

LEBANESE CABBAGE ROLL SOUP

Adapted from monkeyandmekitchenadventures.com

1 medium yellow onion, fine dice	Herb mix:
2 Tbsp minced garlic	1 1/2 tsp garlic powder
2 3/4 cup broth	1 1/2 tsp onion powder
4 c water	1 tsp dried parsley
14 oz diced tomatoes	1/4 tsp dried mint
1/4 c lemon juice	1/2 to 1 1/2 tsp sea salt
1 tsp tahini	1/4 tsp black pepper
1 Tbsp white miso	pinch red pepper flakes
1/2 c uncooked brown rice	Optional toppings:
1 can chickpeas, drained, rinsed	toasted pine nuts
4-5 c cabbage, roughly chopped	fresh chopped parsley

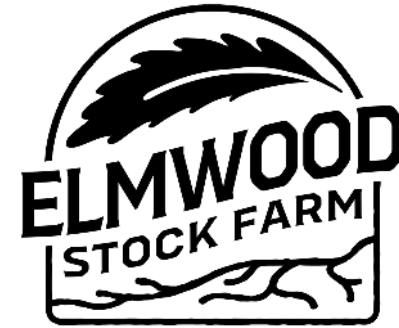
1. Mix herbs in a small bowl, except for red pepper flakes. Set aside.
2. In a large pot, add onions. Saute 7-9 minutes over medium heat until they soften. Add a spoonful of water as needed to prevent sticking/burning.
3. Add garlic. Saute one minute.
4. Add all remaining base ingredients and spice/herb mix, stir well to combine. Bring to a boil, then reduce to a simmer uncovered for 30 minutes until rice and cabbage are perfectly tender. Remove from heat. Add red pepper flakes.
5. Allow to sit for 8 minutes to allow the flavors to marry. Serve with toasted pine nuts and freshly chopped parsley.

SPINACH STIR FRY

Adapted from spoonsofflavor.com

10 oz fresh spinach, washed	1 spring onion, chopped
1 1/2 tsp olive oil	1/2 tsp soy sauce
3 garlic cloves, crushed	salt to taste
1 fresh red chili, chopped	1/2 tsp toasted sesame seeds

1. Blanch the spinach: Bring large pot of water to boil. Add spinach leaves, stir to submerge, and blanch 30-60 seconds. Remove with tongs and immediately soak in cold water. Squeeze out excess water, then roughly cut spinach into 1-2" lengths and place in a bowl.
2. Heat oil in a pan and add garlic and chili. Stir fry 10-20 seconds until just fragrant.
3. Add spring onion and stir fry for 20 seconds. Add spinach, soy sauce, and salt to taste. Stir fry the spinach to coat and mix with the oil and seasoning.
4. Remove and serve hot, adding toasted sesame seeds.



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.

Carrots: 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?

Onions: A staple of many kitchens, onions can be used in all its forms. The dried bulb that we often see this time of the year is popular, but also we can use any green sprout that comes out of that onion (yes, it's where we get green onions!) For longer storage, a dried onion can be stored in the refrigerator as long as it's a dry location without moisture.

Food Myths

Many well-meaning shoppers at the market or our on-farm store reveal that they have big opinions and preferences about food, which guides their decision making, often leaving them frustrated and empty-handed. Some of these notions come from “Big Food” marketing campaigns with the help of the USDA and FDA. Others originate from a customer’s childhood days visiting their grandparents’ farm. We never want to sell someone a product they know they won’t enjoy, but some of these people are missing out on some really good food because of these misconceptions.

Let’s start with “new potatoes.” For some reason, many people think this means small, round red-skin potatoes, and that they are the only kind that should be cooked with green beans. In fact, new potatoes are any and all varieties when freshly dug. These spuds are almost as exciting as the first tomato of the season! Potatoes size up depending on variety and growing conditions, and then the skin develops around them as a protection mechanism. We usually get excited to sample the crop and dig some before the skin is fully set, meaning a little thinner. These are hard to handle as the skin has a tendency to smudge, making them unsightly, but taste really, really good. The tubers have a higher moisture content, and even take longer to cook. Over the growing season, when the soil moisture conditions are right, you will have many shapes and sizes of “new” potatoes to enjoy. Then with a good skin set, the natural quality control mechanism will allow potatoes to store for a bit, letting us provide them to you into the cooler weather.

In July and August, people often ask if we have Silver Queen corn. When we tell them no, instead we have a bi-color super sweet variety, we get an indignant look of disgust and they storm off in search of somebody else’s Silver Queen. Silver Queen was one of the early corns bred for sweetness and white color to distinguish itself from its yellow predecessors. Before that, people ate “roasting ears” which were simply immature ears of corn grown for livestock feed. The window when these immature ears were good for humans to eat was quite small; the sugars needed to have not yet turned to starch. Silver Queen was bred to slow this transition of sugar to starch and grow a big ear on a big sturdy stalk—meaning there was more there for people to enjoy, and for a longer period of time. However, when an ear of corn is pulled from the plant, the sugars begin the transition to starch as a self-protection mechanism in an effort to develop a viable seed. So if you can get the water hot before you pick and shuck the corn, then by all means enjoy some Silver Queen corn.

However, since the coronation of the Silver Queen, thousands of “super sweet” varieties have been bred to slow that transition of sugar to starch after harvest, and to bestow many other desirable attributes to a good ear of corn. That means you don’t have to pay fealty to the Silver Queen any longer—there are lots of super sweet options you can enjoy. It does not have to be the Peaches ‘n Cream variety to be good either. You should also be aware there are many varieties of GMO sweet corn on the market, but any certified organic offering, including our organic corn, will never be genetically modified.

Many potential customers say they only like fresh chicken and therefore refuse to buy our chicken products at the market. In order to sell fresh chicken, we would need near-daily access to a certified organic processing facility. We don’t have one on the farm, and the only certified organic poultry processor is in Liberty, Ky. It’s simply not feasible to haul a half dozen birds down there every day, and have it take three-quarters of a work day to get back to the farm when all is said and done. So, offering freshly frozen product is the best for everybody.

The folks turning away our chicken may also be surprised to know that the “fresh” chicken in the grocery store is a bit of a misnomer anyway, as “thawed” might be a more accurate term. “Big Chicken” is allowed to hold product indefinitely at 26 degrees F, then label it as “fresh.” A whole chicken at 26 degrees would hit your countertop like a bowling ball! The USDA changed the definition of “fresh” to help balance the supply and demand of perishable product. So, many shoppers are passing up an opportunity to enjoy a GMO grain-free, pasture raised, organic frozen product, to eat a frozen-then-thawed, who-knows-how-it-was- raised bird.

If any of these myths were just busted for you, or even if you’ve said one of these things to us at market, there’s no need to feel ashamed or foolish. Everything we know, we had to be taught at some point in our lives. And our culture doesn’t always do a good job educating people about where food comes from. We are glad to answer your questions, or maybe gently introduce you to a different way of looking at things. I encourage you to educate yourself about the foods you choose, talk to others too, and hopefully you arrive at the conclusion that you can enjoy the best there is from your farmers at Elmwood Stock Farm. - Mac Stone