

SMALL BATCH STRAWBERRY JAM

Adapted from kyleecooks.com

2 Tbsp lemon juice

1 lb fresh strawberries

1/2 tsp lemon zest, optional

1 1/2 cups granulated white sugar

1. Wash and slice the strawberries, removing the hulls and green tops.
2. Add them to a saucepan, and mix the sugar in well.
3. Stir continually over medium heat, and bring the strawberries to boil.
4. Once boiling, add the lemon juice and zest, if using.
5. Boil for about 15 minutes, or until the jam reaches 220 degrees. Stir often to ensure the jam doesn't burn.
6. Pour into a jar and allow to cool. Cover and refrigerate. Use within 2 weeks.

THIS IS NOT POTATO SALAD

Adapted from weekendatthecottage.com

3 lbs new or fingerling potatoes,
halved lengthwise

1 bunch fresh dill, chopped

2 bunches asparagus, trimmed, cut
into 1-inch pieces on the bias

1/3 c mayonnaise

1/4 c Dijon mustard

salt and pepper

1/2 red onion, diced

extra virgin olive oil

1. Preheat oven to 425 degrees with the rack in the top position. Place potatoes into a bowl. Drizzle with oil and a sprinkle of salt and pepper, then toss to combine. Spread onto an unlined baking sheet. Transfer to oven and roast for 30 minutes, tossing them in the pan at the 15-minute mark.
2. Remove pan from oven. Toss potatoes on the sheet before adding asparagus, distributing it evenly over the potatoes. Return pan to oven and roast for an additional 5 minutes.
3. Transfer potatoes and asparagus into a large mixing bowl. Add onion, dill, mayonnaise, and mustard. Toss gently to combine. Taste then season with additional salt if desired. Serve immediately.

Nourishment: Elmwood Stock Farm Tours 2024

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Winter/Spring CSA News



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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 used 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.

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Healthy Pastures, Healthy Farm

Mowing pastures the other day, with the evening sun shading the western edge of the pasture, Keb' Mo' coming through my headphones, an ad came on to convince me I should be eating extensively branded fake meats. (I am now motivated to pay for the ad-free premium streaming service.) Maybe the genetically modified soybean and artificial-ingredient supply chain marvels are less invasive than the confinement of thousands of grain-fed cattle to produce beef on a grand commercial scale, but there's an aspect of petri-dish proteins that strikes me as Frankenfood. From my thinking atop our Kubota MX5200 tractor, pulling a 10-foot bush hog out here on the banks of the Elkhorn Creek that evening, consuming actual pasture-raised meat seems like the real deal.

The pandemic exposed the vulnerability of supply chains, from food to TP to widgets of all kinds. Which makes it hard to fathom how growing GMO soybeans over vast acreages with truckloads of chemicals to process in several-acre, several-hundred-million-dollar factories is the best use of resources. Not to mention all the sub-ingredients added for flavor, mouth appeal and color to resemble ground beef. Corporate headquarters scattered about, countless flights criss-crossing the country to get the deal done, tens of thousands of transactions to make it come together to provide essential nutrients to a nation. It sounds nearly impossible to pull it off—I'd guess that's what the people with the idea were told early on. No longer impossible, but it seems irrational and a wholly unnecessary waste of resources.

My thinking may have been guided by the pack of organic Elmwood Stock Farm grass-fed, grass-finished ground beef awaiting my return home and the good grilling that'd take place soon after. As I made my rounds on the tractor, I pictured the ingredient panel. I believe the label includes the farm's name, the processor's stamp, USDA inspection verification, a required "keep cold until cooking" panel, and list of ingredients: ground beef. That's it. Simply beef, raised by us and double-ground by our butcher, Jerome, for convenience of cooking. As organic farmers, there are no sub-ingredients behind the term ground beef. No DNA was altered. No fertilizers or toxic chemicals released into the environment to grow the feed. No medicinal growth promotants forced upon the animals. No confinement in unnatural settings.

The beef and lamb you receive from Elmwood Stock Farm were born and raised here—they know no other. The choreography of rotational grazing on the farm is the real marvel. That we move animals around the farm is a bit misleading in that

they move themselves. As they graze a particular area of the field, they start with the most desirable plants first, then over the next couple of days, uniformly remove the top growth, leaving the perennial plants to regrow new leaves. The annuals, aka weeds, are often lush and palatable, providing some diversity of nutrients. It's awesome to see a cow chow down a rank-looking weed or see a sheep nibble all the flowers and seed heads off of others. The ones they forgo, like the dreaded thistles, are exposed to the whirling blades of steel.

While it may seem mundane, mowing pastures is not a randomly scheduled event. We mow based on the plants' growth cycles to maintain optimum pasture for our livestock. As the spring grass flush is maturing into a reproductive phase, so will the invasive noxious thistles. The sheep are retained in paddocks with portable electric-fence netting to eat all they want, moving every few days, which opens the pasture canopy and reduces the volume of plant material needing to be mechanically cleared. With the biennial thistles sending up thorny stalks in hopes of releasing bazillions of seeds into the wind, cutting them off at the base severs their nutrient and water supply; however, the remaining parent plant thinks a seed has been made, so it does not try to re-sprout. In reality, we chop down the thistle stalk before it has a chance to release its seeds. It's rewarding to see the spiky, dragon-like thistle plants succumb to this plan. As the sheep rotate from paddock to paddock, I get to spend a couple of hours every couple of days maintaining the optimum forage for them and their babies.

Looking over the steering wheel that day, my thoughts turned to the commitment of CSA shareholders like you, allowing us to efficiently convert solar energy into human energy. Pasture plants grow from the blessings of sun and rain. Our sheep and cattle—and to an extent, turkeys and pigs—harvest their own daily rations to mature healthily and procreate. We have set into motion a protein-production system for perpetuity. Mother Nature, to us, to you, with a few clicks of a mouse, is a pretty simple supply chain. Thank you for the opportunity to be your protein supplier and for the tractor time to think about this stuff. - Mac Stone

All of the Elmwood Stock Farm team wants to thank you for your participation in the Winter/Spring CSA season! Happy Eating!

Have you shared with friends your experiences with Elmwood Stock Farm's CSA? Signup is open for the summer season and we have room for more members. Send them to: elmwoodstockfarm.com/csa