

ROOT VEGETABLE MASH

adapted from twokooksinthekitchen.com

2.5 lb root vegetables	2 green onions, chopped (optional)
3 Tbsp butter	2-3 c chopped spinach (optional)
1/4 c milk or cream	2 Tbsp parmesan cheese (optional)
salt and pepper to taste	1 Tbsp chopped fresh herbs (optional)

1. Cut root vegetables (potatoes, sweet potatoes, carrots, and/or turnips, and/or winter squash which is not a root vegetable but still good) into roughly the same size pieces, 1-1.5". If using carrots, slice them thinner.
2. Place vegetables in a large pot. Add enough water to cover veggies by 1". Add 2-3 tsp salt. Bring to boil. Lower to medium heat and gently boil 15-18 minutes or until soft and fork tender. Drain and return to pot.
3. On medium heat, shake cooked vegetables to dry them out for 1 minute. Add milk, butter, and optional spinach, parmesan and/or green onions. Mash with a potato masher or fork to desired consistency. Add salt and pepper to taste. Transfer to large bowl and serve with herb garnish if desired.

BBQ LENTILS OVER ROASTED SWEET POTATOES

Adapted from thejoyfulplateful.com

4 large sweet potatoes	1 tsp mustard powder
2 Tbsp avocado oil	1 tsp kosher salt
1 tsp kosher salt	1 jar diced tomatoes
1/2 tsp ground black pepper	2 c chicken or vegetable broth
2 Tbsp avocado oil	2 Tbsp molasses
1 medium yellow onion, diced	2 Tbsp apple cider vinegar
1 Tbsp smoked paprika	1 Tbsp maple syrup
2 tsp chili powder	1 Tbsp Worcestershire sauce
1 tsp garlic powder	1 Tbsp ketchup
1 tsp Italian seasoning	1 c dry brown lentils, rinsed

1. Preheat oven to 425°F. Wash, dry and halve sweet potatoes. Brush side with avocado oil and sprinkle with salt and pepper. Place cut-side down on a baking sheet and brush skins with remaining oil.
2. Bake sweet potatoes 40-45 minutes or until easily pierced through with knife.
3. While potatoes roast, make the lentils. In a large pot, add avocado oil and diced onion. Saute 7 minutes or until translucent. Add paprika, chili powder, garlic powder, italian seasoning, mustard powder and salt. Cook, stirring frequently, about 60 seconds. Add tomatoes and stir. Then add broth, molasses, vinegar, syrup, Worcestershire, and ketchup, and stir until combined.
4. Add lentils and bring to boil. Reduce heat to medium-low, cover, and simmer 45 minutes. Uncover and simmer an additional 5 minutes.
5. To serve, place roasted sweet potato half in a bowl and top with lentils.



Fall 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.

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.

Jarred Items: It's the best time of year to include Elmwood's organic Diced Tomatoes, Marinara, BBQ or Salsa in your seasonal recipes—think chili, lasagna, soups, or what about as a pizza topping?

The Book on 2024

This being the last distribution of 2024, it's again time to thank you for your loyalty to good food. Knowing you are excited about gathering your families' sustenance for the week, being at the right place at the right time amidst your hectic schedule, motivates us to come through for you. We have been honored to hear from some of you that 90% of your diet comes from Elmwood Stock Farm. We distributed thousands and thousands of pounds of food this year, and for that we are grateful.

The idea of the CSA business model was just coming into vogue in the early 2000s, and now it feels so natural to us—and natural to you too, we hope. We think it's awesome that so many of you plan your week around local organic food. With the software interface between us each week, you get a tour of our virtual farm stand. It clues you into what our land looks like too, even if you pick up your share elsewhere. Maybe you saw the mild spring bring us an abundance of berries, or perhaps you brought home a bouquet brimming with sunflowers because they were so bountiful. You may have noticed the effects of dry spells or wild windy weather too, try as we might to mitigate those conditions. You saw the ebb and flow of produce as cool season crops gave way to summer, then back again to cool. Seasoned shareholders have learned to read weather patterns and capture the essence of seasonal eating when the time is right.

For us to determine a week's offerings, we walk the fields to survey what's ripe for picking: a little of this, a lot of that, wait and see on this other in a couple days. We determine how many shares of each crop are available for you to choose from. This is the trickiest part for us, since we have to decide several days in advance to give you time to decide, and to give us time to pick and pack and deliver to you. Some of you have probably compared notes with fellow shareholders and realize what is available on Tuesday may not even be offered on Wednesday or Thursday, which means they got stuff you didn't and you got stuff they didn't. Every day is different, and frankly this allows us to fully utilize each planting, another benefit of your loyalty.

The numbers are pretty much in for 2024, and we will hunker down this winter and pore over them. From bookkeeping to point-of-sale to timekeeping to website analytics, there is a software for each, and each produces lots of data to sift through, synthesize, and use to make decisions. Our crops will be analyzed for yield and quality. Your seasonal investment in us affords us to take the longer view in planning for investments, like building a team of people to pull all this off and making sure we have the infrastructure we need to scale further.

One change you can expect for the next season is a shift to a new CSA software. As our operation has grown in scale and complexity, it's become more and more necessary for our CSA software to accommodate that complexity. And as we've weighed this decision, we've carefully considered the feedback we've received from you over the years. The basics of signing up, making swaps, and receiving your delivery will be much the same, but we hope to offer you a greater selection and a more convenient CSA experience. We are working hard now to build the new storefront and learn all the ins and outs. As we are learning the new system now, we will be by your side to help as you learn it in 2025.

With lots of hard work and preparation on our part, we passed our organic inspection with good marks this year. To have trained, knowledgeable people come onto the farm and look at each miniscule aspect of what we do is, to some degree, intimidating, exposing our work to technical third parties. We came to realize long ago, it helps us be better farmers and marketers. It forces to keep good records which helps us make good decisions. You can eat in peace because of our determination to grow the best food on the planet.

As we close out 2024, it seems like it was a pretty good year. You got first choice for amazing tasting foods, that promote good health while improving the planet. We got to invest in growing more good food for people that care. Thank you for the opportunity to do so. We will have winter shares available soon which will run January to May, and do keep an eye out for early bird summer season signups. Plans are well under way for 2025 long before we say goodbye to 2024. Looking back we have come a long way. Thank you for your support. —Mac Stone

THIS IS YOUR FINAL FALL CSA SHARE.
Thank you for being part of our farm family this season.

COMING SOON: Early bird signups for Summer 2025!
Check your inbox for info on how to lock in a discounted rate.

It's not too late! Shop our holiday gift guide:
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