

CREAMY ORZO AND ACORN SQUASH

adapted from thissavoryvegan.com

1 acorn squash, halved, in 1/2" slices	1 c orzo, dry
2 Tbsp olive oil	4 Tbsp dried tomatoes
1 tsp garlic powder	2 tsp dried oregano
1 tsp smoked paprika	1 tsp garlic powder
1/2 tsp pepper	1/2 tsp pepper
salt to taste	1 1/3 c broth
2 Tbsp butter	1 c cream or milk
1 shallot, sliced	2 handfuls spinach, chopped
4 cloves garlic, diced	1/3 c parmesan

1. Preheat oven to 400°F. Place squash slices in a bowl and add oil, paprika, garlic powder, pepper, and a pinch of salt. Toss to combine. Place on baking sheet and bake 20 minutes. Flip and cook another 10 minutes.
2. While squash roasts, melt butter in a skillet. Add shallots and garlic and cook 60 seconds. Add orzo and cook for a couple of minutes or until it starts to smell toasted. Add sun-dried tomatoes and herbs and toss. Pour in broth and cream and bring to boil. Lower heat and simmer, stirring occasionally.
3. Once most of the liquid is absorbed, add spinach and parmesan. To serve, plate the orzo, then top with roasted squash.

ROASTED CABBAGE WEDGES WITH ONION DIJON SAUCE

Adapted from anoregoncottage.com

1/2 medium green cabbage	Sauce:
1 Tbsp olive oil	3 Tbsp butter
salt and pepper to taste	2 Tbsp minced fresh onion
	1 Tbsp Dijon mustard
	1/2 tsp minced garlic
	1/8 tsp each salt and pepper

1. Heat oven to 450°F. Cut cabbage half into four equal wedges and set on baking sheet lined with silicone or parchment. Use a pastry brush to coat the cut side of each wedge with oil and sprinkle with salt and pepper. Turn wedges and repeat.
2. Place baking sheet in oven and cook for 10-12 minutes. Flip and roast until nicely browned, 8-10 minutes more.
3. Make sauce by adding sauce ingredients to a small saucepan and cook over medium heat until butter is completely melted. Keep warm.
4. To serve, place wedges on a plate, whisk sauce again and drizzle over wedges. Sprinkle with chives or parsley if desired.



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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.

**Don't wait, preorder your
organic, pasture-raised Thanksgiving turkey!**

<https://elmwoodstockfarm.com/product-category/whole-turkeys/>

Big Bird Says It All

Many of you eat as much organic food as you can and wish you were when you aren't. You may be evangelistic about it, like we are, and share what you know with friends and family. Some of you eat organic foods when it is convenient, and are beginning to understand the real value of organic foods, but find it hard to explain to others just what the difference is. With the gathering of families and friends for the Thanksgiving holiday, this may be a good time to let the Big Bird say it for you.

Before we get into the specifics about what the Big Bird has to say, let's consider the audience. Family members may be cut from the same cloth, but be of a different ilk about food, nutrition, and personal health. If you come on too strong with some holier-than-thou attitude about organic, the word will become a lightning rod into the conversation. So ease into it with each person or household based on their position in life. Parents with young children will be concerned about pesticides and preservatives; the over-50's are thinking about good and bad cholesterol and their doctor's latest dietary recommendations. People of any age may have wildly skewed ideas about 'good food' based on advertising rather than facts. Find out what your listener values, and start with them there.

Most family get-togethers have a food component to them, but the Thanksgiving Day feast is the big one: sacred family recipes, old traditions, the ceremonial turkey carving at the head of the table, the anxious chef. With all this fanfare, there is often talk in the kitchen about the bird, from whence it came, and preferred cooking techniques. I bet that for 99% of the turkeys cooked this year, the response to "Where did it come from?" will be the name of a big box food retailer, with no consideration about where they got it. But hey, turkey is turkey and it seemed like a real bargain.

But just as we are what we eat, so is Big Bird. A big box store 20-pound turkey ate about 75 pounds of feed. That feed came from somewhere in the Midwest (most likely): a patch of land the size of your living room planted with GMO corn and soybeans, then coated generously with chemicals. The grain farmer gets about \$3 for the corn and \$4 for the soybeans. The grain to feed the millions of turkeys is moved in railcars or barges, to be combined with all the additives at feed mills.

Turkey farmers are integrated into a Grow-Process-Sell business model. The number of players continues to be consolidated into a relative few farmers raising hundreds of thousands of birds that live their entire life in 'optimal' conditions. Whatever agreement was made with the big box retailer to promise the lowest prices on some nebulous attribute (fresh, free range) pushes prices down, forcing farmers to improve their efficiencies to stay in business, causing them to use every tool in the box to be more 'optimal'. Dialed-in vitamin feed supplement, amino

acid balancing, and nutrient density adjustment protocols are followed to the T. It is a marvel of efficiency, but I also know they never see daylight and ammonia buildup is a real concern. You can't go see them, and if they did let you, you would have to don a Tyvek suit, mask, hair net, and shoe coverings (which you'd want to anyway), and sign a form saying you have not been around poultry for 72 hours. I cannot fathom how they make it work. Did you ever consider how millions of fresh turkeys magically become available just a few days before Thanksgiving? It's my understanding that the USDA allows packaged turkeys to be held at 26°F and still be called 'fresh'. A 26° bird would be hard as a rock! They simply thaw them for you, just in the nick of time. There is nothing wrong with freezing turkeys (all of ours are frozen); it's just an example of the deceptive marketing involved in this system.

Or you can be one of the few to use this opportunity to enlighten those around you that not all turkeys are created equal. The story of an Elmwood Stock Farm Big Bird goes like this: each hatchling (or poult) was raised in a safe, warm place, with others their same size, and with individual attention if need be. We manage the temperature and ventilation, and read the body language of the birds to inform our adjustments. Their bedding is topped off twice a day, which keeps a high carbon-to-nitrogen ratio which in turn controls disease and parasites. Their waterer gets cleaned out and freshened twice daily. When big enough to regulate their own body temperature, they go out to the field where they can run, flap their wings, and hop around on their shade/rain/predator protection house. They quickly find the feed trough and watering system and settle in. When the perimeter electro-net fencing is moved every week, the birds run all around the fields, chasing bugs or just looking for some kind of trouble, only to return to the security of their home in its new, clean spot.

It takes us a few weeks longer to get our birds up to mature weight, since we don't do all that fancy dietary manipulation. John grows much of the corn, non-GMO, without a drop of synthetic chemical use. The rest comes from an organic-only feed mill in Western Kentucky. The botanically-based vitamin and mineral supplements, along with clover, grass and insects, help imbue our birds with flavor.

So, it boils down to this. Are you comfortable knowing your dollars spent on a cheap turkey are used to apply GMO seeds and chemicals on the earth? Are you ok knowing the turkey before you never saw the light of day? Or would rather rest assured that your Big Bird had a chance to chase insects, fly around in a field, and eat responsibly-raised feed? Because when raised this way, these Big Birds are magnificent. When the response to "Where's it from?" is Elmwood Stock Farm, you can be proud of the story behind your turkey. Help your loved ones understand the value of sharing a local, organic Big Bird this Thanksgiving. -Mac Stone