

## POTATO LASAGNA

adapted from alsum.com

|                                       |                                         |
|---------------------------------------|-----------------------------------------|
| 2 Tbsp olive oil                      | dash italian seasoning                  |
| 2 cloves garlic, minced               | 26 oz marinara                          |
| 1/2 tsp salt                          | 15 oz ricotta cheese                    |
| 1/2 tsp pepper                        | 10 oz chopped spinach-chard-leafy green |
| 5 large potatoes, sliced 1/4-in thick | 2 Tbsp parmesan cheese, grated          |
| 1 lb ground beef                      | 1 large onion, chopped                  |
|                                       | 2 c shredded mozzarella cheese          |

1. Preheat oven to 425°F. In large bowl, combine olive oil, Italian seasoning, garlic, salt, and pepper. Add potatoes and toss to coat. Spread evenly in ungreased 15"x10" baking pan. Cover tightly with foil. Bake 35-40 minutes.
2. Let cool 15 minutes. Reduce oven temperature to 350°F.
3. In large skillet, brown ground beef with onion and seasonings. Drain well. Add spaghetti sauce and simmer on low.
4. Combine leafy green and ricotta cheese, mixing well.
5. Arrange 1/3 of the potatoes evenly in a 9"x13" baking dish. Layer with half the greens mixture, 1/3 of the ground beef, and 1/3 of the mozzarella. Repeat next layer with half the greens mixture, 1/3 of the ground beef, and 1/3 of the mozzarella. Top with remaining potatoes, meat sauce, and mozzarella. Sprinkle with parmesan.
6. Bake uncovered 35-40 minutes until bubbly. Let stand 5 minutes, then serve.

## STUFFED ACORN SQUASH

|                                        |                               |
|----------------------------------------|-------------------------------|
| Adapted from girlwiththeironcast.com   | 3 ribs celery, diced          |
| 3 acorn squash, halved, pulp discarded | 1 Tbsp fresh sage, chopped    |
| 6 Tbsp olive oil, divided              | 2 tsp fresh thyme             |
| 1 lb bulk mild italian sausage         | 1/3 c breadcrumbs             |
| 1 small yellow onion, diced            | 1/3 c parmesan cheese, grated |
| 1 apple, peeled, cored, diced          | salt and pepper               |
| 4 cloves garlic, minced                | 1/4 tsp red pepper flakes     |

1. Preheat oven to 400°F. Cut a flat spot on the bottom of each halved squash to prevent rolling. Brush inside with olive oil and sprinkle salt and pepper. Roast 30 minutes, until you can just pierce flesh with a fork.
2. In a dutch oven over medium-high heat, add 3 Tbsp olive oil and sausage, cooking 8 minutes. Remove sausage with slotted spoon and set aside.
3. Lower heat to medium, add onion and celery, and saute 4 minutes. Add apples, sage, thyme, garlic, salt, pepper, and red pepper flakes, and saute 4 minutes. Return sausage to dutch oven and stir to combine for 3 minutes. Add mixture evenly into the acorn squash halves.
4. In a small bowl, mix breadcrumbs and parmesan. Sprinkle atop the squash.
5. Return squash to oven for 15 minutes until breadcrumbs are toasted. Serve.



## 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.

**Fall Squash:** Store all fall squash in a cool, dry, dark place at around 50-70 degrees. They get sweeter in storage as the starch converts to sugar. Once cut, wrap in plastic and refrigerate for up to a week.

**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.

## Good Habits

We know you have been eating well since your shares have been bountiful with wholesome organic foods. The very nature of the CSA shareholder program is we pass along more when there is more, and less when there is less. The weather cooperated for the most part this season and it seems there was a good mix of items each week along the way. Thank you for consistently picking up your goodies each week, and hopefully you have developed a habit of eating well, and it does not have to end with the last pick-up of the summer season.

Those of you that are continuing with us for the fall CSA season will continue the surprise and joy of discovering what is in your share. Others of you are planning to shop the farmers market each week to maintain your good food addiction, and we look forward to seeing you there. Either way, consistently consuming local and organic foods are vitally important for your health, and the health of those around you. We are farmers you know, and we know you, and we use your food dollars to steward the land responsibly and invest in the good food that will be on your tables again next year. I applaud you for making this choice instead of using your purchasing power to help a corporation spray toxic chemicals on the land.

We know from the data generated by the research team at the UK College of Agriculture, Food, and the Environment, that organic CSA shareholders spend considerably less time in a doctor's office, and less on pharmaceuticals, than the average Kentuckian. Specifically, you CSA'ers see a doctor 2.03 times per year and spend \$17.23 on drugs, compared to 7.48 times and \$33.84, for non-shareholders. Think about that for a minute. You can either spend time in the comfort of your kitchen, preparing wholesome tasty dishes to enjoy and nourish your body, or sit in a waiting room full of sick people and then go spend money on some form of pharmaceutical drug that brings with it all sorts of side effects. Does that not make food "medicine"? This concept is usually number 3 on the top ten list of things you can do for yourself and the community at the end of each farm tour I lead: "Go to the Farm-U-See, not the Pharm-A-Cy."

Another top-ten item is to look for the organic seal or symbol when shopping at the grocery store. There is evidence that organic foods actually improves the environment where they were grown, whereas "conventional" agricultural environments have toxins willfully released into them. In the case of meat and dairy products, not only was the feed raised without the use of synthetic chemicals, but the forage-based diet produces more heart-healthy meat and milk for us to consume. Having served on the National Organic Standards Board, I can assure you the scrutiny behind the integrity of the organic seal is impeccable.

This is confirmed every year when we submit our organic system plan to the Kentucky Department of Agriculture, and their organic inspector visits the farm. Every aspect of our production and marketing system is verified to comply with the regulations. As part of the inspection process, the inspector will randomly pick a specific product, like eggs, where we must demonstrate how the number of laying hens matches the volume of feed, that matches the number of eggs produced, and the number of dozens sold. Not knowing what crop they might pick, we have to be prepared for anything on our list to be audited. The inspector often takes random samples for pesticide residue testing, and can stop in unannounced anytime. They are welcome anytime.

Fresh vegetables that are eaten raw are normally rinsed before eating, yet they are far from sterile. Plant leaves have a protective microbial film on them for their own protection. This is why water beads up and rolls off a kale leaf when put in a pan of water. You can rinse a head of broccoli or a strawberry all you want and this protective coating is unfazed, which is a good thing. This film is teaming with a mix of beneficial bacteria and fungi, which is vitally important for us to consume to feed the microbiome in our gut, which is directly related to the health of our immune system. Research at UK has shown that plants grown in an organic system have a more diverse, and robust microbial profile, than plants grown with the use of insecticides and fungicides. A reasonable person would conclude that since a rich, microbially diverse soil yields a microbially rich plant, consuming the plant will lead to a microbially rich human microbiome. Understanding this microbe world is the final frontier of human health research and much attention is focused in this realm. So somewhere in the top ten list is to be sure some percent of your diet should be raw organic fruits and vegetables.

As compelling as the data looks, it's the freshness and flavor that keeps us all coming back for more. Our greens beds and high tunnels are ready to feed you this fall. Whether we see you at the market or at your CSA delivery spot, we are comforted to know you are eating well. - Mac Stone

**Fall CSA signups are open!**

**Save your spot at**

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