

BLUEBERRY, FETA AND HONEY-CARAMELIZED ONION NAAN PIZZA

Adapted from kitchenconfidante.com

2 naan flatbreads	2 Tbsp honey
1 tsp olive oil	½ c ricotta cheese
1 c thinly sliced red onion	½ c feta cheese
kosher salt	1 c blueberries
pinch red pepper flakes	mild or spicy microgreens

1. Preheat oven to 400F. Line a baking sheet with parchment paper. Arrange the naan on the baking sheet and lightly brush with water. Set aside.
2. Heat olive oil in pan over medium-low heat. Add onion and season with a salt to taste and red pepper flakes. Cook the onions until wilted, about 3-5 minutes and stir in honey, letting the onions caramelize. Remove from heat.
3. While the onions cook, stir the ricotta and feta cheese in a small bowl. Spread the ricotta mixture over the naan and top with honey-caramelized onions. Sprinkle blueberries on top.
4. Place the naan pizzas into the oven and bake for about 10 minutes or until blueberries are just about ready to burst, cheese has softened, and naan is toasted. Remove from oven, sprinkle with microgreens and serve.

TURMERIC AND COCONUT BRAISED CABBAGE WITH CHICKPEAS

Adapted from bonappetit.com

½ head of green cabbage, in 4 wedges	15.5 oz chickpeas, drained, rinsed
2 medium shallots, finely chopped	1 tsp brown mustard seeds
1 1-inch piece ginger, finely chopped	1 tsp ground cumin
2 garlic cloves, finely chopped	1 tsp turmeric powder
1 green chile pepper, finely chopped	½ c vegetable stock
3 Tbsp olive oil, divided	freshly ground black pepper
½ tsp kosher salt	steamed white rice, cilantro, and lime
13.5 oz unsweetened coconut milk	wedges for serving

1. Heat 2 Tbsp olive oil in dutch oven over medium-high. Add cabbage, cut side down, and season with kosher salt. Cook, undisturbed, until lightly charred underneath, about 5 minutes. Turn over and cook, undisturbed, until charred, about 5 minutes. Transfer cabbage to plate.
2. Heat remaining olive oil over medium-high. Add shallots, ginger, garlic, and chile, cooking about 1 minute, stirring with wooden spoon. Add mustard seeds, cumin, and turmeric and cook, stirring, about 1 minute.
3. Stir in coconut milk, chickpeas, stock, and additional salt to taste.
4. Place cabbage wedges back into pan and baste with coconut milk, bringing mixture to a boil. Cover, reduce heat to low, and cook 15-20 minutes until cabbage is tender. Season with salt and pepper to taste.
5. Serve atop rice and top with cilantro leaves and a squeeze of lime.



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Garlic Scapes: These are the flower stalks we snap off garlic plants in the spring. Refrigerate unwashed in a loosely wrapped plastic bag for up to two weeks. Chop or dice raw into salads, sauté in place of bulb garlic, or use anywhere garlic flavor is desired.

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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Water as a Verb

We use water in all sorts of ways, with all sorts of gizmos for all manner of work, in the production of the produce in your share. We use readily available technologies to efficiently irrigate plant roots when they need it. The trickle tape irrigation system for our long season crops like tomatoes and squash allows us to keep the soil at ‘field capacity’, a farming term for optimum soil moisture conditions to promote good growth of plants. Here’s how it works out here.

Elmwood Stock Farm is blessed to have a portion of North Elkhorn Creek as our southern border. Back when farmers were swapping land, setting the next generation up to farm on their own, this property was deeded to have access to this reservoir of high quality Central Bluegrass surface water. Unlike portions of the Elkhorn where kayakers run the rapids, our part of the creek is a deep pool of water, courtesy of a grist mill downstream many decades ago. This affords us the opportunity to lay a specialized 25’ aluminum pipe into the depths as the intake to our pumps and delivery mechanisms. When the creeks and rivers are running muddy, most of the sediment you see is from scouring the channel, not farmers allowing that much precious topsoil to erode away forever. If any of us was to live here long enough, it will look more like Red River Gorge out here in a few million years. Anyway, the quality of the water is awesome, as most of the creek wends through well maintained prime Central Bluegrass farm land.

The story behind the other three mill dams along this part of the North Fork is of keen interest to us. The mills are engineering feats, built with hand tools and constructed to capture the force of all that moving water. There were usually several other structures associated with operating the mill, including a house for someone to be there at all times. The owners also built stately mansions nearby. They must have expected that nearby farmers would fund this investment with their grain that needed milling. So inquiring minds want to know: was it some cooperative good establishing a steady market for wheat that grows beautifully here? Did they also mill corn or other specialty grains like spelt? What were the cultural practices du jour? Did the three mills service this immediate area, or did farmers from Versailles and Shelbyville come here too? Did all the farmers with property along the creek want the mill to dam up their stretch of the creek? We’re going to poke around some history books and see what we find. It wasn’t until after WWII that farmers had access to the technology to pump and pipe the water onto adjacent crop land, and the value of these pools became evident very quickly, as we have come to appreciate and capitalize on.

A few years back, a customer asked in passing, “What are you going to do if they take out the old mill dams?” Turns out, some outfit had offered \$250,000 if they could demolish and remove the concrete dam and re-vegetate all the stream

banks that would be left denuded. All in the name of progress! It seems “They” were pretty far along in designing and building a huge dam up near Sadieville to shore up Georgetown’s water supply. And in doing so, “They” had to mitigate the harm “They” were doing to that watershed by restoring an equal distance of stream banks in other previously-altered watersheds. When the landowners said no to their offer, “They” upped the offer to a tempting \$300,000. Little did these developers realize, they were dealing with a famous photographer and his wife, and his photos of that creek appear everywhere from the governor’s mansion to coffee table books. Their mill is an idyllic kind of place. So, they rallied the farming community, threatened a tractor-cade, and sent those guys packing. The huge trees and adjacent riparian area are now diverse natural ecosystems, the lifeblood to countless species of birds, mammals, reptiles, amphibians, fish, and wildflowers.

We worry about the intake pipe being damaged by logs floating by, so we have the pipe nestled among some tree roots, almost un-noticeable to passing canoers. The pump sends the water into a large trunk line towards the crop fields, goes through a drainage culvert under busy US 460, and through the 6” lay-flat tubing to reach the crop field. This goes flat when not in use, which makes it easier to drive over with field implements. Likewise, each crop row has lay-flat trickle irrigation tubing that connects easily to the main supply line with an on/off valve. In this way, the grid of supply lines and trickle tape lets out drops of water every foot, for hours on end, to keep the soil moist. The field is laid out in zones, so water can be distributed to crops as needed. The pump capacity could not handle the entire field at one time, so we have the zones on a schedule to keep things watered evenly.

The other element to this low-use water system is the mulch film that stretches in rows neatly across the field. It prevents thirsty weeds from growing up around the plants while also preventing the sun and wind from evaporating the water in the root zone. Generally speaking, John uses a black film because it heat-sterilizes any weed seeds underneath it, and warms the spring soil from this same heat. When the transplanted crops get some size to them, they shade the film and prevent it from getting too hot for the crop in mid-summer.

As organic growers, our watering protocol is different from what some might recommend. Conventional wisdom calls for supplying small amounts of water on a consistent basis. We tend to water a little heavier, then hold off a while, forcing the plant to send roots deeper into the soil seeking moisture, and finding nutrients along the way. This system is more efficient than running big sprinklers that cause other problems like promoting plant diseases and creating mud pits.

Thanks to a combination of modern technologies, and the foresight of the early settlers in Kentucky, we are able to produce high value crops on the fertile lands here on the banks of the Elkhorn. Thanks for your support. - Mac Stone