

SPICY SESAME BROCCOLI CORN SALAD

Adapted from island-bakes.com

2 tsp grapeseed or olive oil
2 medium heads broccoli, in florets
3 ears corn, kernels removed
½ medium red onion, peeled, diced
4 scallions, finely chopped
¼ c sesame seeds

Dressing:

½ c toasted sesame oil
1 ½ tsp red pepper flakes
¼ c olive oil
3 garlic cloves, grated or pressed
2 Tbsp red wine vinegar
1 ½ tsp salt
¼ tsp pepper

1. Place skillet over medium heat with 2 tsp olive oil until shimmering. Stir in broccoli and corn. Cook 5-8 minutes until broccoli is barely knife tender. Remove from pan and place in a large serving bowl with red onion. Set aside.
2. Warm sesame oil until barely smoking. Turn off heat and sprinkle red pepper flakes over sesame oil. Let steep for 10 minutes.
3. Whisk together olive oil, garlic, red wine vinegar, salt and pepper. Pour over the vegetables. Pour the sesame oil and red pepper flakes over the vegetables and toss until everything is coated. Sprinkle with scallions and sesame seeds. Serve warm or chilled.

CARAMELISED FENNEL AND POTATOES WITH TAHINI CREAM AND GREMOLATA

Adapted from brookekellynutrition.com

1 large bulb fennel, cut 1 in slices
lengthwise, tops removed
2 ½ c baby potatoes, halved
2 sprigs fresh rosemary
4 sprigs fresh thyme
2 Tbsp olive oil
Tahini Cream
2 Tbsp tahini
pinch of salt
3 Tbsp cold water

Gremolata

1 bunch parsley, finely chopped
2 Tbsp capers, finely chopped
1 clove garlic, minced
zest and juice of 1 lemon
1 Tbsp rice vinegar
1 Tbsp honey
pinch salt
¼ tsp freshly cracked pepper
⅓ c olive oil

1. Preheat oven to 400F. Add fennel, potatoes, rosemary, thyme, and olive oil to a large baking sheet. Season with salt and pepper, tossing to coat. Spread evenly and roast for 20 minutes or until vegetables are soft and caramelised.
2. Make the gremolata by combining ingredients in a bowl.
3. Transfer veggies to a bowl and pour over half of the gremolata and toss.
4. Make tahini cream by combining all ingredients in a separate bowl. Whisk until consistency is runny, adding a little more water at a time if too thick.
5. Pour tahini cream over base of a platter and top with the vegetables. Dollop over some more gremolata and serve immediately.



Summer 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, 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.

Broccoli: Broccoli is only available in early summer or in fall in our region of the country. Refrigerate immediately, wrapping loosely in a plastic bag in the vegetable bin. Best used within a few days.

Fennel: All parts of the fennel that you might receive are useable: bulb, stalks and fronds. Its mild anise flavor pairs well with fish and Italian dishes. Store fennel in a plastic bag in the fridge. You may want to remove the stems from the bulb for easier storage.

Farm Fencing

It's a bit counterintuitive, but it's easier for us to contain a 1500-pound bull than a five-pound chicken, thanks to the advent of electric fencing technology. Before this, it took a steel, woven wire fortress to keep a bull away from the cows, or to keep sheep where you want them, and chickens roamed wherever they wanted. Nowadays, we use both electric and non-electric fencing at Elmwood Stock Farm to manage our stock and optimize their performance.

When driving down the road, you will see tree lines that separate fields or farms from other fields or farms. Most likely at the base of those trees there will be a stretch of steel fencing material, steepled (steeples are big staples that get hammered into the post to hold the wire in place) to a row of wooden posts, or clipped to steel posts. The trees have been left to grow up adjacent to the fence. Rarely are the locations of these fence rows random. Most commonly they separate good cropping ground from hilly land more suited for pasture, or carve out a homestead from the rest of the farm. Often fields were further sub-divided to allow for rotation of cattle, but erecting woven wire fence is a big job, expensive, and still requires quite a bit of maintenance. We continue to maintain or replace these fences built generations ago because of the value of the trees for shade in the summer, windbreak in the winter, beneficial insect habitat, song bird nesting sites, wildlife corridors, and general aesthetics. It is comforting at night to know the livestock are behind these strong structures where no harm can come to them and are not likely to stray.

Within the large boundary fences, we employ temporary electric fence systems. The technology has given us greater control over where the animals roam, which means we can help them fully utilize the forages, or get them to trample weeds, or keep them out of creeks or crops. You will see several types of these systems on a farm tour, but basically, the fencing material is a type of plastic string intertwined with stainless steel fibers, strung by hand from post to post. It is easily rolled up to move and can be set back up in any shape that fits the situation. The string is connected to a 'hot box', which sends a specialized electric current through the wires which will shock any animal that encounters it. It is a psychological barrier, not a physical barrier. The electric charge gives a jolt of current that startles the animals without doing any harm. We have all accidentally been shocked while working with it, or while removing a fallen branch or weed, and it is truly a memorable experience. So, once an animal figures out that the fence was the source of that sensation, they do not need to test it again. Just like electric wires up high on poles, birds can sit on them without harm, since they are not grounded.

On the flip side, we have seen where these fence systems actually lose their effectiveness in really dry weather because the animals are not well grounded without sufficient soil moisture.

Some hot boxes are plugged into an outlet, modifying household current to the specific type for the fence. Others run off car batteries, some are solar powered. With these, remote locations can easily be set up to contain animals and tighten up our rotations for good grazing management. We trust it fully, since sometimes there is only that one little string separating a herd of hungry bovines from the vegetables we are planning to provide you. Because of their wool, most of a sheep is insulated from the shock effect, so we have to use multiple strands, so they cannot avoid it with their nose. Typically we use the electric netting for sheep, which is a three foot high grid of wires that has built in posts for ease of handling. With this netting, we can easily make new fields every few days to allow the sheep to consistently move to fresh pasture and away from those pesky potential parasites.

The poultry netting is a little taller and a tighter weave than the sheep netting, again so they cannot avoid it with their comb. If you look at a satellite view of the farm on your phone, you will see the crop circles from the poultry grazing movement. Equally as important to keeping the poultry in, is keeping ground predators out since foxes, coyotes, raccoons, skunks, opossums, cats, dogs, minks, and weasels all would like a chicken dinner. The laying hens and turkeys could easily fly out, but they seem to like things as we have it, so rarely do.

So, thanks to the early settlers for providing us with awesome tree lines and structural perimeter fencing. Several generations have benefited from their work. And thanks to the New Zealanders that invented the technology to allow us to better utilize the farm for the betterment of the animals, and the pastures. The combination of the two make for a pretty neat system of converting solar energy into wholesome nutritious foods at Elmwood Stock Farm. - Mac Stone

Next tour dates:

Jul 12, 9-11 AM

Sept 13, 9-11 AM

Reserve your spot at:

elmwoodstockfarm.com/farmtoursandevents