

FUDGY SWEET POTATO BROWNIES

Adapted from hummusapien.com

1 c soft pitted Medjool dates, packed	½ c cacao or cocoa powder
1 c sweet potato, roasted, mashed	¼ c almond flour
¾ c peanut or almond butter	1 tsp baking powder
2 large eggs	½ c chocolate chips
1 tsp vanilla extract	⅓ c chopped walnuts (optional)

1. Preheat oven to 350F. Line an 8x8" baking dish with parchment paper.
2. Place dates, sweet potato, peanut butter, eggs, and vanilla in a food processor. Blend for a couple minutes, or until dates are broken down and mixture is smooth, scraping the sides as needed.
3. Add cacao, flour, and baking powder. Process just until you don't see flour anymore, 5-10 seconds. Add chocolate chips and gently fold in.
4. Spoon batter into prepared baking dish. Use a wet spatula to spread the batter to the edges of the pan. Sprinkle with walnuts, flaky salt and extra chocolate chips if desired.
5. Bake 30-35 minutes, or until set. Let cool 20 minutes, then slice.

WILD RICE AND MICROGREEN SALAD

Adapted from thefeedfeed.com

½ c wild rice	1 small red onion
½ c brown long grain rice	2 Tbsp olive oil
½ c chopped spring onion	¼ c blanched almonds
½ c chopped parsley and/or cilantro	¼ c golden raisins
½ c chopped microgreens	salt and pepper to taste
¼ c chopped sunflower or pea shoots	lemon juice to taste
	olive oil to taste

1. Soak raisins in cold water for a couple of hours. Cook rice according to package instructions. Once cooked, fluff with a fork and let cool in a large bowl.
2. Chop red onion and fry in olive oil until golden brown. Add to rice. In the same pan toast almonds, then raisins. Add to rice mixture.
3. Mix all herbs, micro greens, shoots, and rice thoroughly, season with salt and pepper, and add olive oil and/or lemon juice in desired amounts.



Winter/Spring CSA News



Apr 7 - 13, 2025
Week 12 of 17
Volume 22, No. 12



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?

Mushrooms: Storing mushrooms in plastic bags or containers can cause discoloration, mold, or an undesirable texture. Refrigerate mushrooms in a paper bag with a paper towel inside to absorb moisture.

When It Rains...

We fielded lots of questions at the farmers markets this weekend about the impact of all this rain on the farm. We are situated on high enough ground that we were spared from the destructive flooding other parts of the state experienced. The farm is better off with more rain than less, but the almost daily pattern is relentless. We are so thankful to have avoided the danger and damage, but the combination of heavy downpours, little sunshine, and misty mornings still puts a damper on our crop production.

The most noticeable effect to the casual observer is the preponderance of weeds. Since we use no toxic chemical herbicides, we rely solely on mechanical means of weed control. Working the soil when it's wet harms the structure, so with the fields so wet for so long, there is no way we can drive between the rows and "plow out" the weeds that grow between the rows. Normally, we run the rows every couple of weeks to catch the weeds when they are small with weak root systems. The fields that looked pretty good when all the rains came, now have a thick blanket of weeds between the rows. Those weeds are starting to compete with the planted crops for sunlight and nutrients. Johnson Grass is a particularly aggressive, invasive, grassy weed that can grow 6-8 feet tall and spreads by seeds as well as stolons, or underground stems. We have to "chop out" the weeds between the crop plants in the row by hand hoeing or hand pulling. This cannot be done in these saturated conditions either.

Next, you might notice there are no young plantings of crops in the fields. We are unable to make our successive plantings in the rain, again, because soil structure and health is paramount. Succession planting is how we keep a steady supply of things like greens and radishes from week to week. So with a disruption in succession planting, we may see some dips and gaps in harvest for those crops.

Less noticeable is the lack of fruit from lack of pollination. We depend on the bees to pollinate many fruiting crops (especially berries this time of year) and they cannot get out to forage as they normally would. When they are forced into the hive during heavy downpours, the hot damp conditions cause them to become quite agitated, they cannot travel as far for foraging, or at least they travel fewer hours per day. If this were happening later in the year, we'd be especially worried about squash or melon plants, whose male and female flowers are only open for one day. If that window of opportunity for pollination closes due to rain, it reduces the number of fruits that grow. Heavy rains can actually knock flowers off some plants like beans and tomatoes. The silver lining for us is that those last few crops are still too young to be flowering this early in the year.

Some devastating plant diseases proliferate in these wet conditions. While we are

behind in making new plantings, some already-in-the-ground plants are being attacked by foliar or root-borne diseases. With the wet weather, the spores sporeolate, or spread their offspring, at a much more rapid rate. In some cases, they can defoliate a plant before the fruits even ripen. Another common problem in these conditions is with the downy and/or powdery mildews. These give the leaves a white powdery appearance, hence the name, and can quickly rob the plant of any photosynthetic capability and rob the existing nutrients, reducing its ability to make fruit. Even commercial chemical intensive agriculture has trouble controlling these diseases in these conditions, which is why so many vegetables are grown in California where the climate is generally more conducive.

Then there is the problem with the root crops. We pulled the green garlic in the mud and it's really labor intensive to wash all the mud off. But the real question, which won't be answered until much later: are the potatoes laying in such wet soil, they become waterlogged, soft, and susceptible to insects that normally are not interested in them. Not sure what we are going to find out there yet.

The gravel roads have some bad wash outs and we have to cut up tree limbs periodically. And there's all the mud that has to be washed off our boots several times a day. This is just the reality of farming for the local market. This has been, and will continue to be, a challenging production year for us. We are doing the best we can, and appreciate your patience as we work through it. And by the way, you will never hear a seasoned farmer say "I wish it would stop raining". You can still do more in the wet than you can in a drought.

We are grateful to have invested so much effort into building a healthy soil food web that holds the soil particles together, and that grants our land a lot of resiliency. We will just have to wring ourselves out and keep at it. - 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