

CHIPOTLE TURKEY SWEET POTATO CHILI

adapted from therealfooddietitians.com

1 Tbsp olive oil or avocado oil	2 tsp chili powder
1 lb lean ground turkey	1 tsp dried oregano
1 c yellow onion, diced	1 tsp ground cumin
3 garlic cloves, minced	1/2 tsp chipotle powder
28 oz diced tomatoes	salt and pepper to taste
1 sweet potato, peeled, in small cubes	optional: chopped fresh cilantro, diced
2 c chicken broth	avocado, lime wedges

1. Heat oil in large pot on medium-high heat. When oil shimmers, add ground turkey. Break up with a wooden spoon and cook 5 minutes.
2. Add onions and garlic, cooking an additional 8-10 minutes or until onions are translucent.
3. Turn heat to high. Add tomatoes, sweet potatoes, broth, and seasonings and bring to a boil.
4. Reduce heat to medium-low and simmer uncovered 10-15 minutes until sweet potatoes are tender.
5. Serve with additional toppings if desired.

PICKLED WATERMELON RADISHES

Adapted from peelwithzeal.com

1 lb watermelon radish	1 Tbsp granulated sugar
1 c distilled white vinegar	2 bay leaves
1 c water	1 Tbsp whole black peppercorns
1 Tbsp kosher salt	

1. Wash and trim both ends of the watermelon radishes. Cut radishes into thin rounds or your desired shape. Place in a heatproof jar or bowl with the bay leaf and peppercorns.
2. Heat vinegar, water, sugar, and salt in a small pan until the mixture comes to a boil and the salt and sugar are dissolved.
3. Pour the mixture over the radishes. Push the radishes down until completely submerged. Add more water if needed. Allow the watermelon radishes to rest in the fridge for 20 minutes. Pickles will keep up to a week in the fridge.

Tip: The pickling spices can be adjusted to your tastes. Try fresh herbs or dried chili peppers. Use approximately 1 Tbsp of spices per pound of radishes.



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.

Carrots & Radishes: Refrigerate in a plastic bag or other closed container. To freeze carrots: Chop. Blanch for 3 minutes, rinse in cold ice water, drain, let dry, and pack in an airtight container.

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 First of Many Good Things to Come

Welcome to the first shares of the 2025 calendar year, and thank you for partnering with us in our Winter/Spring CSA Program. You are now in a special group of individuals who eat local, organic, and seasonal produce all year round. (We hope you find that the weather delay was worth the wait!)

Farmers and gardeners have canned and frozen their produce during the summer months for generations, knowing it is better than anything you can get at the store! Part of the joy is to ensure a balanced diet all winter, and part of it is to make sure all the fruits of your labor are captured. Then part of it is to give yourself a reminder in the winter just how much the summer work is worth it. We often have more production than we need in a given week, so by choosing good storage crops and offering a selection of jarred, dried, or frozen products, we honor the work it took to produce those foods, and eat them later. It may seem counter intuitive, but it is easier for us to manage the work, by having this CSA customer base of support, because we can gear up and preserve bigger quantities more efficiently than a little just for us. And from having several years' worth of customers looking forward to these hardier products of the warmer months, we know we aren't the only ones who want to know where our food comes from all winter.

Some of you are first time Elmwood Stock Farm CSA members, and some of you are first time Winter/Spring CSA members, and some are seasoned veterans. This newsletter serves as a way to keep you all posted on activities at the farm, current events associated with organic foods and nutrition in general, or interesting educational opportunities that arise when managing biological systems. Sharing recipes we learn from you, is one aspect of the CSA program many members have mentioned they like as well.

This week's update would be incomplete if we did not mention the brutal winter weather we've had so far. We have several lines of defense from cold and snow, in the form of row covers and high tunnels and heaters. But in spite of all that, the inches of snow and ice put a whammy on the greens production. John spent two nights knocking the quickly-accumulating snow off the tunnels, but despite all his efforts, one of them collapsed, which meant losing 300 square feet of winter production. Of the crops that remained, many were not burned completely back, but the consistently cold temperatures since then have not been conducive to growth. And then the single digit temps this week, well geez, nobody's happy with that!

While the weather has been especially challenging this season, this isn't our first rodeo. We've adjusted our production practices in years past to help us grow more in cold conditions. For example, we haven't always had the high tunnels. And even though one of them collapsed, there are still three others that represent rows and rows of veggies we couldn't be growing otherwise. The good news is, as these leafy plants continue to photosynthesize sunlight, but do not elongate and grow, the leaves are packed full of sugars and all the other good stuff we need. We manage the harvests as we are not able to pick frozen leaves without damaging them, but when harvested, you will be amazed at the flavor.

When we do fall short of the variety and availability we aim to deliver to you, we get by with a little help from our friends. You may have noticed while customizing your share this week that some other farms' vegetables are listed. We are grateful to have a farming community that can help us with our offerings when we need it, and we often do the same for others when the tables are turned. And rest assured: these other farms' veggies and growing practices are held to the same high quality standards as we expect from the things we grow. You can always check for the "certified organic" banner on each product while you shop too.

Which brings us to the other important news to mention: the launch of our new CSA shopping website. The computer-savvy members of our team (not me) have put many hours over the break into the new website, in hopes that the process of signing up, making swaps, and receiving your delivery remains pretty familiar to those of you who are used to the old website. Of course, there will be some habits to un-learn or re-learn, but there is no better time than the winter season to work out the kinks so that we can all drive it like a Ferrari in time for the summer season. We appreciate your willingness to learn something new, and we appreciate your open communication and feedback so we can make improvements as we get this thing off the ground.

So enjoy this first offering of the year from Elmwood Stock Farm. We value your support more than we can express in this newsletter. Your commitment to consuming organic AND local produce this winter helps us achieve some efficiencies on the farm and gives you the satisfaction of knowing you are personally benefiting from the value of our harvest, and all that went into it. Share with friends and family. When they learn how powerful their eating decisions can be on their community, great things can happen. And this is just the first of many, many great things to come throughout the year. Eat up! - Mac Stone