

ASPARAGUS BISQUE

Adapted from surlatable.com

bisque:

3 Tbsp unsalted butter
1 c finely diced yellow onion
1.5 lb asparagus, woody stems removed, in 1" pieces
3 ¼ cups water
4 c baby spinach, coarsely chopped
1 tsp lemon zest
2 Tbsp mint leaves, coarsely chopped

¾ c heavy whipping cream
1 Tbsp fresh lemon juice
salt and pepper

crème fraîche:

5 oz crème fraîche
1 tsp ground black pepper
3 Tbsp minced chives
sea salt

1. Melt butter in a large saucepan over medium heat and add onions; cook 3-4 minutes until soft and translucent. Add asparagus and water and simmer until asparagus is tender, about 15 minutes. Add spinach and cook just until the spinach wilts, about 2 minutes. Remove from heat and add lemon zest and mint. Taste and adjust seasoning with salt and pepper.
2. Purée bisque using an immersion blender, or use a blender for a perfectly smooth and velvety texture. (If using a blender be cautious with hot liquids; vent the lid so hot air can escape. Blend on the lowest speed possible and use a towel to shield against splattering.)
3. Return soup to the saucepan and whisk in cream and lemon juice; taste and adjust seasoning with salt and pepper.
4. In a small bowl, whisk together the crème fraîche, pepper, and chives; taste and adjust seasoning with salt.
5. Ladle soup in warmed soup bowls and dollop with crème fraîche.

KALE WHITE BEAN SALAD

Adapted from apinchofparsley.com

1 bunch kale, destemmed, chopped
15 oz white beans, drained, rinsed
1 avocado, pitted, sliced
¼ c hemp hearts
¼ c sunflower seeds
¼ c pumpkin seeds

Dressing:

½ c olive oil
3 Tbsp lemon juice
1-2 Tbsp honey
2 tsp dijon mustard
1 garlic clove, minced
salt and pepper to taste

1. In a small bowl, whisk together dressing ingredients until combined.
2. Add kale to large bowl. Massage a little dressing into kale 30-60 seconds.
3. Add remaining ingredients and toss until combined. Drizzle remaining dressing as desired and toss once more.



Summer CSA News



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Rhubarb: Technically a vegetable, not a fruit, rhubarb stalks may have green and/or pink coloration when ready to eat. Store stalks in a plastic bag and keep in the crisper drawer of the refrigerator up to one week. Try it pickled, made into jam, frozen, or used fresh.

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.

Broccoli: Refrigerate immediately, wrapped loosely in a plastic bag in the vegetable bin. It's best used within a few days. To freeze, blanch broccoli 2-4 minutes, rinse under cold water, drain, let dry, and pack into freezer bags. Thawed broccoli is best used in soups and stews.

Strawberries: Refrigerate as soon as possible in an airtight container. They can last up to a week. To freeze, wash and remove tops, then place on parchment-lined baking sheet and freeze. Then store in container up to a year.

Asparagus: Best eaten as fresh as possible. To store, stand asparagus in jar with about 1 inch of water, making sure ends are in the water. Loosely cover with a plastic bag and refrigerate up to one week.

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Expectations

Thank you for signing on to be a shareholder of Elmwood Stock Farm's 2025 summer share season. We welcome many new members along with lots of early adopters from the beginning of our program. You can expect to enjoy lots of wholesome organic produce throughout the summer. Likewise, we expect you will try lots of new recipes, learn more about the value of consuming organic foods, and feel better to boot.

Generally speaking, here are some things you can expect. There is a seasonal trend where the early shares will be focused on leaves (like lettuce and kale) and stalks (like rhubarb and asparagus), with some garlic scapes, radishes, or strawberries sprinkled in. Later in the summer, your share will be composed of more fruits (including fruits we call vegetables): you should see berries, squash, corn, beans, potatoes, cucumbers, peppers, tomatoes, and much more. We track our offerings closely to ensure you get the full value of your investment.

Every year we expect Mother Nature to surprise us, but this has been an especially wet and cool spring. There will be many more weather related experiences intertwined with our livelihood, which is what farming is all about. The rains help the young plants in the field, and it is good that we didn't have to hook up the irrigation systems early in the season. On the other hand, the constant rain makes it difficult to plant. This could continue to shape up into a wet summer, or this rain may be our last for many weeks or even months. You just never know.

We expect you to be a little adventurous and try some foods that are new to you, maybe even some that you don't think you like. We try to practice this with our regular farm crew lunches. Some of our picky eaters have found that although they thought they didn't like radishes, they love them in pico de gallo, for example. We suggest you look at this newsletter for tips on storage, as well as recipes to spark your culinary imagination. It is best to get most items into the refrigerator as quickly as possible and use the more perishable items early in the week, saving some of the heartier items for later. Many people like to "work up" their share, for example wash and spin the spinach immediately so it is ready when mealtime rolls around. I will also use this space in the newsletter to keep you in the loop about the goings-on here on the farm, and to let you in on some of the how's and why's of our operation. I expect you'll probably learn a thing or two.

We expect you to hold up your end of the bargain when it comes to receiving your share. If you're going out of town and can't get your share, you can go to your online account to place a hold, and we won't make a share for you that week. If

something happens last minute and you can't get to your pickup location in time, the best solution is to ask a friend to pick up your share. Our pickup location partners have a plan in place to use or donate any shares that are leftover after the pickup window closes.

We also expect you to eat your greens every week and we make no apologies for sending them to you each week. Be it collards, Asian mix, rainbow Swiss chard, lettuce, or kale of any color (we have red, green, and black), you need to eat them often. In year's past we have had a New Year's resolution to eat greens on a daily basis. Now, it is just something we do without question. With all the many recipes available, find a few you like and stick with it. Kale salads last several days, and even get better as the flavors meld in the fridge. For the sturdier greens, we simply stem and steam 'em. They keep well after cooking as easy leftovers too. The health benefits of these greens are widely known, and may be referred to as crucifers or brassicas. Broccoli and cabbage are also in this family of foods. Eat up.

At Elmwood Stock Farm, we have a strong sense of responsibility to honor your commitment and expectations of securing wholesome organic foods for you, your family, and friends. Knowing what we have learned about food production, you can be assured you are getting nothing but the best. You are now eating like an organic farmer, pretty cool huh? We expect you are going to have fun, enjoy some awesome flavors, and even share your knowledge with others. — Mac Stone

Mark our 2025 farm tour dates on your calendar!

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