

BBQ CHICKEN DRUMSTICKS

Adapted from pioneerwoman.com

2-3 lb chicken legs

Cooking oil

salt and pepper

Elmwood Stock Farm BBQ Sauce

1. Preheat oven to 425 F. Brush a baking sheet with cooking oil. Season drumsticks with salt and pepper. Place onto baking sheets without letting the pieces touch, using a second baking sheet if necessary. Bake until drumsticks are very tender and beginning to brown, 35 to 40 minutes.
2. Turn drumsticks over and brush generously with barbecue sauce. Return to oven and bake until glazed, about 5 minutes.
3. Turn drumsticks again and brush generously with sauce. Bake until sticky and glazed, about 5 minutes more. Serve with extra sauce according to taste.
4. Note: This recipe scales easily to feed a crowd. 6-7 lbs of chicken legs serves 10-12.

EASY HOMEMADE PUMPKIN PUREE

Adapted from addapinch.com

1 pumpkin, 4-6lbs

1. Preheat oven to 350F.
2. Place pumpkin on parchment-lined rimmed baking sheet and place into oven. Bake until a paring knife can be easily inserted into the skin of the pumpkin, about 1 hour.
3. Remove the pumpkin from the oven and allow to cool for about 30 minutes. Slice the pumpkin in half with a knife, then scoop out the seeds and membrane. Reserve seeds for roasting.
4. Scoop out the soft pumpkin flesh with a large spoon and place into blender. Puree to desired consistency. Strain to remove any remaining stringy pieces and store in an airtight container in the freezer for several months, or in the refrigerator for up to three days. Typically yields about 2 pounds puree.
5. Use in recipes calling for canned pumpkin puree: pies, soups, cakes, pancakes, pumpkin bread, pumpkin bars, baby food, muffins, etc.



Summer CSA News



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Be sure to RENEW FOR FALL, as only one more week of summer season.

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, pumpkin): Store in cool, dry, dark place, but ensure they do not freeze. They can keep 3-4 months, but once cut, wrap them in plastic and refrigerate 5-7 days.

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.

Apples and Pears: For consumption within a week, simply leave them out of the sun on the counter. For use within several weeks, refrigerate. Frozen apples can be used in applesauce, pies, crisps and muffins.

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.

Fall Foodie Fun

Now that the end of this summer season is in sight, we hope you are looking back fondly on a season of good eating. Not only that, we hope you're thinking ahead to the fall and winter months where days are short and temperatures get colder. Maybe you froze some summer goodies along the way. We also want to whet your appetite for all the good foods we have in the works for the fall shares.

First, you should know that the fall CSA subscriptions are much the same as in the summer season with vegetable shares, egg shares, meat shares, coffee shares, and bread shares available. No flower shares. The fall season runs for 10 weeks.

The weekly schedule will be very similar, with two exceptions. (1) We don't make our regular distributions on the week of Thanksgiving as so many people travel, and (2) some pickup locations do not continue into the fall. We can't offer porch pickup when it's cold and frosty in December. Be sure to check the options on the signup page; pick your day of the week, and you'll see all the locations for that day.

When it comes to the fresh fruits and vegetables available to CSA members, there's a gradual but noticeable shift as the fall season goes on. Since first frost in this area is usually during the first two weeks of October, the early shares should still have those precious last tomatoes, peppers, and other summer goodness before the frost/freeze wipes them out until next summer. Yes, that's eight months of waiting, so get all you can! You may have already sampled the beginnings of our fall squash in the form of delicata, then honeynut, then spaghetti, then butternut, then maybe a pumpkin this week. Fall crops should become more prevalent in your CSA shares as time goes by. We time the planting and harvest of these crops so the fruits should store well into winter. We encourage you to think about your holiday menus and curate your shares to prepare for your big gatherings. It's a treat to share the experience of eating healthy, local, organic, delicious foods with loved ones.

As you have learned this summer, if not before, the greens and lettuces are so fresh, they often keep well through the entire week. Fall greens are phenomenal, and as always, it's all thanks to the biology. As the average temperature drops and we have frosty nights, the plants grow at a slower pace. Since we often see lots of sun in the fall, the plants are still photosynthesizing all those rays, but cells are not multiplying as fast, so each and every one gets packed full of sugars and flavors, for us to enjoy. It also seems to help them stay fresh longer too. This is true for broccoli, if we time it right. Broccoli plants form their crown at a certain stage of maturity, but the wild temperature swings we often see around here can throw it off. We're optimistic the timing will work this fall.

Years ago, the farm used to slow down in the fall with no weekly harvests. But we were eating good food from gleaned summer crops, and then in subsequent years, we planted some fall veggies to share with the few folks still looking for homegrown well into the fall. Now we grow lots, and many of you are excited to have access to it. We've put infrastructure like high tunnels and row covers in place to extend the season even further, year round when we're lucky. It's just one of many examples of how your support has been so instrumental in the growth and development of our entire farming operation.

We are seeding, planting, and tending these crops now, and we want you to be thinking about it as well. Some members tell us they need a break from the flow of veggies into the kitchen, but then within two weeks they rejoin CSA because they forgot what it was like to search for wholesome organic veggies at the supermarket. Secure your supply now. It helps us all rest easier, knowing where your food is coming from. —Mac Stone

Fall CSA signups are open!

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

ONLY ONE WEEK LEFT* 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 use your credit by the end of the season, or we will apply it towards donated food for those in need.**

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!