

CURRIED BEANS AND POTATOES

Adapted from Simply in Season

3 Tbsp vegetable oil	1/4 tsp pepper
1 tsp mustard seeds	1 medium potato, quartered, thinly sliced
4 cloves garlic, finely sliced	4 c green beans, whole or cut
1/2 tsp ground turmeric	
1/4 tsp ground red pepper	

1. Heat oil in pan over medium-high heat. When hot, add mustard seeds. As soon as mustard seeds begin to pop, add garlic. Stir for a minute until garlic turns golden.
2. Add turmeric, red pepper, pepper, and potato and stir 1 minute.
3. Add green beans and stir until mixed. Salt to taste. Add small amounts of water to keep from sticking and allow it to steam. Cook until beans and potatoes are tender, stirring occasionally. When done, increase heat to evaporate remaining liquid.

GERMAN PEACH KUCHEN

Adapted from bubbapie.com

1 c all purpose flour	2 eggs
1/4 c powdered sugar	1 c granulated sugar
1/4 tsp salt	3 Tbsp all purpose flour
1 stick butter, cubed and cold	1/4 tsp salt
3 lb peaches, peeled, sliced	1 c sour cream

1. Preheat oven to 450°F and grease an 11" round baking pan. Set aside.
2. Mix 1 c flour, powdered sugar, and salt with butter.
3. Cut in butter with the back of a spoon to create a dough until mixture is crumbly but will hold shape when pressed together.
4. Press dough into the bottom of the prepared baking dish.
5. Place peaches on top of dough.
6. Whisk together eggs, granulated sugar, 3 Tbsp flour, salt, and sour cream until smooth.
7. Pour on top of peaches.
8. Bake for 10 minutes. Reduce heat to 325°F and bake for an additional 35 minutes. Remove from oven and cool until just warmed or cool completely, then 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.

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 plastic 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.

Peaches: Peaches are ripe when the flesh of the fruit is soft. To ripen peaches, place on a countertop out of direct sunlight.

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.

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Fall Flavors

As the first few cool mornings have welcomed us to fall, we are grateful, especially after such a long, hot summer growing season. Now it is time to think about all the fun foods that coincide with the fabulous fall foliage. Some of the crops were planted long ago, others more recently, and some are still in the seed packets. Lest we not forget, Old Man Winter lays in wait, so now is the time to secure your share of the fantastic flavors, colors and nutrient-dense foods still to come this year.

Most commonly, people think of pumpkins, gourds and dry corn fodder shocks for decorations when thinking of fall. We think about butternut and spaghetti squash, sweet potatoes, and great greens. Garlic is hanging in the barn to be taken down and cleaned, as needed. The varieties of winter squash, with their kaleidoscope of colors, were planted back in July with the intent for them to mature during the cooler weather of September and October. The late fall harvest is beneficial in two ways. The fruits tend to have more flavor when they ripen in cool, dry weather, and their hard shells allow them to be stored well into winter, providing excellent nutrition for several months after harvest.

Many colors of fall exist underground, as well. We dig purple, red, gold and white potatoes in batches, the first of which you've tasted already. The sweet potatoes still lay in wait. The sweet-potato slips were planted in June, the vines covered the field by August, and then the rains helped the little weeds we missed with the cultivators turn into monstrosities scattered throughout the field. But we have no idea what we will find to harvest until later, when we hand-dig a few test plants. Most crops, we can kind of tell how they are performing, but sweet potatoes are more like fishing: You are not sure what you've got until they come to the surface.

Many other underground treasures await us, as well. Late-planted beets of many colors prefer the cool weather, and with less weed pressure, the tops will be lush and scrumptious. We also intend to harvest everyone's favorite winter radish—the watermelon radish. These, too, are long keepers, like the winter squash, although the radishes need to be kept under refrigeration. Once they have sized up, we will begin to harvest them and then bring them all into the packing shed coolers before the ground freezes.

But the most beautiful color of all for fall is green. Kales, lettuces, broccoli, cabbages. As I tell our CSA members often, we make no apologies for providing lots of greens. They are arguably the most powerful food you can consume. The cooler weather is more to their liking and actually improves not only their taste but their nutrient density, as well.

As we think about growing and harvesting a significant quantity of produce to stock up for winter, we should take a moment to consider the stability of the current food supply system. I've consulted with some large regional produce grower-shippers, as they are known. They have thousands of acres of cabbages scattered from Florida to Michigan, to have year round supply. It was explained to me that our nation basically has a three day food supply in reserve, and most of that is on a truck. Just-in-time delivery is the norm for the sake of freshness, but also because, as they said, "we are not in the warehouse business," so most food processors do not build inventory on speculation of demand. When the restaurant orders more coleslaw, the distributor tells the processor to send them more, so the processor tells the farmer to send more ingredients. Because there is a history of use patterns, there is a three day supply at some stage along this process. So, even though this company has 10-12 semi-loads of cabbage on the road at any one time, it is still picked to order. This holds true for meats and shelf stable products as well, in varying degrees. One must marvel at the efficiency, yet shudder at the instability.

We all know what grocery store shelves look like after a 2" snowfall. It begs the question, "How secure is your food supply?" We are securing wholesome organic produce, grown right here in the Central Bluegrass for our customers to count on until the warm days of spring bring new foods to our kitchens. Deep freezers and root cellars were commonplace just a generation or two ago. So was growing food without synthetic chemicals. Take a few minutes to consider, worst case scenario, what will you do if the trucks stop rolling for some reason. What's in your larder?

I hope this summer season has given you a glimpse of how all this comes together for us to provide for you and your families. The colors of fall will soon be all around us, as well as in your kitchen. Don't wait to sign up for a fall season CSA share.

- Mac Stone

Fall CSA signups are open!

Save your spot at

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