

HEALTHY BREAKFAST APPLE CRUMBLE

Adapted from hh-hm.com

Apple mixture:

6 sweet apples

1 Tbsp cinnamon

pinch of salt

2 tsp coconut oil

Crumble:

2/3 c oats

2/3 c pecans

1 Tbsp coconut oil

2 tsp honey

1. Preheat oven to 350°F. Chop apples and saute them in a pan with the rest of the apple ingredients at medium-high.
2. Put all crumble ingredients in food processor or blender, add a splash of water, and process until mixture is crumbly and sticks together.
3. Using a small baking pan, oil the surface or add parchment paper and spread the apples. Then squeeze the crumble mixture to form bigger pieces of crumble and spread these over the apples.
4. Bake 15-20 minutes or until the crumble is golden brown.
5. Let cool and enjoy with milk or yogurt for breakfast.

FALL CHICKEN SALAD

Adapted from erinliveswhole.com

3 medium cooked chicken breasts

2 c finely diced apple

1 c chopped pecans

2 c diced celery

1 c dried cranberries

1 c diced red onion

1 c plain greek yogurt

1/4 c mayonnaise

1/2 c sweet relish

1 Tbsp dijon

1 tsp salt

1/2 tsp pepper

1/2 tsp sage

1/2 tsp garlic powder

1. To finely shred chicken, add to food processor and pulse for 10 seconds. Alternatively, shred by hand.
2. Add shredded chicken to a large bowl and add apple, pecans, celery, cranberries, and red onion. Mix it all up.
3. In a small bowl, whisk together yogurt, mayo, relish, dijon, salt, pepper, sage, and garlic powder. Pour over chicken salad mixture until well incorporated.
4. Serve on bread, with chips, in a wrap, or on a salad.

Fall CSA signups are open!

Save your spot at

<https://elmwoodstockfarm.com/csa/about-csa/>



Summer CSA News



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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 as needed by plunging them in ice water 15-20 minutes.

Beans: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

Celery and Herbs: Recut the ends and stand up in a jar of water in the fridge, for up to two weeks. Basil should be on the counter instead.

Apples: Store apples in a bag in your refrigerator. Keep in mind that apples are prone to absorb the odors of the produce around them, so don't place them close to onions or potatoes.

Potatoes: New potatoes are freshly dug and not yet cured. These should be stored in the refrigerator in a paper or perforated plastic bag. Otherwise, cured potatoes, with their thicker skins, can be left at room temperature. Keep away from daylight so the skins don't green as these are not treated to prevent greening.

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Workin' Cattle

Our vegetables are mostly what you see at the markets and in your CSA bags, but cattle are a valuable resource at Elmwood Stock Farm. They not only convert solar energy into wholesome meat, they are a valuable tool in our vegetable-production toolbox. From nutrient cycling to weed eating, their services save us labor.

The momma cows grew up here, so they know every nook and cranny of the farm, probably better than we do. And there is no better place than the Central Bluegrass region to raise them. The hilly lands on the farm are maintained as permanent pasture, never to see a plow, because the erosion potential is too high. Some fields look just as they did decades ago. Other fields may have been natural grasslands, meaning the roaming herds of buffalo grazed here millennia ago.

To our farm-tour guests, these grassy areas seem unused, but they are far from idle. The roots of the plants growing there hold the soil in place. The plants also convert solar energy into complex carbohydrates, proteins, vitamins and minerals though photosynthesis. Typically farmers grow some combination of grasses like fescue-bluegrass-orchardgrass and legumes like red or white clover in these fields. And of course there are the waves of weeds that proliferate each season.

But cattle do not just bite off whatever they find in a field. They carefully select which plants or plant parts to ruminate on. They will take dozens of bites with out ever lifting their head, somehow working the feed up their neck before it moves into the second of their four stomachs. Since our GI tracts are built so that none of us can enjoy fescue or clover, I'm really glad that cattle do. The cattle do a marvelous job of stripping weed seeds from the tops of those plants as the seeds ripen. Other times, they have been seen eating thistle flowers when they are just turning purple. In this way, they are converting the energy the plants captured by from the sun and producing high quality beef for us to consume, all while the plants are holding and building soil. The soils of the Inner Bluegrass have a balance of nutrients particularly beneficial to livestock that consume the forages grown on them. That's also why the horse industry developed in this region.

Since our forefathers went into the cattle business, the animals in our herd today are the offspring of those that came before them. For decades, the best young females have been kept back as replacement heifers, based on their conformation, disposition, and a whole host of intangibles of how their momma, grandmomma and daddy performed: good mothering, good milker, strong bone structure, and the ability to perform well in a grass-based system, to name a few.

Much is known about each individual cow; many stories can be told. They all have

numbers, have their place in the pecking order, have unique quirks, yet collectively, they are managed as a herd. In the early days, we built a reputation for selling quality bulls to nearby farms as herd sires. Since the bull represents 50 percent of the genetics of a cowherd, we are proud to have positively impacted other farms.

These are beasts, some well over a thousand pounds, that eat a lot. To best feed them, they are first divided into groups based on their stage of life, which translates into their required plane of nutrition and annual reproductive cycles. Second, we move each group from pasture to pasture as they graze the forage. Nursing and pregnant mothers get moved to fresh grass every few days. We do this with temporary electric fence systems that are a quick way to divide up a field. The decision on where the fence goes is dependent on how big the paddock needs to be for 2-3 days of grazing, which is dependent on how lush the grass is. When the calves are weaned at 7-8 months, they go off as a group of their own and are given their own rotation of fresh forage. As the weanlings mature, we often have several groups based on size and forage availability. The mature bulls hang out in lush, expansive bull lots, impatiently awaiting the next breeding season.

The herds understand how this rotation thing works. The cows are keenly aware when the field they are in is eaten down or picked over. When they hear the Kubota coming, they begin moving toward the place they think they'll gain access to their next paddock. We have the next couple of paddocks laid out ahead of time, so when it is time to move, it is as simple as spooling up the wire and allowing the group to flow into the fresh field. We gauge how aggressively they eat to see if we made them wait too long, or not long enough. This is a balancing act, as we want them to stay to eat more weeds, but we do not want to compromise their nutrition.

Their behavior tells us how they are performing. They instinctively prefer to move in a herd as a protection mechanism. This behavior is in part due to how they eat. The herd will leave the security of the trees to fill their largest of four stomachs, the rumen, as quickly as they can, only to retreat to the trees to chew their cud and rest. Watching them chew their cud, they look very peaceful, almost as if they are half asleep, which gets back to the security of a herd. A herd of tens of thousands of pounds of bovine is a force to reckon with, which is why we make sure they always have feed and water and shade available at all times.

So, how does all this impact our vegetables? Winter hay feeding moves the nutrients to where they are most beneficial—next year's vegetable fields. The herd gleans the produce from the crop fields in the fall and eats or destroys any weeds.

Between cattle farmers, the phrase “workin' cattle” means herding them into a corral to give them shots and stuff. At Elmwood Stock Farm, it means they are doing work to help us grow vegetables, converting forage into food. —Mac Stone