

BAMYA (OKRA AND MEAT STEW)

Adapted from amwhatieat.com

1-1.5 lbs stew meat, beef or lamb	1/5 tsp cinnamon
kosher salt	5 c water
1.5 Tbsp ghee or neutral oil	1.75 lb okra, cut in 1/2" rings
1 medium yellow/white onion, chopped	5 Tbsp tomato paste
1 bay leaf	1 lemon
1 tsp allspice	1.5 Tbsp ghee or neutral oil
½ tsp coriander	5 cloves garlic, finely minced
½ tsp cardamom	1 handful cilantro, minced

1. Generously salt the meat pieces.
2. Heat ghee in large pot with heavy bottom. Sear meat in pot over high heat, working in batches to not crowd the pot. Sear until all sides of meat are browned, then transfer to a plate.
3. Lower heat to medium. Add onions and cook 5 minutes until soft. Add meat back to pot with spices and bay leaf. Stir to combine. Add water, increase heat to boil, then lower to simmer and cover. Cook until meat is fully tender.
4. Add tomato paste and stir to incorporate. Add okra and stir. Increase heat to a boil, then reduce to simmer and cover 25 minutes until okra is tender.
5. Heat ghee in small frying pan over medium heat. Add garlic and cilantro and fry, stirring continuously until fragrant and garlic is golden.
6. Add to pot and stir to incorporate. Add juice of 1 lemon. Cook 5-10 minutes more, then serve hot.

OTTOLENGHI BUTTERNUT SQUASH SALAD

Adapted from foolproofliving.com

2 lbs butternut squash, peeled, cubed	2 garlic cloves, minced
2 red onions, in wedges	1 Tbsp water
3 Tbsp olive oil	2 Tbsp pine nuts, toasted
½ tsp kosher salt	1 Tbsp za'atar
¼ tsp black pepper	1 Tbsp italian parsley, chopped
3 Tbsp tahini paste	1 c bulgur, cooked
2 Tbsp lemon juice	

1. Preheat oven to 425 F. In a bowl, drizzle butternut and onion with olive oil and sprinkle with salt and pepper, stirring to combine. Spread evenly on baking sheet. Roast 20-25 minutes, then remove and let cool.
2. Whisk together tahini paste, lemon juice, garlic, and water in small bowl.
3. Once vegetables are cool, place in large salad bowl. Add bulgur and gently stir. Drizzle dressing over the salad and stir gently. Sprinkle with za'atar, pine nuts, and parsley. Serve.



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Okra: Keep okra in a paper bag in the fridge. It will store for a week. A small bit of black streaking is normal. Wash and cut just before use.

Fall Squash (honeynut, butternut, spaghetti): Store in cool, dry, dark place, but ensure they do not freeze. They can keep up to 3-4 months, but once cut, you can wrap them in plastic and refrigerate 5-7 days.

Cabbage: These have remarkable storage capacity. Keep dry, unwashed cabbage in the crisper. If the outer leaves lose their firmness, discard. Once cut, wrap in a sealed plastic bag and continue to refrigerate; it should keep several weeks more.

Leafy greens: Store unwashed in its plastic bag. Or chop, wash, and dry with a salad spinner, and return to plastic bag with a dry paper towel to absorb moisture. Always refrigerate.

Potatoes: These potatoes are freshly dug and not yet cured. These should be stored in the refrigerator in a paper or perforated plastic bag in the dark. When ready to use, scrub well, peeling is optional.

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.

Push Me, Pull You

We are dedicated to informing our shareholders about the value of consuming organic foods. We describe the biological systems that are the foundation of farming systems. We discuss methods of managing nutrients with the hope of connecting your personal values with your health and with your little piece of the earth. Your food choices are a vital part of a sound food system. Little decisions about what food to eat may seem trivial, but nothing is further from the truth.

All the stars are lining up about the health benefits of consuming certified organic foods. Be it pesticide-free fruits and vegetables, or grass-fed meat and milk, the medical community is getting on board with the message. Not one weekend farmers market goes by without at least one customer coming up to the booth looking for these foods on the advice of their doctor. Please do not wait for a diagnosis; avoid the diagnosis altogether. Food is medicine!

Some people eat compromised foods because they think organic foods are hard to find, but we try to remove that factor from your food choices. What could be easier than picking up a bag chock full of wholesome organic veggies once a week, with pastured meats and eggs right alongside? You can customize your share to fit your taste buds. You can also shop our website, or come to the farm store during the week, or come to the farmers markets. On top of that, grocers like Good Foods Co-op in Lexington partner with us and our fellow local organic farmers to ensure you have access as well. They go the extra mile to source organic foods from other organic farmers across the country to stock the shelves during our off-season, because it is that important. Your decision to eat organic means tons of toxic synthetic fertilizers go unused and thousands of gallons of toxic synthetic pesticides go unsprayed. Your choices strengthen our food system.

The idea that organic foods in the grocery are somehow less organic than local-organic is wrong. The integrity of the regulated organic food system is beyond reproach. The documentation and inspection methodology is the same for them as it is us. Trust the process! We have friends such as the leafy greens farmer in Florida and the organic peach farmer in Colorado who have developed very sophisticated methods of growing these foods for the wholesale market, and we seek them out to eat any time we don't have any from right here at home.

I doubt any of you would walk into CarMax and ask for the cheapest car on the lot, without consideration of the dependability of the engine and drive train, braking systems, emissions, fuel economy, safety features, much less comfort, sound systems, and air conditioning. Please do not be misled by "no spray" or "organic methods" claims. Since they are not verified by a third party, anyone can make those claims. When more people make food choices with the same level of scrutiny that they do when purchasing a car, the more good food will be available.

The Organic Association of Kentucky (OAK) is dedicated to making more organic foods be available in Kentucky, by helping farmers transition their farming methods to be compliant with the organic regulations. OAK's mission also guides us to educate consumers about the value of organic eating. OAK offers so many invaluable resources to growers like us, and they help close the loop on a local and organic food system right here in the Commonwealth.

Your support of Elmwood Stock Farm has allowed us to create a viable food production system. By buying local organic foods, your investment not only helps us, but strengthens the local economy, improves public health, and curbs the use of toxic chemicals in the Bluegrass region. By purchasing organic foods at retail outlets, you are developing systematic supply chains that support organic farmers of other crops in other regions. As you pull our products into you kitchens, we will push more out there for you to have. Look for the Certified Organic seal when you shop. - Mac Stone

Fall CSA signups are open!

Reserve your spot at

<https://elmwoodstockfarm.com/csa/about-csa/>

Remember to use your CSA credit!

If you sign up for Fall CSA, you can carry your credit forward. If you end with summer, be sure to your credit by the end of the season. To see your credit:

- 1. Log in**
- 2. Click Account Activity**
- 3. View your Credit On Account**

Email hello@elmwoodstockfarm.com or call 859-621-0755 with any account questions. Thank you!