

MARINATED SUMMER SQUASH AND RED ONIONS

Adapted from spicesinmydna.com

¼ c white wine vinegar	¼ tsp salt
1 clove garlic, crushed, peeled	¼ tsp black pepper
1 Tbsp chopped parsley, thyme, and/or oregano	½ c olive oil
pinch red pepper flakes	½ red onion, very thinly sliced
	1 medium squash or zucchini, thinly sliced

1. Whisk together vinegar, garlic, herbs, red pepper flakes, salt, pepper, and olive oil until combined.
2. Add squash/zucchini and red onion and toss to combine. Let marinate 20-30 minutes in the refrigerator.
3. Use as a topping for salad or pasta, in pasta salad, as a side dish, or as an appetizer with baguette and soft cheese.
4. Store in fridge in sealed container for up to one week.

PESTO ZOODLES WITH TURKEY MEAT SAUCE

Adapted from classyclutter.net

3-4 zucchini	½ tsp italian seasoning
24 oz marinara sauce	½ tsp oregano
1 lb Elmwood organic ground turkey	¼ tsp red pepper flakes
1 Tbsp olive oil	

1. In a large skillet, add olive oil and bring to medium heat. Add ground turkey and brown the meat.
2. Use a spiralizer to create zucchini noodles. Spread spirals on a paper towel. Sprinkle some salt and let sit 20-30 minutes to let moisture escape.
3. Add marinara sauce to browned turkey and let simmer over medium-low heat. Add italian seasoning, oregano, and red pepper flakes. Simmar another 15-20 minutes.
4. Saute zoodles in a pan until hot and softened to your desired consistency. Strain out any additional water, then serve topped with meat sauce.



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Squash: It's the favorite summer squash of the season! All summer squash and zucchini can be used interchangeably. Store unwashed in a perforated plastic bag in the vegetable bin of your fridge. They should keep for more than a week.

Cucumber: Refrigerate in a sealed plastic bag in the crisper for up to a week, cucumbers keep very well. Keep away from tomatoes, apples and citrus, which accelerate their ripening.

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.

Red Onions: These fresh onions are not yet cured, so you can store on the counter or put in the fridge like we do! Red onions are sweeter.

Yellow Onions: These yellow ones have been cured; store in pantry!

Basil: Basil is very sensitive to cold and will darken if exposed to cold 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.

Dieting

We often hear, or overhear, customers using “dieting” as a verb or declaring that they are “on a diet.” Being in the direct-to-consumer food provider business, we observe the trends as they ebb and flow, as experts and influencers extol the virtues of vegan diets or paleo or keto or intermittent fasting or carnivory, or any variation thereupon. We pass no judgment on your decisions to choose certain foods and avoid others, since we do too, according to our individual health needs. From our perspective, it’s the quality of the ingredients in your diet that truly makes the difference in your health. The key is that those fruits and veggies be nutrient-dense and free of potential toxins. We are glad you found good food for whatever dietary quest you find yourself upon.

Let’s start on the plant-centric side of the continuum of foods considered nutritious. There is some degree of sensitivity among these folks as each one has come to the conclusion to eat their way for differing reasons. Whether they have animal welfare concerns, or just feel yucky after eating red meat, consuming a plant based diet works for them, and who are we to question their experience? Armed with the knowledge on how to meet their bodies’ nutritional needs, anyone can be strong and healthy while avoiding animal fats and proteins. The fundamental issue is the quality of the foods eaten to achieve such goals.

I know that one friend reading this is a vegetarian marathoner. As a CSA member and regular farmers market shopper and true friend going on two decades, she eats lots of organic whole foods with simple recipes in the appropriate proportions. She’s our up-close case study showing us that consuming complex carbohydrates (aka fresh produce) fuels your body, if you balance your proteins well. Rock on you beast!

To grow nutrient-dense vegetables, we have to start with nutrient-dense soil. Ours is rich and microbially diverse, and that soil provides a balance of nutrients to the plant, including micronutrients like selenium, molybdenum, iron, manganese, and dozens of other minerals. When you eat, the minerals get transferred to your body, where they are necessary at the cellular level for your body to do things like run a marathon! In the next order of magnitude larger, there are all the enzymes, vitamins, sugars, flavonoids, anthocyanins, antioxidants, and other big-word biological compounds that are essential for your body’s various systems, from circulatory to muscular to nervous to endocrine. And that’s just counting the cells that belong to you—don’t forget you have microbial communities living in and on your body, and they are vital to your body’s function, too. A NIH initiative called

the Human Microbiome Project sought to study our helpful microbial hitchhikers, and the data seems to confirm that consuming a diverse array of nutrient-dense plants benefits gut health. So yes, eating lots of whole organic fruits and vegetables is essential to being a healthy human!

No matter what nutritional regimen you have determined for yourself, all kales are not equal. Research done at the UK College of Agriculture, Food, and Environment (UK CAFE) Horticulture Research Farm documented that vegetables grown in rich organic soils with no toxic chemical applications had a much more robust plant biome than the same crops grown conventionally with chemical fertilizers, insecticides, and fungicides. Translation: healthy soil = healthy plant. And when plants are healthy, we find that they are also resilient; potential pests and pathogens have trouble imposing their will on healthy plants. In fact, healthy plants actually create defense mechanisms against the initial intrusion of pests, when the soil gives them the raw materials to do so. Doesn’t it stand to reason we would benefit more from eating these linebackers of the plant world, than from eating their punier, more vulnerable counterparts?

Then there is the concern over the gradual accumulation of toxins from eating fruits and vegetables sprayed with synthetic chemicals that could remain in or on the food, especially if this is most of what you eat. Google “dirty dozen” and a list of potentially pesticide-laden foods to avoid will come up ahead of Clint Eastwood. Yet another reason why all kales are not created equal. While much research remains to be done, dietary pesticide exposure has been linked to cancer, type 2 diabetes, and coronary heart disease. If you avoided “unhealthy” foods with perfect accuracy, but your “healthy” foods were coated in chemicals, you would still be exposing yourself to risk.

Here at Elmwood Stock Farm, we consistently eat meat, poultry, and dairy products as part of our diet. We are comfortable doing so since the nutrients offered by our organic grass-fed animals match our bodies’ needed blend of fats and proteins. Modern feedlot beef cannot say the same, nor can they deny the use of antibiotics, steroids, fermentation modifiers, and systemic parasite eradication solutions on the animals. Not to mention, our pasture plants enhance the flavor of our meats and eggs, as many of you will attest. So to those of you looking for the right kind of fat, protein, and flavor, look no further.

We all have to break our diets on occasion to accept a loved one’s hospitality. I say go ahead and enjoy it, knowing that as a CSA customer, you eat only the good foods in your other meals: wholesome organic fruits, veggies, and meat raised right. No matter what diet you stick to, thank you for paying attention to your body and considering what to eat. Consume what makes you feel healthy and strong. —Mac