

CRISPY POTATO GALETTE

Adapted from wellseasonedstudio.com

2.5-3 lb potatoes, peeled, 1/8" rounds	1/2 c creme fraiche
6 Tbsp unsalted butter	1/4 c chopped fresh dill
3 cloves garlic, smashed, peeled	1/2 lemon, juiced
1 tsp Kosher salt	8 oz smoked salmon, thinly sliced
1/2 tsp black pepper	1/2 small red onion, diced
1 c Parmigiano Reggiano, grated	2-3 Tbsp capers, drained
	2 Tbsp chives, thinly sliced

1. Preheat oven to 425°F. Place peeled potatoes in large bowl. Set 10-in cast iron skillet over medium heat, then add butter. Once melted, add garlic, salt, and pepper, then stir well. Pour over the potato slices and toss to coat.
2. Beginning in the center of the skillet, arrange potato slices in concentric overlapping circle. After the base layer, sprinkle a quarter of the grated cheese. Repeat with remaining potatoes and Parmesan cheese.
3. Transfer galette to oven and cook until potatoes are crispy and golden brown, about 50-60 minutes. Cook slightly before flipping.
4. Combine creme fraiche in bowl with dill and lemon juice. Stir and refrigerate.
5. To flip the galette, cover skillet with a plate slightly larger than the skillet. Invert the two and flip. The galette should easily release onto the plate.
6. Spoon creme fraiche sauce directly onto the galette, then add salmon. Garnish with red onion, capers, and chives. Serve immediately.

CROCKPOT FRENCH ONION SOUP

Adapted from dinners.tastydishy.com

4 large yellow onions, thinly sliced	1/2 tsp black pepper
4 Tbsp unsalted butter	1/4 c dry white wine (optional)
1 tsp salt	1 baguette, sliced
1 tsp sugar	2 c grated Gruyere cheese
8 c beef broth	fresh parsley, chopped (garnish)
1 tsp dried thyme	

1. In a skillet, melt butter over medium heat. Add onions, salt, and sugar. Stir to combine. Cook 15-20 minutes until onions are soft and lightly caramelized.
2. Transfer onions to crockpot. Add broth, thyme, pepper, and optional wine. Stir to combine, then cover and cook on low 6-8 hours or on high 3-4 hours.
3. When soup is ready, preheat oven to 400°F. Place baguette slices on a baking sheet and toast 5-7 minutes.
4. Ladle soup into oven-safe bowls. Top each with a toasted baguette slice and sprinkle generously with Gruyere. Place bowls on baking sheet and bake for 10 minutes or until cheese is melted and bubbly. Remove, garnish with parsley, and serve.



Winter/Spring 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!

The Buck Starts Here

The first phase in producing wholesome organic produce is also the most critical. Careful planning, consistent attention to detail, and a little magic make it all happen. The seeds must be viable, the growing media must be well balanced, and the environmental conditions must be just right. To manage this within the confines of the organic regulations, we have to be meticulous in our decision-making, and relentless with our daily due diligence.

Long before the farm wakes up from the throes of winter, we are sourcing seeds and firing up the heaters in the greenhouses. When we have all the ingredients for success in place, then we set the plan into action. Our greenhouses are a double layer of specially designed plastic film with a small fan that blows air between them. This thin layer of air acts as an insulation barrier. The structural elements are not designed to handle the load of heavy snow like we saw earlier this winter, so we have to pay close attention and brush it off to avoid a collapse or ripping of the plastic and subsequent devastation to all the little seedlings.

The soilless growing medium is specially designed for organic producers. Most commercial media mixes have some chemical fertilizers and wetting agents incorporated into the peat moss base. Peat moss is naturally hydrophobic, so the organic mix uses yucca plant material to act as the wetting agent. We then blend in some of our own compost to give the seedlings just enough boost to grow strong until transplant time. The timing is critical as some crops, like lettuce, cucumbers, and melons, are ready to go out in a few weeks. Others, like peppers and tomatoes, need a couple of months to get ready to go out. Given the limited space and all the varieties of crops we grow, careful planning allows us to offer you the diversity of good foods to eat all season long.

The seeds are where the magic comes in. Seeds are amazing little bundles that store all their potential inside a strong protective coating until the time is right to spring into action. As we place them into their own little section of the growing tray, nestled in the organic growing medium, all they need is the correct temperature and a little moisture for the magic to happen. As the moisture softens the external shell, the initial root, called a radicle, forces its way out and turns itself toward the ground in search of water, nutrients, and something to anchor itself to. The energy for this to happen comes from the starchy component of the seed until the root can find some in the growing medium. Very soon thereafter, the shoot emerges, headed away from the ground, in search of the sun. When the first leaves, called cotyledons, appear, they have some stored energy as well, but they give the infant plant time for true leaves to form, and begin the

photosynthesis process that sends energy throughout the plant. We have constructed a germination chamber where we can stack the growing trays, and give them uniformly warm and moist heat. In these conditions, the radicles emerge. Then we place the trays out into their own space in the greenhouse for the cotyledons to surface. We can achieve better uniformity across the trays this way, which is important at transplant time.

As certified organic farmers, we are required to use a certified organic seed, which means we are supporting certified organic seed farmers. These farmers have been verified by their certification agency to not use any genetically modified parent plants, and have nurtured them without the use of chemical fertilizers or toxic pesticides. As seed farmers must decide carefully which plants to harvest seeds from, they try to grow them in conditions similar to the way we will grow the food crop. The seeds are harvested after they are fully developed and the protective coating is firmly set and the dormant potential is secure. Care must be taken to prevent STD (Seed Transmitted Disease) that can also be locked inside. The seeds are sorted by various quality standards and kept in cool, dry conditions to preserve the dormant state and reduce the respiration rate and consumption of the starch while waiting to be planted. Some species require an extended cold period before they can be awakened; others must be physically scarified to break dormancy.

By using strong seeds and a healthy growing medium in the right environment, the little plants can thrive in the warm greenhouse. Since the greenhouse has been void of any plants since last fall, there are no hosts for insects and diseases to be present, eliminating the need for control measures. Once it warms up outside and we start going in and out a lot, or roll the sides up for ventilation, there is potential for harm to come to these tender little plants, but usually we can get them up and out to the field with no harm done. At which time, we begin to think about the weed seeds that have been doing their thing without our help. Weed seeds may lay idle in the soil for years until the right conditions come along to wake them up.

With your support as shareholders of Elmwood Stock Farm, we not only have the financial means to employ all these systems in the dead of winter, but we know there are people waiting to have access to the fruits and good eats they produce. Just like so many of you like to know where your food comes from, and how it was raised, we like to know where our food is going and how much it will be appreciated.

- Mac Stone