

CRISPY PARMESAN POTATOES

Adapted from simplyrecipes.com

2 Tbsp olive oil	½ tsp cayenne (optional)
3 garlic cloves, finely grated	1 Tbsp finely chopped parsley
½ tsp kosher salt	1.5 lbs potatoes, cleaned, patted dry
¼ tsp ground black pepper	2 oz grated Parmesan

1. Preheat oven to 400F. Line baking sheet with parchment paper.
2. Mix olive oil, garlic, salt, pepper, cayenne, and parsley in large bowl.
3. Cut potatoes into ~1" chunks, adding to olive oil mixture as you slice. Toss with oil mixture until coated. Add Parmesan and toss until just coated.
4. Place potatoes on baking sheet in single layer. Roast until fork-tender and Parmesan is deep golden brown, 25-35 minutes, rotating the pan halfway.
5. Remove from oven and let sit 5 minutes. Transfer to serving platter and top with more parsley if desired. Serve immediately.

CHAI-SPICED BUTTERNUT MUFFINS

Adapted from ambitiouskitchen.com

⅓ c butter	1 ½ tsp cinnamon
1 heaping cup pureed butternut squash	½ tsp ground ginger
2 large eggs, at room temperature	½ tsp cardamom
½ c honey	½ tsp allspice
3 Tbsp milk	¼ tsp salt
2 tsp vanilla extract	½ c powdered sugar
1 ¾ c whole wheat pastry flour	1 Tbsp honey
1 tsp baking soda	1 Tbsp butter, melted
	pinch of sea salt

1. Preheat oven to 350F. Line 12-cup muffin pan with liners and spray liners with nonstick spray.
2. Add butter to saucepan and place over medium heat, whisking constantly, removing from heat when butter begins to brown. Transfer to medium bowl and let cool 5-10 minutes.
3. In a large bowl, add squash, eggs, honey, milk and vanilla extract. Whisk until smooth. Mix in brown butter.
4. In separate large bowl, whisk together flour, baking soda, cinnamon, ginger, cardamom, allspice and salt. Add dry ingredients to wet ingredients and mix until just combined. Pour into muffin cups.
5. Bake 20-25 minutes, removing from oven when toothpick inserted into muffin comes out clean or with just a few crumbs attached. Allow to cool in pan a few minutes, then transfer to wire rack to cool completely.
6. In small bowl, mix together powdered sugar, honey, and melted butter until smooth. Add sea salt. Spoon about ½ Tbsp glaze onto each muffin.



Fall CSA News



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Fall Squash (butternut, spaghetti, delicata, sweet dumpling, pumpkin): Store in a cool, dry location, but don't let them freeze; 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.

Celery: Recut the ends and refrigerate standing in a jar of water. It should keep for up to two weeks. Be sure to use the leaves, the best part! If frozen, celery maintains its flavor and is best used in soups. To freeze, slice and spread on baking sheet; place in freezer. Once frozen, store in airtight container.

Carrots, Radishes, Beets, Turnips: Remove the root from the greens if they are attached and store separately in the fridge.

Sweet Potatoes: Store sweet potatoes at room temperature and they will keep for weeks or months. Refrigeration will cause them to harden and turn black when you cook them!

Organic Certification: Well Worth the Effort

Inspectors from the Kentucky Department of Agriculture (KDA) came to our farm last week for their annual visit to renew our organic certification. We met them at the picnic tables, prepared several boxes full of this year's records of seeds purchased, vegetables harvested, vegetables sold, head counts of our herds and flocks, feed records, and pasture schedules. When you've been certified as long as we have, it's a routine we are used to and we know what to expect. Still, we take time to make sure everything is complete and in order.

The certification part of being a certified organic farmer involves a rigorous third party verification and inspection system that validates our ability to meet or exceed the federal regulations. The regulation requires us to open our records in an efficient manner, so the certification agency can efficiently evaluate our compliance. We now keep lots of records required for certification, but the commitment to comply with the regulations has made us better farmers.

Fortunately for us, KDA is accredited to administer the USDA Organic Certification Program. All recent KY Commissioners of Agriculture have seen the value of organic food production in Kentucky and have dedicated staff to administer the program. This has greatly reduced the cost to us and other Kentucky producers, otherwise we would have to pay expenses for out-of-state inspectors to come. KDA staffers work closely with the universities and grower groups on educational programs as well.

Really, this year's renewal began 10 months ago, when we submitted our annual application. We submit an Organic System Plan each year, outlining our production system in minute detail. We not only describe soil health and crop rotation plans, but every seed sourced and when it was harvested or procured. We also have to provide details about our stewardship practices, demonstrating that we take care to minimize our impacts on soil, waterways, and wildlife. Then, there is another 20-something page OSP for the livestock. How many do we have, how do we tell one all-black cow from the next, where did they come from, how do we rear them, what do they eat, what environment do we keep them in, what happens if they get sick, what is our animal welfare philosophy? It all goes in the plan.

And then, they want to know what all the neighbors are doing! The organic standards are so strong that we are accountable for pesticide use on land immediately surrounding ours. Not only have we communicated with all our neighbors about our interest in them not causing some contamination issue on our side of the fence, but we still maintain a buffer zone away from some of them, just in case. The inspector checks to make sure our plan is adequate.

Then, the application is put to the test during the inspection. The inspectors tour the fields, but they arguably learn more during the crop audit trail, a key element of the inspection process. An inspector chooses one crop at random among the seventy-plus that we grow. We must be able to document where the seed came

from and that it came from an approved source. Then we have to show how much was planted and where, and how much it yielded. Finally, we have to show how much we sold. This verifies that the production is plausible and we are not sneaking in something from somewhere else. The audit process is similar for livestock: we have to prove that all our animals were either born on the farm or purchased from an approved source, and that the quantity of feed and/or forage we gave them makes sense for the size of the herd or flock. No contraband animals or feed here.

So, because we don't know which crop or animal species the inspector will choose to audit, we need to have all those records prepared for everything! If it weren't for the certification process, we may not have bothered to keep so many records. But it turns out that all this recordkeeping actually comes in handy not just for the inspection, but for next year's production planning too. We learn from our records, which makes us better farmers.

With our cropping system well defined and the grazing plan refined, it is easier to verify our compliance with the regulation. Everything we do is clear, out there in the open, and documented. KDA ultimately decides whether to certify us again or not. But we also get some helpful recommendations out of the inspection. We can tweak our processes or our recordkeeping so we can learn more for next year and improve our sustainability.

Because the inspectors' staff time to certify all this is covered by state government, the fee we pay is less than certification through a private organization. In KY at least, high cost is no reason not to certify. In return, we receive a third party's stamp of approval that our products are the real deal, and therefore, permission to use the organic logo on our products. An objective third party is what sets our products apart from others that claim to be "pesticide-free," "no-spray," or "produced with organic practices." It's a lot of work to maintain organic certification, but we (and you) think it's worth it! Thank you for your support. —Mac Stone

Have you pre-ordered your holiday turkey?

Learn more about our turkeys and reserve the size and type that works best for your gathering. Certain sizes do sell out, so be sure to make your plans and order soon!

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