

RADISH PICO DE GALLO

Adapted from littlefiggy.com

1 c radishes, chopped	2 Tbsp lemon or lime juice
1/2 red onion, diced	1/4 c cilantro, chopped
2 spring onions, diced	1/2 jalapeno, diced fine (optional)
1/2 tsp salt	

1. In a bowl, mix all the ingredients well, taste and adjust seasoning if needed.
2. Store covered in the refrigerator until ready to serve.
3. Serve with tacos or as a dip for tortilla chips.

COUSCOUS GREEN PEA SALAD

Adapted from lordbyronskitchen.com

4 c cooked couscous, cooled	1/4 tsp red pepper flakes
4 c green peas or snap peas	2 Tbsp rice vinegar
1 clove garlic, minced	2 Tbsp olive oil
1 small white onion, finely chopped	1 Tbsp honey
1/4 c fresh parsley, chopped	1/4 c almonds, sliced
1/2 tsp salt	1/2 c feta crumbles
1/4 tsp black pepper	1/4 c fresh parsley, chopped

1. Over medium heat, in a large skillet, add one tablespoon of olive oil along with the onion. Saute until the onion is just cooked through, about 3 minutes.
2. Add the garlic and stir into the onions. Saute for 2 minutes.
3. Add the peas and stir into the onion and garlic mixture. Saute for 5 minutes. Remove from heat and allow peas to completely cool.
4. In the meantime, whisk together the other tablespoon of olive oil, salt, pepper, vinegar, honey, red chili flakes, and parsley. Set aside.
5. Add the cooked and cooled couscous, along with the almonds, to the cooled pea and onion mixture. Toss to combine.
6. Pour over the sauce and add the feta crumbles; toss to coat.
7. Serve at room temperature or chilled.



Summer CSA News



June 3-9, 2024
Week 3 of 20
Volume 21, No. 20



Blueberries: Soak in a mixture of 3 cups water and 1 cup vinegar for 5-10 minutes. Rinse with running water and drain with a colander. Once dried, refrigerate for up to 5 days. To freeze, place washed and dried berries in a single layer on a cookie sheet and allow to freeze overnight. Once frozen, place in an airtight container and store.

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.

Garlic Scapes: Store them unwashed in a loosely wrapped plastic bag in the refrigerator for up to two weeks. Chop or dice raw into salads, make pesto (a favorite!) or use anywhere garlic flavor is desired.

Carrots, Turnips, Beets, Radishes: Store in a bag, 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.

Peas: Refrigerate peas in a bag in the crisper drawer up to 3 days. To freeze, remove stems/strings, blanch for 1 minute, rinse under cold water, drain, and pack into freezer bags.

hello@elmwoodstockfarm.com | 859.621.0755

Taking the Long View

Elmwood's most monstrous bur oak tree succumbed to the wrath of inclement weather. A brief sultry squall line came racing eastward soon after noon Sunday week ago—a single bolt of lightning later—her limbs lay at her feet. The trunk stands steadfast, the lightning bolt grounding scars on either side are evidence of what happened. It's hard to fathom how many thousands of storms this tree has weathered. The massive trunk still proudly upholds the lowest most limbs in defiance, determined to stand her ground. It would take three of me to reach all the way around this tree, and to be clear, the trunk and her few limbs will be around for a generation or so to come, but the grandiose canopy is no more.

This tree is the cover page on the Elmwood Tree Survey Report, provided to us in 2022, as part of a University of Kentucky (UK) Forestry project. They say it's 44" DBH (which is really big in case you are not a forestry expert.) You will not get a knowledgeable tree person to guess the age of a tree, any tree, unless they know when it was planted. With a little humming and hawing around, I heard "in the hundreds" out of several I have pinned down over the years. So, we're going to go with 300, since it is bigger than others "in the hundreds" on the farm. Three hundred years ago the people living under the shade of this tree were Native Americans using sharpened rock spears to hunt game. (We have found many arrowheads dating back thousands of years, but that's another story.) When the early European settlers arrived, they saw these big trees as signals of soil fertility and decided how to lay out farmsteads based on the trees. One theory as to why these monster trees were left to grow versus becoming a barn is they were already too big to handle and did throw a lot of shade.

The UK Forestry team noticed many of the other monster trees in the Elmwood pastures showed signs of renewed vigor. It seems John's rotational cattle grazing system is not only good for the cattle and the grass, it's good for the trees too. Historical cattle management in these parts had the cow herd in the same large pasture for months on end, if not year-round. The cattle would congregate under the trees and compact the soil under the trees, essentially asphyxiating the tree, as the roots could not breathe to feed the leaves. Our regenerative system has the cattle under any given tree for only a few days before moving to another paddock. During the interim rest period before the cattle come back around, the pasture plants have time to regrow and loosen the soil. Pretty cool, huh.

As the old saying goes "the cow died, it's time to take care of the calf." It is no small task to cut up the tangled limbs we find ourselves with, especially since there is also a very large hackberry blown over blocking the residence entrance

driveway, taking a big wild cherry tree down with it. None of this was on this week's work plan, a schedule that is already double booked this time of year. Fresh limbs are springy and safety is always number one, but our chainsaw master, Juan, will work his way through them as time allows. If we want some logs to spawn shiitake mushrooms, we need to act fast to get them cut to length and set aside before some inedible fungus invades them. The firewood from the big bur oak will be cherished for years. It burns hot, holds its coals, and leaves few ashes. A couple of years ago, we cut some downed limbs on a different bur oak and my co-worker Jan counted 150 rings—on a limb, not the trunk! Each and every piece, down to the kindlin and bark, will be revered the next few winters. Let's plan a bonfire party when we burn the brush?

Last October, we co-hosted a dinner with Cooper, Mea, Chef Tony and their crew from The Apiary under this same big old bur oak. It was a magical evening with the farm setting, amazing food and drinks, and the big tree adorned with lighting. We are so glad to have the photos and the memories of celebrating her magnificence.

Storms seem to be more violent, year over year. Cleaning up downed trees and repairing buildings now has to be figured into the work plan and budget, not some random anomaly that we used to know. Our organic regenerative farming systems are feeding people the best food possible, while healing a little piece of earth. As farmers we optimistically take whatever Mother Nature throws at us, even this time with some sadness. With your enduring support, we will stand firm on our convictions to take the long view of farming, just like that old tree.—Mac

Nourishment: Elmwood Stock Farm Tours 2024

June 15: Farm Fresh Flavors

August 3: Farming From Afar

September 14: Turkey Talk

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