing your part by taking an optimistic view of the world, and partnering with a sustainable, regenerative, organic farm. We will make sure you get what you need, and nothing you don't. —Mac Stone