

ARUGULA GREMOLATA, GORGONZOLA, WALNUTS & MORE

Adapted from a Mollie Katzen recipe, yields 4 servings

¾ pound farfalle (bow-tie pasta)	2-3 T golden raisins
2-3 T extra virgin olive oil	1 C cherry size, or diced fresh tomatoes
¾ C arugula gremolata (recipe below)	½ C minced walnuts, lightly toasted
½ C crumbled Gorgonzola	freshly ground black pepper

1. Cook the pasta in plenty of boiling water until al dente.
2. Drain and transfer to a serving bowl. Toss with the olive oil.
3. Add the remaining ingredients, except the walnuts and pepper. Toss until combined.
4. Serve immediately, topped with walnuts and black pepper.

Arugula Gremolata

2 C loosely packed arugula, about 2 ounces
4 tsp finely minced garlic
4 tsp finely minced lemon or orange zest
salt and freshly ground black pepper

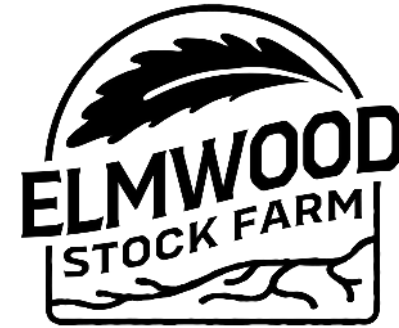
1. Combine arugula, garlic and lemon zest in the bowl of a food processor.
2. Pulse to finely chop, don't puree.
3. Season to taste with the salt and pepper.

GINGERY BUTTERNUT SQUASH SOUP WITH APPLES

Adapted from Simply In Season by Mary Beth Lind and Cathleen Hockman-Wert

2 onions, chopped
2 T fresh ginger, peeled and minced
1 T oil
2 apples, peeled, seeded and chopped
1 butternut squash, peeled, seeded and cut into cubes, approx. 2 C
4 C chicken or vegetable broth
bunch fresh parsley (optional for garnish)

1. In a large soup pot, sauté onion and ginger in oil until onion is translucent.
2. Add other ingredients and bring to a boil.
3. Reduce heat and simmer until squash and apples are tender.
4. Puree in blender until smooth.
5. Salt and pepper to taste.
6. Garnish with chopped fresh parsley (optional) and serve.



Summer CSA News



Sept 29-Oct 5, 2025
Final Week, 20 of 20
Volume 22, No. 37



**Be sure to RENEW FOR FALL, as THIS IS
THE LAST WEEK of the summer season.**

Okra: Keep okra in a bag in the fridge and it will store for a week. A small bit of black streaking is normal. Wash and cut just before use. To freeze: wash, cut and lay out on a baking sheet in the freezer. Scoop up frozen pieces and store in a container in the freezer.

Fall Squash (butternut, spaghetti, pumpkin): Store in a cool, dry location and ensure they won't freeze. Squashes and pumpkins can keep 3-4 months, but once cut, refrigerate and use within 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: To speed up ripening, put in a closed bag on the counter and check periodically. To keep for later, put in the fridge, and pull out a day or two ahead of when needed.

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.

CSA: The Eating Seasons

Scene 1 - Summer Season

With the Autumnal equinox recently behind us, we are officially more than half way to the shortest day of the year. It is also the summer season's last week of harvest and pick up. We have worked hard to provide you wholesome fruits and veggies for the past 20 weeks. Mother Nature seems to send some kind of character building challenge each year, this one was the late, wet spring followed by the extremely dry summer, which we all are still feeling the consequences. We appreciate the kind words from many of you about how much you have been enjoying your weekly share. We also appreciate the great many of you that are our ambassadors in the community in support of our relationship, encouraging others to join, and expanding our capabilities. The majority of our members are staying with us for the Fall Season CSA, while the others we hope to see at the farmers market this fall and winter, which goes year round.

Scene 2 – Fall Season

Each fall, a harvest moon appears, usually adorned with a ring, known as a winter halo. Lore has it that the number of stars inside the ring is the number of days until a big season-changing storm will arrive. This year's harvest moon will happen on Monday, October 6, and we look forward to the supermoon. Soon after, we will begin preparing for the Fall Season CSA. We have harvested potatoes, onions and garlic, while the sweet potatoes and winter squashes need to finish sizing up before we complete their harvest. The weather is good for the greens and root crops and broccoli and cabbages. We used to end the season not long after the first frost, but with your partnership continuing all year long, we can now proudly say it takes lots of freezing weather to knock us out. If you have signed up for fall, you will begin distribution immediately following the summer season, next week.

Scene 3 – Turkey Season

We are now taking sign-ups to reserve your Thanksgiving turkey. The birds are sizing up nicely so get your order in ASAP to reserve the size and breed that you want. We want to ensure you secure the size and type of turkey that is right for your plans and your group size. We are offering both the very special heritage breed, hatched from our breeding flock, along with the traditional broad breasted, raised on pasture, as they should be. All are USDA Certified Organic. Find all the details and place your order on our website.

Scene 4 – Winter/Spring Season

The offering for our Winter/Spring Share comes into view in October as we bring in the rest of the storage crops that we clean, cure, store, and distribute from January until things run out in the late spring. Additionally, summer crops like tomatoes and peppers in the high tunnels are cleaned out, the soil prepared for new crops, and we lay out and plant the leafy greens, root crops, and other items that can take the cold weather temperatures.

Scene 5 – All Seasons

We do hope that you continue with us for the Fall CSA Season It runs 10 weeks (we skip Thanksgiving week, and we end the week prior to Christmas.) We'll have loads of veggies and tree fruit for you, along with eggs, breads, coffee, jarred items, dried herbs and spice mixes, and all the farm-grown organic meats. At the end of the year, we'll share more details about the Winter/Spring CSA season. We are excited to offer year-round memberships starting in 2026, along with regular summer only or fall only shares!

This time of the year, we are always a little puzzled when people at the farmers market ask us if we are going to be set up the following week or how long we are going to be attending this fall. For better or worse, Elmwood Stock Farm has only missed attending an official Lexington Farmers Market Saturday market maybe once in over 25 years. The streak continues this year as we will be setup in Tandy Park Pavilion downtown through October, followed by weekly Saturday morning attendance at the indoor location at Greyline Station all winter in Lexington. We also will be attending the Hyde Park Farmers Market through October, and then move to the Winter Hyde Market indoors at Madtree Brewing, Cincinnati through the spring.

Closing Scene – Eating Season

Growing vegetables year-round is not easy. I realize that eating locally grown vegetables year-round is also not easy. This being the last week of the summer season, we all want to make sure you know that we greatly appreciate your support. Not just the financial commitment you made last spring, but the relationships and community we have developed. Thank you for your starring role in our version of Elmwood Stock Farm's "CSA: The Eating Seasons." —Mac Stone

Do you know if you have farm credit? Check and See!

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

Reminder that farm credit can carry over and be used for extras during the Fall Season if you continue CSA.

If you end with summer, be sure to use your credit by Oct 5, or we will apply it towards donated food for those in need.

Email hello@elmwoodstockfarm.com or call the farm 859-621-0755 with any account questions.