

## CHICKEN POT PIE SPAGHETTI SQUASH CASSEROLE

adapted from mantitlement.com

|                                |                                |
|--------------------------------|--------------------------------|
| 5 c spaghetti squash, cooked   | 4 Tbsp flour                   |
| 3/4 c onion, diced             | 2 c whole milk                 |
| 4 garlic cloves, chopped       | 1 tsp salt                     |
| 2 c shredded chicken or turkey | black pepper to taste          |
| 1 c frozen peas                | 1 tsp poultry seasoning        |
| 1 c carrots, diced             | 1 tsp fresh rosemary, chopped  |
| 10 oz button mushrooms, sliced | 1/2 c grated parmesan, divided |
| 4 Tbsp butter                  | 1/4 c Panko breadcrumbs        |

1. Preheat oven to 400°F.
2. Melt butter in a large skillet over medium-low heat. Add onions and cook 10 minutes until completely softened. Add garlic and cook one minute longer.
3. Add mushrooms, salt, pepper, poultry seasoning, and rosemary. Cook until mushrooms are browned, about 5 minutes.
4. Stir in frozen peas and carrots, then add flour and stir. Cook a minute while stirring, then slowly pour in milk, using wooden spoon to combine. Bring to a simmer then let thicken 3-4 minutes.
5. Stir in the chicken and 1/4 cup parmesan cheese, then remove pan from heat.
6. Pour filling into a large bowl along with the cooked spaghetti squash. Stir gently to combine the filling, then pour into a greased 9"x13" baking dish.
7. Top casserole with remaining parmesan and breadcrumbs. Bake 30 minutes.

## BLACK BEAN AND SWEET POTATO STEW

Adapted from plantedandpicked.com

|                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 Tbsp avocado oil                  | 1 Tbsp paprika                     |
| 1 c red onion, diced                | 1 tsp cumin powder                 |
| 1/2 tsp sea salt                    | 1 tsp chili powder                 |
| 2 large garlic cloves, minced       | 1 400mL can coconut milk, full fat |
| 3 c sweet potatoes, large dice      | 1/2 c vegetable broth              |
| 2 cans black beans, drained, rinsed |                                    |

1. Heat large pot over medium heat. Add avocado oil to warm. Add onion, garlic, and salt. Saute 5-7 minutes, stirring occasionally. Onions should be soft and slightly brown.
2. Add sweet potatoes, beans, and spices. Mix to combine. Cook for one minute.
3. Add coconut milk and vegetable broth. Bring stew to a low simmer. Cover and cook about 30 minutes, stirring occasionally.
4. To serve, pair with brown rice or a crusty slice of sourdough bread.



## Fall CSA News



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Week 1 of 10  
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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. In the first week or so, you'll receive fresh sweet potatoes. Use them fairly soon. Once we have time to cure them, they will keep for weeks or months.

**Tomatoes:** Store at room temperature for best results. Slicing tomatoes should have the stem side down on the counter. Salad and cherry size tomatoes can be laid out in a single layer to allow you to enjoy the ripest ones first.

## Fall Beauty

Welcome to the first fall share of 2024. We have agreed to provide you with a mix of wholesome organic produce, some of you proteins as well. You have agreed to retrieve and consume your share of the bounty, so by extension, you have invested in yourself. For CSA first-timers and veterans alike, I'm so glad to have you along for this new season. Thank you for investing in us, in yourself, and in our local food system. Enjoy the bounty and the beauty of your fall share.

Autumn is such a spectacular time to live in the Bluegrass. The tree leaves are beginning to turn, the pastures are green and vibrant again thanks to the recent rain, warm temperatures are hanging in there, but the nights are refreshingly cool. The plants and livestock at Elmwood Stock Farm appreciate it too, even though winter looms closer on the horizon with each passing day.

The fun of fall is that we still have all the summer goodies to start, and then evolve through the cooler weather into the warming wonderfulness of braising greens and root vegetables for winter. Everything revolves around the date of the first frost at this point. For our region, the first frost usually occurs during the first two weeks of October, give or take. What we call the 'summer stuff'—tomatoes, peppers, beans, basil, yellow squash, zucchini, etc.—has no frost tolerant capabilities whatsoever. So, we should have them available to you until a week or so after that first frost, as they hold up well after harvest this time of year. However, not all frosts are not created equal. The impact of frost can be highly variable relative to wind, cloudiness, elevation, humidity, slope and the like. Frost can occur anywhere from 33 degrees up to 36-37 degrees. When the skies are clear, and the moisture content of the air is such, the radiational cooling at night will cause ice crystals to form inside the plant cells. This will rupture the plant tissue even though the temperature is well above freezing. It is a bit like hypothermia in plants.

The first tier of frost-tolerant plants are the lettuces, cabbage, and broccoli. A freeze will wipe them out, but the range just above that yields hope. Their viability in cold temperatures depends in part on how gentle or harsh the drop in temperature is. If the plants have a chance to acclimate to steadily falling temperatures, they seem to do quite well. It's those sudden shifts that seem to knock them back. Those of you who live in urban areas may see your first frost several weeks after we do, since locations along brick or masonry walls have extra protection from frost. We have invested in thin fabric row covers, which will

effectively 'buy' us a buffer of 3-5 degrees against the elements. Sometimes it works better than others, again depending on how dramatic the weather decides to get.

Then there are the greens, beets, carrots, radishes, and spinach that we hope will do well late into the fall, if not on into winter. These crops slow their metabolism down in moderately freezing temperatures, but the cell walls do not rupture during ice formation. In fact, since the leaves are actively photosynthetic, but not growing very fast at these low temperatures, the leaves are packed with sugars and flavors; see if you notice the change through the season.

The harvest crew has been digging the sweet potatoes, harvesting the hard squash, and setting them by. We time the planting and harvest of these crops so the fruits should store well into winter. Every year these big batch-harvest jobs are necessary at different times, depending on what Mother Nature throws at us, and we will decide what gets done when. This time of year we are still planting and transplanting garlic for next year, even gambling on some late lettuce. The row covers filter out some sunlight, which is beneficial to some plants but not for others. They do help the soil to stay warm, so we wait to put them on, closer to when the frost or freezing temperatures get here. Often there will be a cold spell for one or two nights where we will cover the rows, then lay them aside for several days again, buying us a few more days of harvest.

My advice to you is to savor the last of the 'summer stuff' while you can, and freeze it as a gift you can give to yourself in the colder, darker months. As for the fall veggies, many store well in the refrigerator, often well into the depths of winter. Don't feel compelled to eat all the squash or potatoes from one week to the next, because they keep for a long time simply in a cool, dry place. If unblemished, we have seen them hold until the following summer.

Be sure to keep the lettuce and greens loosely wrapped in plastic bags in the fridge, and keep potatoes, sweet potatoes, and hard squash in a cool, dry, and dark place. Go ahead and freeze anything if it is more than you can eat up before the next pick-up. That's part of the beauty of fall, it can last all winter. - Mac Stone

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