

BASIL CHICKPEA CURRY

Adapted from howsweeteats.com

1 Tbsp olive oil	1 Tbsp curry powder
½ small sweet onion, diced	14-28 oz chickpeas, drained, rinsed
1 bell pepper, chopped	14 oz full-fat coconut milk
3 garlic cloves, minced	2 Tbsp freshly squeezed lime juice
2 Tbsp chopped fresh ginger	1 handful fresh basil, chopped
½ tsp salt	rice, for serving
½ tsp pepper	naan, for serving
1 ½ Tbsp dried basil	

1. Heat large skillet over medium heat and add olive oil. Once hot, add in the onion, peppers, garlic and ginger with a pinch of salt and pepper. Cook until onions soften, about 5 minutes.
2. Stir in dried basil and curry powder. Cook for 2 minutes. Stir in the chickpeas. Stir in the coconut milk and lime juice. Simmer 5 minutes. Taste and season with more salt, pepper, or lime juice if necessary. Stir in the fresh basil.
3. Serve with rice and/or naan.

GARLIC SAUTEED CABBAGE AND KALE SKILLET

Adapted from eatwell101.com

4 Tbsp unsalted butter	2 Tbsp vegetable or chicken broth
2 Tbsp olive oil	2 Tbsp fresh parsley, chopped
½ onion, chopped	4 cloves garlic, minced
½ head green cabbage, chopped	½ tsp salt and pepper, or to taste
1 lb kale, washed, thinly sliced	½ tsp red pepper flakes, or to taste

1. Heat butter and oil in a large pan over medium-high heat. Saute onion until softened, about 3 minutes.
2. Add cabbage and cook 4-5 minutes, stirring occasionally.
3. Once cabbage is softened and caramelized on edges, add chopped kale, garlic, salt, pepper, and red pepper flakes. Cook 8-10 minutes until veggies are well-browned and softened.
4. Pour in broth to deglaze and cook for 2 minutes to reduce the sauce slightly. Scrape the bottom of the pan with a wooden spoon to incorporate the browned bits.
5. Cook the cabbage and kale 30 more seconds until fragrant. Season with more pepper to taste, sprinkle with parsley, 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.

Basil: Basil is very sensitive to cold and will blacken if exposed to refrigerator temperatures. Keep basil in a glass of water on the kitchen counter. Or, place your basil bunch in a plastic bag with air in it (like a balloon) and refrigerate. The air buffers the chilled temps.

Tree-Mendous Fortune

We are so fortunate to live and work among the most powerful plants in the world. The behemoths of the plant kingdom: trees! Really big trees! Elmwood Stock Farm is home to dozens of trees that were Big Trees when this territory was settled in the late 1700's. No self-respecting tree person wants to venture a guess as to their age. Looking at an aerial photo today, one can see how the settlers built their homes, farmsteads, cropping fields, and grazing lands around these Big Trees. What might these trees have seen over the span of hundreds of years?

It is no accident that the farmsteads evolved around these massive, majestic trees; it was a natural choice. Some of our Big Trees are defining property boundaries, named in deeds, to this day. That tells us they must be really old. The early settlers nestled their dwellings among other trees, seemingly seeking a sense of security, as they set about domesticating the landscape. Still others stand defiantly off by themselves, towering over verdant grasslands, which remind me of pictures of the Serengeti plains. Living, breathing monuments to our past, unlike the cold stone-and-steel monuments you see in towns and cities.

A lively scientific debate persists about whether these were natural grasslands with Big Trees scattered throughout, attracting settlers to this area, or whether settlers removed lots of smaller trees from around the big ones to build their structures. Native Americans might have used fire in their agricultural practices to make or maintain these grassy areas. Did the roaming buffalo herds beat back the underbrush as they reared their young around these patches of tasty, easily digestible forages? Personally, I would like to think these are natural savannas. The Bluegrass region, as we picture it in our heads, is an image of vast fields of grasslands, with lots of big trees dotting the landscape. We know the soils produce productive perennial plants, which in turn provide near perfect nutrition for our livestock that consume them. That is why the horses prosper here as well. If we walked away today, surely it would go through successions of scrubby stuff, then scrubby trees, then the oaks and ashes and hickories would emerge from the fray. Not to worry, the culture around here is to manage the grasslands in a way that is good for the grass and the Big Trees.

Before the advent of portable electric fencing, cattle herds were allowed to camp under these Big Trees for months on end. This constant heavy hoof action compacted the soil under and around these Big Trees in our savanna, basically asphyxiating the tree by denying oxygen to the roots, putting them in decline. When Cecil began a more deliberate rotational grazing system decades ago, we started keeping cattle moving around the farm. The rest period between grazing

allows the plants under the trees to recover from the trampling, then their roots open the soil, allowing the trees to breathe easily. The fascinating thing is how the trees that have been damaged by storms are working to regain their phenotypical shape, a beautiful symbol of defiance and determination for those of us who get to watch it happen.

The Big Trees defining the farmsteads stand strong in a motherly sort of way. Some appear to be the offspring of the others, or maybe they are siblings that grew at differing rates. Only the rings would tell us. Our friend of the farm, Dr. Rob, once showed us an eight inch thick cross section (a 'cookie') of a bur oak tree that fell in the UK Arboretum in the ice storm of 2002. He read the rings aloud, and described the symbiotic relationship the leaves have with the roots, how they communicate and share nutrients. Knowledgeable tree ring readers can see ebbs and flows in the sizes of the rings, albeit in no particular pattern in these old specimens. Is the burst of larger-than-normal rings over several years we saw an indicator that competition was eliminated, allowing the tree to flex its muscles and expand rapidly? Was it from fire, or buffalo, or loggers, or sodbusters, or just a wet period of climatic activity? We could even count back, and see how old that tree was when Daniel Boone may have rested under her magnificent canopy.

The original farm entrance, now a residence entrance, is a tree-lined lane with all the trappings of an old road bed. There are scant few of these original road beds remaining, with the classic sunken path lined with trees on elevated shoulders. The trees along this lane were purposely planted to provide shade, and/or wind break, and/or protection from marauders. Were the catalpas planted to provide them with catalpa worms, epic bait for catching fish in the North Fork of the Elkhorn Creek, just over the hill? Speaking of which, it is reported we are home to the largest sycamore tree in Scott County. It's huge, but is probably not as old as some of the oaks up around the barn. Rob spotted a humongous chinquapin oak along the drive, its size all the more impressive given it is a slow growing species, and it has the gnarly, crusty appearance you'd expect of an ancient tree. A large shell bark hickory up by the greenhouses would have been a valuable source of high quality nuts, and greatly preferred over pignut and bitternut hickory species. Thanks Rob for a great education and for helping us to take time to notice such things.

Utilizing the grasslands around the Big Trees is part of this farm's philosophy as well as its identity. We are fortunate to have Big Trees, for they have helped to make Elmwood Stock Farm what it is today. —Mac