

SHREDDED CARROT SALAD WITH HONEY MUSTARD DRESSING

adapted from eatwell101.com

4 carrots, peeled	1 Tbsp honey
2 green onions, finely sliced on the bias	2 Tbsp fresh lemon juice
1/4 c parsley, finely chopped	4 Tbsp extra virgin olive oil
1 handful dried cranberries	1/2 tsp salt
1 1/2 tsp dijon mustard	1/4 tsp black pepper
1 Tbsp mayo	

1. Grate carrot using a standard box grater. Place in large bowl with green onion, dried cranberries, and parsley.
2. In a mason jar, combine mustard, mayo, honey, lemon juice, olive oil, salt, and pepper. Shake to emulsify.
3. Pour dressing over the shredded carrots and toss. Serve immediately or chill in the fridge until ready.

ROMANIAN SLOW ROASTED CARAMELIZED CABBAGE

Adapted from cristinaskitchen.com

1/2 head cabbage, thinly sliced	1 Tbsp dried thyme
500g sauerkraut, well drained	1/3 c vegetable oil
7 medium tomatoes, diced	1 1/2 Tbsp smoked paprika
1 carrot, sliced	3 bay leaves
3 yellow onions, finely diced	2 tsp salt
8 cloves garlic, sliced	1 tsp black pepper
1 Tbsp red chilli pepper with seeds, sliced thinly	1 handful fresh thyme

1. Preheat oven to 440°F.
2. Add all vegetables to a large bowl. Sprinkle salt then add oil and massage, crunching the cabbage with your hands.
3. Put fresh thyme in the bottom of a baking dish. Add smoked paprika, dried thyme, black pepper and bay leaves to vegetables. Mix well.
4. Add everything to baking dish and roast uncovered 30 minutes. Reduce heat to 320°F, cover with a lid, then roast another 2.5-3 hours. Stir well at the halfway mark.

Tip: For protein, add sausage links on top of the cabbage mixture before roasting.



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?

Potatoes: They have thicker skins and might start to get a little wrinkly this time of the season, but they have enhanced flavor!

Experiencing Extreme Cold at ESF

When we go several days without seeing above-freezing temps, or when it feels like we can't remember what grass looks like because of all the snow, you folks often ask us how the farm manages in cold like this. Caring for the livestock and greenhouses in such frigid conditions takes the right equipment and proper planning.

Proper planning comes from a collective family body of knowledge gained from previous experiences, which actually goes back a few generations. For example, how close to the ground you hang a gate is critical to its function. Too high, and a sheep or steer will try to go under, too low and you cannot open it without having to shovel snow, to take them their hay, daily. The location of the gate must take into account several factors. Slopes should be shallow if possible, and sideways slopes are more treacherous when stopping and parking the tractor, while running, to open and close the gate, especially in snow and soon to be mud season. This type of logic has gone into every aspect in the siting of buildings, roads, fence rows, equipment storage, access to water for irrigation and livestock, etc. The roll bales of hay are moved from their fields as they are made in summer, to a central location on the farm. The hay-yard needs to be where the cattle cannot get into it, but is easily accessible from a good road. As part of our forage-based management system, the stock move kind-sorta near the hay-yard for winter, just to make it a little easier on us and them, if we encounter a foot of snow and sub-zero temps. In cases like these, decisions made decades ago count as "proper planning."

As far as the animals are concerned, when they are under the proper plane of nutrition for their class of animal, the frigid temperatures are not of great concern to them. Truth be told, a 37° degree rain takes the heat out of them much more than anything below 32° degrees. In the cold, their maintenance level of dietary intake goes up, and we want them to thrive, not just maintain, so they get more hay accordingly. While the animals naturally drink less in the cold, access to water is still vitally important in such frigid conditions. It's not just that each cow is eating 20-25 pounds of dry hay; there is still evaporative cooling through their hide happening in the cold wind. Access to water is another reason to have them kind-sorta near the hay-yard, so that tools and equipment are nearby if they are necessary to break ice from surface water or check heaters from various water delivery systems.

But remember, proper tools and equipment starts in the preparation. Carhartt has the body armor in good shape, but it's our boots and gloves that need to be

carefully selected. We have evaluated the kind of gloves lobster men and women in Maine use, utility linemen in the upper Midwest, mountain climbers, and farmers from all over, and every person has their own system. In our minds, the perfect gloves are yet to be invented. Anyway, keeping your fingers warm in order to handle doors, tractor levers, tools, buckets and the like is crucial to not feeling rushed and doing the job well. Between the snow and watering the stock, we have to be prepared to keep our fingers and toes dry.

Equipment like trucks and tractors are barely designed to perform well in such extreme conditions. The diesel trucks and tractors have electric block heaters to keep the engine and associated fluids at a more reasonable temperature and an additive to the fuel to keep it from jelling when sooo cold. The heater is no help to the remote hydraulic systems and brakes, though, so you have to go easy until they have time to warm up during operation.

High tunnels are an unheated stretched plastic greenhouse structure which means snow and ice can build up on them, since there is no internal heat to melt it like traditional heated greenhouses. The weight of the snow can stress the plastic and the frame must be strong enough not to buckle from the load. Then as it goes through the thawing cycles, there is potential for ice chards to cut the plastic as it slides off. Unfortunately we did lose a high tunnel that collapsed from the snow load earlier this month during Winter Storm Blair.

When the ground freezes so deeply, the ice crystal formation can cause the ground to swell, making it hard to open barn doors. This gets back to design, so they can hopefully be kept from swaying in hard winds but not stuck in conditions like these.

So what's it like at Elmwood Stock Farm when we have conditions like this? We bundle up before going out knowing what to expect when we get there. Everything takes longer to do. Proper planning is recognized quickly. The livestock are appreciative and content. It is truly rewarding, to get back in by the fire, knowing you shared an experience with Mother Nature. And then make a note of some adjustments that need to be made in the system, so that the farmer driving a tractor on a snowy day decades from now can thank you. - Mac Stone

**Thank you to everyone who participated in earlybird signups for
Summer CSA! You can still sign up anytime at
elmwoodstockfarm.localfoodmarketplace.com**