

SKILLET APPLE CIDER CHICKEN

adapted from sallysbakingaddiction.com

1 tsp salt, divided	2 Tbsp unsalted butter
1/2 tsp ground coriander	1 Tbsp brown sugar
1/2 tsp ground cinnamon	2 c apple slices, 1/4-in thick
1/2 tsp ground nutmeg	1/3 c chopped yellow onion
1/2 tsp dried thyme	1/3 c apple cider (<u>not</u> vinegar)
1/4 tsp ground black pepper	thyme and/or rosemary for garnish
1 lb boneless, chicken thighs	

1. Heat a large skillet over medium heat. In a small bowl, mix 3/4 tsp salt, coriander, cinnamon, nutmeg, dried thyme, and pepper. Sprinkle mixture over both sides of chicken thighs.
2. Add drizzle of oil to hot skillet and swirl to coat. Add chicken thighs to pan, cooking for 5 minutes, then flip and cook 5 more minutes or until cooked through. Transfer chicken to a plate and cover lightly.
3. Add butter to pan and swirl to coat. Add brown sugar, apples, onion, and remaining salt. Cook 5 minutes, stirring occasionally, until apples begin to soften. Add apple cider and cook 5 minutes, stirring occasionally, until the cider sauce slightly thickens. Return chicken to pan and cook 2 minutes.
4. Remove from heat, spoon apple mixture over chicken to serve. Garnish with thyme and/or rosemary if desired.

HEALTHY BEET, CABBAGE, AND CHICKPEA SALAD

Adapted from beautybites.org

1 1/2 c chickpeas, rinsed, drained	1 garlic clove, minced
1 c cabbage, chopped	1/2 lemon, juice of
1 c arugula	1 Tbsp olive oil
1/3 c olives, pitted	1 Tbsp basil leaves, chopped
1/2 c beets, peeled, chopped	2 scallions, chopped
2 Tbsp feta cheese, crumbled	salt and pepper to taste
1 avocado, chopped	1 Tbsp walnuts, chopped (optional)

1. In a large salad bowl, massage cabbage with lemon juice and garlic.
2. Add the rest of the ingredients and salt and pepper to taste.
3. Serve immediately.

LAST CHANCE

to order your organic, pasture-raised Thanksgiving turkey!

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



Fall CSA News



Nov 18-24, 2024
Week 7 of 10
Volume 21, No. 44



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.

Cabbage: With great storage capacity, cabbage should be kept dry and unwashed in the vegetable bin of the fridge. If outer leaves lose firmness, remove. Once cut, wrap in a sealed plastic bag and continue to refrigerate; cabbage should keep several weeks more.

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.

There will be **NO CSA DISTRIBUTIONS**

during the week of Thanksgiving (Nov 25-Dec 1).
Week 8 will resume December 2. Enjoy your holiday!

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Tradition

The history behind the Thanksgiving Holiday tradition is based on the bonding effect of sharing a meal with others. We feel very fortunate to be part of your Thanksgiving holiday by providing wholesome foods for you to prepare. This is a tradition we are honored to hold.

Whatever your traditional menu may be, the items in this week's share should be the foundation of many of the dishes you prepare. Many of you will look to see what is in your share and begin to schedule what to eat now and what to hold for the Thanksgiving feast. Be sure to keep the greens lightly wrapped in the fridge, the sweet potatoes in a dark/dry/warm place, and the potatoes, radishes, etc. in the fridge. The greens are phenomenal this time of year so there is no need to overwork them with fancy recipes. This year has been quite unusual with the record high temperatures confusing the crops and we are not sure what to expect in the coming weeks. Fortunately there are already lots of crops safely tucked away.

With Turkey being the centerpiece of the traditional Thanksgiving menu, we are proud of the turkeys we rear at Elmwood Stock Farm. The heritage breeds were near extinction until those who held them for preservation allowed farmers like us to have access to some breeding stock. It is counterintuitive, but since we were allowed to sell them for food, we are willing to raise lots of them, thus increasing the number of breeding females throughout the country. Their build and behavior is much like the turkeys consumed at the original Thanksgiving dinner. Because they are so majestic, Ben Franklin wanted them to be the national bird, so it's a good thing he was outvoted. Otherwise, we would not be able to eat them! America's Test Kitchen bought five turkeys a few of years ago and honored us with a favorable recommendation in Cook's Illustrated Magazine. We now have more females to give us more eggs for more turkeys for next year.

One tradition that has changed, thanks to your support, is when the farmers market season ends. We used to shut down the packing shed and put away the farmers market gear a few weeks after the first killing frost. We were able to eat quite well with what was left in the field, but the customers stopped coming to the market. Now, with your commitment of signing up for a fall share, we began to plant and grow vegetables for you well into the winter. Since we grow more than enough for your shares, we take some to the market and customers brave the cold to stock up for the week. We now attend market all winter along with offer a the fall season CSA share with meat, eggs, greens, root crops, and pantry items.

If you are cooking for more people next week, then you might want to check out our [All-Organic, All-Local Thanksgiving Box!](#) We'll have this available for a special delivery or farm pickup . Be sure to spread the word to family and friends about your support for local organic food farmers. Thanks for making us part of your holiday tradition. We will continue our tradition of growing food for our friends and family—and that includes you!

Mac's 10 Minute Turkey Recipe

Set oven temperature to 275°F. Remove your bird from the bag, place breast side down in sufficient size roasting pan with a little water/wine/apple cider, salt and pepper if you like (I do). Loosely cover with foil, place in oven, set timer for 3 hours for small birds, 5 hours for big ones. That should be about three minutes out of your day and I suggest doing this the day before you serve your meal. Check on your bird with after a couple of hours (takes 30 seconds). Check again when the time is closing in. If the leg is loose and wobbly, take it out. If not, come back periodically (30 more seconds for each check). When done, remove from oven, let cool. One more minute to account for standing and staring and smelling the goodness, knowing you started with a quality bird. Place slices and carvings in a Pyrex-type or oven-safe dish, pour juices over, and refrigerate.

My wife would want me to tell you to use a meat thermometer to check doneness (remove from oven at 160-165°F). She would also say to check a heritage turkey more often when it's 1 hour from its expected doneness (estimated by the size of the turkey) as the heritage turkeys can overcook very quickly near the end.

Okay, this might take a longer than 10 minutes but it's the fun part: remove from the fridge and reheat in time for dinner. This is because getting it perfect at the precise time dinner is served has been the root cause of countless marital squabbles across the country, and my advice is to avoid at all costs. Presenting and carving a turkey on the dinner table is done for Instagram, not an easy fun-filled meal.

Extra Insider Tip: As for the deviled eggs, here is a tip from an egg farmer. Put warm water in the pot, tap each egg gently on the counter just enough to hear it crack, not even enough to produce a visible crack. Place eggs in water, bring to a boil, reduce heat and simmer 15 minutes. Pour out hot water, run cold water over them, add ice maybe to cool quickly. The eggs will practically fall out of the shells.