## HARVEST CASSEROLE

adapted from paleorunningmomma.com

3 c butternut squash, 1" cubes
1 lb brussels sprouts, halved
4 Tbsp olive oil, divided
salt and pepper
1 small yellow onion, diced
4 cloves garlic, minced
6 links sausage, cut in medallions
2 tsp rosemary, minced
2 tsp sage, minced
1 tsp thyme
2 tsp parsley, minced
2 c cauliflower rice, fresh or frozen
1 apple, finely diced
1/2 c pecans, chopped
1/2 c dried cranberries
1/2 tsp cinnamon

1. Preheat oven to 425°F. Place squash on one lined baking sheet and sprouts on another. Drizzle with 1 Tbsp each of oil and sprinkle with salt and pepper. Bake 25 minutes, stirring halfway through. Remove, reducing heat to 400°F.
2. Heat large skillet over medium heat and add remaining oil. Cook onion until translucent, then add garlic and cook 30 seconds. Stir in sausage and herbs, cooking until sausage is browned.
3. Add cauliflower rice, apple, pecans, and cinnamon and cook, stirring, until beginning to soften. Stir in cranberries, then remove from heat.
4. Spray 9x13" baking dish with cooking spray and combine sausage rice mixture with roasted squash and sprouts in the dish. Bake for 12-15 minutes.

## UKRAINIAN CABBAGE PIE

Adapted from cookedandloved.com

1/2 medium cabbage, shredded finely
3 green onions, chopped
3 large eggs
1 Tbsp Dijon mustard
1 tsp salt
1/2 tsp pepper
2/3 c flour
1 tsp baking powder
3-4 Tbsp olive oil
Dill sauce:
1/3 c light sour cream
2 Tbsp mayonnaise
2 Tbsp chopped dill
salt and pepper, pinch

1. Add cabbage and onions to large bowl. In another bowl, whisk eggs, mustard, salt, and pepper. Pour over cabbage and toss through to incorporate.
2. Sprinkle with flour and baking powder and toss through to combine.
3. In a large skillet, heat 2 Tbsp olive oil over medium heat. Transfer cabbage mixture into pan and spread evenly, patting it down with a spatula. Turn heat to medium-low. Cover and cook for about 15 minutes until golden crust forms on bottom. Use spatula to check it is loose enough to remove from pan.
4. Put large plate over the pan and flip it upside down. Add another Tbsp of oil to pan and swirl. Then slide cabbage pie back into the pan uncooked side down. Cook 10-15 minutes uncovered to form a golden crust on the other side.
5. Let cool slightly before serving and cutting. To make dill sauce, combine and whisk ingredients. Serve a dollop over the sliced cabbage pie.

# Fall CSA News

**Dec 9-15, 2024**
**Week 9 of 10**
**Volume 21, No. 46**

**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?**

hello@elmwoodstockfarm.com | 859.621.0755

## Food of Many Souls

Harvesting, packing, and delivering your shares is the last step on the journey from seed to wholesome food. The greenhouse flats we are seeding in the cold season will produce the vegetables you'll see in your share come summertime. We marvel at the power of the seed, but there are many hands and many minds that helped bring it to fruition.

Seeds are such a tiny bundle of energy and genetic potential that must be carefully cared for in order to express their genetic potential. The organic seeds we use come from organic seed farmers. They shoulder the burden of selecting the best parent stock to produce the best offspring. Using Mendelian cross-pollination techniques, the cultivars are bred to perform well in organic systems. There are always tradeoffs—like higher yield may come at the expense of flavor, or color, or husk coverage. We experiment with several varieties of each crop each season to see which ones perform well for us, and you help us evaluate flavor, appearance, and quality. The seed farmers care for the plants well past the normal harvesting stage so they reach the reproductive maturity necessary to produce the seeds. Much of the harvesting must be done by hand to select and sort the best stock. Then they are carefully sorted and graded, before cataloguing them and placing them in properly controlled environmental conditions. If the seeds are not kept at the conditions where they find full dormancy, some of the energy packed in there will be wasted and the seedling will not be as vigorous.

Once we get the seeds, we continue to hold them in a cool, dark environment until they go into the trays in the greenhouse or out directly into the field. The greenhouse transplants usually come out of the warm, wind-free greenhouse onto a wagon to get acclimated to the outdoors several days before taking them to the field, a process called "hardening off." This time allows them to toughen up the stem's resistance to the wind, get used to the full sun, and adjust to daytime/nighttime temperature swings. The wagons hold several thousand individual plants of many varieties of vegetables, and they eventually deliver them to fields to be transplanted into the loose soil. Two people ride backwards on a machine attached to the back of a tractor. As the "setter" (the machine) is pulled across the field, the "setters" (the people) pull an individual plant from the tray and drop it into a cuplike container that spins like a carousel between your legs. As the cup rotates around, a device opens the cup, flushes a little water over the root ball, then drops the plant so it falls at the right place and time—into a furrow also opened by the machine. Then the plant is neatly covered with fresh soil, evenly spaced in a nice straight row. We don't set transplants in or shortly after wet weather, because it can make them hang up in the machine, or if the root system is not fully developed in the tray, the roots may tear as the plant is pulled from the tray. Minimizing transplant shock is key to having a good crop. Long season crops like tomato, melons, and cucurbits are transplanted through three foot wide rows of thin black plastic that help control weeds and conserve soil moisture.

Some seeds are sown directly into the ground with our fancy Italian-made "seeder" that places the seeds at the proper depth and spacing for that particular crop. Weed seeds also begin to grow after the crop seeds are planted, so care must be taken to keep them in check so the vegetable crop seedlings get off to a good start. The weed control cultivation implements, mounted on the front and/or back of the tractor, are designed to scruff up the soil between the rows of vegetables, eliminating weeds. The production team will walk the rows to "chop out" the weed seedlings between the plants in the rows. It can be very tedious work to do a good job of hoeing the weeds without damaging the crop. Once the seedlings get big like the transplants, different cultivation equipment can be used to control weeds until harvest time.

We walk the fields often, looking at maturity patterns and predicted harvest scheduling, scouting for insects, and determining irrigation schedules. It is fascinating to think that the veggies in your share started their journey many years ago, on an organic seed farm in an unknown place. It is almost impossible to count how many times a farmer put care and effort into optimizing the potential of that dormant little seed. Maybe that is why we hate to see good food go to waste, since so much went into it. Enjoy the fruits of our labor, because we love what we do. — Mac

**This is the**

**SECOND TO LAST**

**week of your Fall CSA! Make plans for any remaining farm credit you have before the end of the season, or we'll apply it towards donated products.**

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**Check out our holiday gift guide:**

**https://elmwoodstockfarm.com/2024-holiday-gift-guide/**