

CREAMY GARLIC SAUCE

Adapted from articalonlin.com

4 Tbsp unsalted butter	½ c grated Parmesan cheese
6 cloves garlic, minced	½ tsp salt
2 Tbsp flour	½ tsp black pepper
2 c heavy cream or half-and-half	½ tsp Italian seasoning
½ c whole milk	¼ tsp red pepper flakes

1. Melt the butter over medium heat in medium saucepan. Once melted, add garlic and saute 1-2 minutes until fragrant. Be careful not to burn the garlic.
2. Sprinkle the flour over the butter and garlic mixture. Stir constantly for 1 minute until the flour is fully absorbed and slightly golden.
3. Slowly pour in the heavy cream and milk, whisking continuously to prevent lumps from forming. Simmer 3-4 minutes, stirring occasionally.
4. Stir in parmesan, salt, pepper, Italian seasoning, and red pepper. Stir until the cheese is fully melted and the sauce becomes creamy and smooth.
5. Let the sauce simmer for another 2-3 minutes, then remove it from heat. Serve with pasta, chicken, seafood, or other favorite recipes.

SLOW COOKER MOROCCAN LAMB TAGINE

Adapted from supergoldenbakes.com

2 Tbsp olive oil	3.5 oz dried apricots, finely diced
3 lb diced lamb shoulder	½ lemon, juice only
2 red onions, finely diced	3 Tbsp tomato paste
3 garlic cloves, minced	14 oz diced tomatoes
1 Tbsp fresh ginger, grated	14 oz chickpeas, drained, rinsed
2 tsp ground cumin	1 c hot chicken broth
2 tsp ground turmeric	3 Tbsp chopped pistachios
2 tsp sweet paprika	
1 cinnamon stick	

1. Heat oil in Dutch oven. Saute onions for five minutes until softened.
2. Add garlic, ginger, and spices, stirring to release aromas.
3. Add lamb and stir, cook five minutes.
4. Add lemon juice, tomato paste, and apricots. Stir to combine.
5. Put lamb mixture in slow cooker. Stir in tomatoes, chickpeas, and broth. Cook on low for 8 hours or high for 6 hours.
6. Optional: serve with couscous or rice. Garnish with pistachios 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.

Winter Radishes: Refrigerate in a plastic bag or other closed container. Daikon and Watermelon radish will keep well for weeks.

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, BBQ or Salsa in your seasonal recipes—think chili, lasagna, soups, or what about as a pizza topping?

Dried Tomatoes: Store in the freezer. To reconstitute them, place in heatproof bowl, completely cover with boiling water, then let sit for 30 minutes until soft and pliable. Drain and pat dry. To reconstitute in oil, simply cover with a good-grade olive oil for 24 hours before using.

Counting Blessings (and Everything Else)

We do a lot of counting and calculating here at Elmwood Stock Farm, be it on a seasonal basis or daily. We know the date of the last frost is predicted to be early May (give or take three weeks), and depending on each crop's frost hardness, we count back from there to calculate what to plant when. Each morning we know when the vans need to leave, loaded with your shares to be on time at each pick up location, so we have to calculate what quantities of veggies to pick and wash, for the highest quality produce to be in your share. We know what time we need to be at the farmers market to get set up and ready. Since by definition, loading for market is different every single time, we have to back calculate how long it will take, to optimize how much sleep we get. That's just the beginning of all our calculations.

Counting sounds fairly straightforward, but is quite tricky for something we all learned before kindergarten. One of my onboarding rituals with new employees is to ask them if they can count. They always say yes, of course, and I always say, "We'll find out soon enough." We know the number of shares we need each day, of each size, and we know how many vegetables we have available, but since the larger shares get larger volumes or a greater variety of items than the smaller shares, the amount of produce items to be picked and prepared is different each day. Our software knows that the X bags of spinach our customers ordered equals Y pounds of spinach, so it produces a daily pick list for the harvest team. In turn, the harvest team knows that given the length of the row, and the number of plants per row, and the size of the plants, that Y pounds of spinach equates to harvesting from Z number of rows.

After washing and sorting, each item is counted or bagged or bunched according to the day's orders. When all the items are ready to be packed for your share, assembled in crates all together almost like a grocery store aisle, a packing team member picks up the sticker with your name on it, and "shops" according to the list of products on your sticker. So on and so forth, for all the orders in the stack of stickers. If somebody counted wrong, the whole process comes to a screeching halt, while that somebody has to go pick/wash/bunch more of that item. Then the boxes and bags get counted as they go on the van, and again at each stop. All of the wonderfully qualified people we hire are amazed at how difficult it is to count all this and actually get it right. This is one reason we do not offer deviations in your delivery location, because if the counts start changing too much, it can disrupt all the other counts.

Try to count 250-300 eggs going into a bucket every day and get it right. Or, try to count turkeys while they milling about their space, chasing each other around. There are a few tricks of the trade. We can feed the turkeys a little later than

normal, knowing they will all be good and hungry, so that when they all line up at the feed trough, we can get a pretty good count. Several of us each get our own count and then compare notes. The numbers are rarely the same unless it is less than 30. We can count cows and sheep as we watch them pass through a narrow gate with one person counting mommas and another person counting babies, hoping it matches the calving or lambing records.

The counting is crucial for quality control for our customers, but also generates lots of useful data. Mostly we use all this data for production evaluation. Did a certain variety of carrot generate the poundage we expected? Are the hens laying an appropriate number of eggs for the time of year? We compare the data from the whole year with the data from the previous year, and use it to make plans for the year ahead. How many seeds of each variety do we need? How many acres? Turkeys? Laying hens? Usually wintertime is our opportunity to ask these and a million other questions of our data we've been collecting all year.

Then there is the organic inspection, where we show our work to prove, for example, that the number of beeves we raised correlates with the number of beeves processed, correlates with the volume of packaged beef we have in inventory—no funny business bringing "organic" beef in from elsewhere.

All of this counting, and recounting because my number didn't match my buddy's number, is a good reminder for us to consider what we're counting: loyal members, carefully cultivated vegetables, and healthy meals shared at dinner tables. It has proved to be very rewarding in the long run, if we get the counts right. - Mac

Mark our 2025 farm tour dates on your calendar!

April 19, 9-11 AM

June 10, 5:45-7:45 PM

July 12, 9-11 AM

September 13, 9-11 AM

To attend for free, CSA members should register and purchase at least one ticket. Add the rest of your family at no charge by contacting the farm directly. After attending the tour, the value of the purchased ticket will be credited to your CSA member account.

Reserve your spot at

elmwoodstockfarm.com/farmtoursandevents