

SPICY SESAME CARROT SOUP WITH RED LENTILS

adapted from thefirstmess.com

3/4 tsp ground cumin	salt and pepper
3/4 tsp ground coriander	1/2 c split red lentils, rinsed
2 Tbsp olive oil	5 c vegetable stock
1 yellow onion, chopped	1/4 c tahini
1 tsp chili flakes	1 1/2 tsp toasted sesame oil
2 cloves garlic, minced	1 tsp soy sauce or coconut aminos
2-in piece of ginger, peeled, minced	2 tsp lemon or lime juice
1 1/2 lbs carrots, chopped	

1. Heat a large pot over medium heat and add olive oil. Add onions and cook 7-8 minutes, stirring occasionally.
2. Add cumin, coriander, and chili flakes. Stir and cook 1 minute. Then add minced garlic and ginger. Cook and stir 1 more minute.
3. Add carrots and big pinches of salt and pepper. Stir, then add red lentils, and stir again. Pour in vegetable stock. Bring mixture to a boil, then simmer uncovered 30 minutes until carrots are soft.
4. Remove from heat, then add tahini, sesame oil, and soy sauce. Blend on high using a blender or immersion blender until you have a completely smooth puree. Return the puree to the pot if necessary, then bring to a boil, stirring often. Stir in lemon or lime juice. Serve topped with chopped cilantro, drizzles of tahini and chili oil, and/or sesame seeds.

HAKUREI TURNIPS WITH GARLICKY BREADCRUMBS & PARMESAN

Adapted from epicurious.com

3 lbs hakurei turnips, in 1" wedges	1 lemon
2 garlic cloves, finely chopped	2 c parsley leaves with tender stems
1/2 c panko breadcrumbs	grated parmesan
3 Tbsp olive oil, plus more for drizzling	Kosher salt

1. Cook turnips in a pot of boiling salted water until just tender, about 5 minutes. Transfer to a bowl of ice water. Drain and pat dry. Transfer to a large bowl.
2. Cook garlic, panko, and 3 Tbsp oil in a small skillet over medium heat, stirring occasionally, until panko is golden brown, about 4 minutes. Remove from heat and season with salt and pepper.
3. Zest half of lemon over turnips, then cut lemon in half and squeeze juice over. Add parsley and half the breadcrumbs and drizzle with oil. Season with salt and toss well.
4. Transfer turnips to a platter and top with parmesan and remaining breadcrumbs.



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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.

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.

Sweet Potato: Store at room temperature. Refrigeration will cause them to harden and blacken when cooked. Check weekly and use any that may soften, most will keep for weeks or months.

Pears: There is no "right" time to eat a pear but you can tell ripeness by lightly squeezing. If you don't know what ripeness you like, experiment and eat them at all the stages of green to yellow! To speed up ripening, put pears in a closed paper bag with an already-ripe apple or banana. Check daily. To slow down ripening, refrigerate.

Modern Day Malnutrition

We ran across an article discussing how the vast US agricultural industrial complex is leaving us malnourished while trying to provide affordable food to the rest of the world. The unwitting US eaters are consuming way too many empty calories, synthetic food additives, pesticide residues, bad fats, genetically engineered ingredients, and woefully few micronutrients, vitamins and minerals. The undernourished population is generally only getting grains produced using synthetic fertilizers, toxic insecticides, and genetically modified seed technology. The article also suggested that small farms in all countries of the world is the best solution to solve the differing forms of malnutrition. We agree.

To its credit, US agriculture is extremely efficient. It got this way one tiny creative idea at a time, since the Native Americans taught the settlers about soil fertility. The University Land-Grant Programs helped landowners adapt their potential systems in a regionally appropriate manner. Farmers were able to use specialized equipment and newly invented chemicals to produce more grain, meat, and milk with less manpower. Take some knowledge, creativity, entrepreneurship, post-war industrialism, and throw in some corporate greed, and amazing things happen. To be fair, the industry adjusted when environmental impact evidence became clear. However, some of the changes just became more insidious with a less visible negative impact to the environment. The advent of genetic engineering to produce super foods is where this went too far.

Once companies were allowed to patent their genetically modified seeds, farming methods took a dramatic turn. It was sold as a way to reduce chemical applications, therefore good for the environment. Early methods involved blasting a plant with foreign genes, and then grow out the resulting chromosomes with tissue culture technology. Depending on where the foreign gene landed on the chromosome, new traits were expressed to varying degrees. Now, they can use a bacterium to deliver the desired gene to a specific site on the chromosome, to achieve the desired outcome. By doing this, these genetic mutants can create pesticide within each cell, every time a new cell is formed. Some genetic modifications allow a crop to not be harmed when a powerful herbicide is sprayed on the crop. The farmer can make one pass over the field to plant the seeds and another a few weeks later to kill any weeds that remain; insects and diseases are already taken care of from the seed. Pretty cool huh?

No! Plant, insect, and disease populations all adapt to their environment, so they have started to find workarounds to persist even when sprayed or killed with

GMOs. There are now ‘superweeds’ that no herbicide can kill. Farmers are having to pull their antique tillage implements out to control these weeds. There are now crop pests that no insecticide can kill. So their solution is to add more different genes to the seeds in a process called stacking. This is all so short sighted, an arms race we can’t win, but it rolls along because it is mainstream agriculture.

Essentially all soybeans are genetically modified unless they are certified organic. Soy oil and the resulting meal are used in thousands of products in your local grocery store. Most corn is now genetically modified unless it is certified organic. Genetically modified corn is also in thousands of products in your local grocery store. The other problem with corn is: the mutant corn pollen drifts in the wind, polluting organic corn. Even the native maize varieties in Mexico are showing contamination. Since the companies own the genetics, farmers cannot save their own seeds for next year’s crop without it being considered theft. This makes it virtually impossible for farmers in developing countries to engage new technology. They are now totally dependent on others to supply their food.

Striving to feed the world is the right goal, but the decision to do it industrially isn’t working. Our farm feeds more and more people every year. We use the time tested methods of food production that respect the laws of Nature. Just think if more people recognized the value of eating from local farms. As those with means spur demand for good food production, it will create efficiencies at the farm level, making it more accessible for all. Small farms will show up all over the world. Just think how productive the world would be if we were all properly nourished.—Mac

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