

ASIAN KOHLRABI SALAD

Adapted from destinationdelish.com

4 kohlrabi, peeled, in matchsticks	Dressing:
6 radishes, in matchsticks	1 Tbsp sesame oil
1 mango, chopped	½ c rice vinegar
4 green onions, chopped	1 Tbsp honey
½ c cilantro, chopped	2 cloves garlic, minced
¼ c cashews/almonds/peanuts, chopped	1 small knob ginger, minced
	salt and pepper

1. In a bowl, combine kohlrabi, radishes, mango, green onion, cilantro, and nuts.
2. Add the dressing ingredients to a small bowl and whisk.
3. Pour the dressing over the salad mixture and toss together until combined.

CABBAGE ON THE GRILL WITH BACON

Adapted from food.com

1 head cabbage	½ tsp garlic powder
4 tsp butter	¼ tsp pepper
4 slices bacon	2 Tbsp grated parmesan
1 tsp salt	

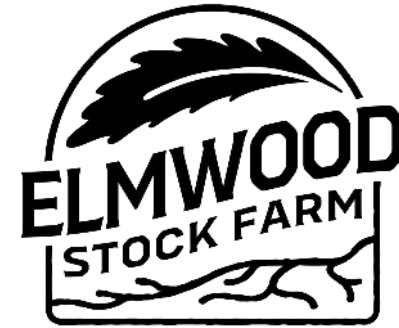
1. Cut cabbage into four wedges. Place each wedge on a piece of doubled heavy-duty aluminum foil. Spread cut sides with butter.
2. Combine salt, garlic powder, pepper, and cheese. Sprinkle over each wedge.
3. Wrap bacon around each wedge.
4. Fold foil around cabbage, sealing each wedge tightly.
5. Grill cabbage, covered, over medium heat for 40 minutes or until the cabbage is tender, turning twice.

FRESH VEGGIES WITH GREEN GARLIC AIOLI

Adapted from dpmdoes.com

1 large egg yolk, at room temp	2 green garlic
1 tsp fresh lemon juice	salt and pepper to taste
⅔ c to 1 c oil	sugar snap peas (string removed),
	broccoli florets, radishes, or carrots

1. Mince white ends of green garlic and mash into a paste, adding a little salt.
2. Finely chop the tender green parts of garlic.
3. Combine egg yolk and lemon juice and whisk rapidly, drizzling in a few drops of olive oil. Continue adding oil incrementally until it starts to emulsify.
4. Add garlic paste and continue to whisk, still adding oil, until you reach a desired consistency. Stir in chopped green garlic. Season with salt and pepper to taste, then serve with your favorite vegetable for snacking.



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Kohlrabi: This plant was developed by crossing a cabbage with a turnip. Try lightly boiled, steamed, baked, or added to stew or stir-fry. It's delicious raw (after peeling) and a favorite kiddo snack! To store, separate greens from bulb, refrigerate for several weeks.

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, Radishes, Turnips: Remove the root from the greens if they are attached and store separately in the fridge. Greens can be used as you would other leafy cooking greens, taking note of spicy or texture difference.

Cabbage: They have remarkable storage capacity. Keep dry and unwashed in the veggie bin of your fridge. If the outer leaves lose firmness, remove and discard. Once cut, wrap in sealed plastic bag and continue to refrigerate; it should keep for several weeks more.

Asparagus: Best eaten as fresh as possible, but to store, stand asparagus in jar with about 1 inch of water in refrigerator, making sure ends are in the water. Loosely cover with a plastic bag.

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Making Hay

One of the jobs at Elmwood Stock Farm is making hay for the cattle and sheep. This time of year, at least in a year with good rain, they have a never-ending buffet of fresh forage. But in the winter months, when good quality standing forage is not available, hay is a necessity for their health. It is of utmost importance that each and every animal have access to the nutrients they need to be healthy, each and every day.

We have pasture fields, hay fields, and crop fields here at Elmwood Stock Farm. Some hay fields might get pastured, but some pastures will never be hayed because the slope is too great or because there are too many trees. Pasture and hay fields both grow forage, which is a collective term that includes grasses like fescue, bluegrass, timothy, orchardgrass. It also includes legumes like red clover, alfalfa, and white clover, as well as forbs, which is a fancy name for weeds. Each has its own growth habits: some do better in warm weather while others prefer cool temperatures. Some are perennials, some are biennials, and some are annuals. Red clover is a biennial that acts like a perennial. We have to take all this into account when we decide when to cut the plants for hay or let the cattle harvest it themselves.

We grow a lot of alfalfa, with a little bit of red clover and various perennial grasses mixed in. Alfalfa grows fast and tall, provides its own nitrogen, and has a deep taproot to break up the soil, all of which are desirable qualities in a forage crop. We also get 3 or 4 cuttings of hay from it each year. Just when it starts to bloom, we cut it just a few inches above the ground, which stimulates it to send up new shoots in an attempt to make a flower and ultimately seeds. Thirty to fifty days later, it is ready to cut again. We hope to get dozens of rolls of hay off each acre every year.

But the tricky part is getting that highly nutritious plant cut, cured, and baled in a manner that preserves those qualities. We need a three- or preferably four-day stretch with no rain to get it done well. The standing forage is cut with a disc mower, which is an implement that attaches to a tractor. It hangs off the right side with five rotating knives along the shaft that cut the plants and lay the plants flat on the ground behind the tractor as it moves across the field. Depending on how thick the stand was, or the weather pattern at the time, an implement called a tedder is pulled over the field which lifts and flings the plants in a manner that fluffs it up allowing for better air flow drying to happen. Then a 20-foot-wide rake is pulled through the field which sweeps all the hay to narrow windrows, making it easier for the baler to pick up and form the roll.

Sounds simple enough, but there is a lot of nuance in managing the moisture level and keeping the nutrients intact in the roll. For example, rain will leach nutrients out of the leaves, or even knock valuable leaves off the stem if it's a hard rain. Recently-cut hay will be less affected than almost-ready-to-bale dry hay. We can fluff hay in the morning while it is still a bit damp from the dew, but if the hay is too dry, the fluffing will shatter those valuable leaves off the stem. For all of these reasons, you have to seize the opportune moment when it presents itself. Now you know the particulars behind the farmer expression "making hay while the sun shines."

If you pick up your CSA share at the farm store, you may have seen this process in action already this season. It's a dramatic before-and-after to see the forage swaying in the breeze, then cut short, then baled up neatly across the field. When there's always a job that needs doing on the farm, it can be tempting to push off the mowing and baling. But if we miss the opportunity, we feel the consequences come winter.

The big rolls are moved to a central location on the farm and stored in lots, organized based on what type of forages they are comprised of, and how well we got it up. The easy part is taking it out to the field in freezing cold temperatures and unrolling as much as the herd needs for that day—no tough decision-making there. - 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