

CHICKEN AND BOK CHOY RAMEN

Adapted from healthyseasonalrecipes.com

3 Tbsp avocado oil	3 Tbsp tamari
4 chicken thighs, deboned, skin removed	2 Tbsp mirin
1 tsp coarse kosher salt	½ tsp crushed red pepper flakes
2 shallots, finely chopped	2 packs instant ramen noodles, flavor packets discarded
4 c sliced shiitake mushrooms	6 c bok choy, chopped
6 c chicken bone broth	3 Tbsp red miso paste
2 star anise	4 large eggs, hard-boiled, halved
3 Tbsp chopped ginger	½ c thinly sliced green onions

1. Heat oil in a large pot over high heat. Add chicken and salt. Sear 4-6 minutes until golden. Flip and cook 3 more minutes until browned. Set chicken aside.
2. Add shallots and mushrooms to hot oil in pot and cook 3 minutes, stirring constantly. Add broth, star anise, ginger, tamari, mirin, pepper flakes, and chicken. Bring to simmer then reduce heat and cook about 4 minutes.
3. Transfer chicken to cutting board and chop. Add chicken back to the soup.
4. Increase heat to high, add ramen noodles and bok choy to pot. Cover and simmer, stirring occasionally. Reduce heat and simmer 2-4 minutes.
5. Remove from heat. Discard star anise. Ladle a half-cup of broth into heatproof bowl, whisk in miso paste, then stir back into the soup.
6. Divide noodles among four large bowls. Arrange chicken and bok choy over the noodles. Pour broth into the bowls. Top with eggs and green onions.

RICOTTA AND PEAR CROSTINI

Adapted from ambitiouskitchen.com

1 baguette, cut on bias in 1/2" slices	8 oz ricotta
olive oil, for drizzling	½ lemon, juiced
<u>Nut crunch mixture</u>	zest from 1 lemon
¼ c shelled pistachios	salt and pepper to taste
¼ c pumpkin seeds	18-20 slices prosciutto, rolled
½ Tbsp honey	2 pears, thinly sliced
sea salt	1 c arugula

1. Preheat oven to 400F. Place baguette slices on a baking sheet and drizzle with olive oil. Bake 7-10 minutes until toasted along edges.
2. Meanwhile toast pumpkin seeds and pistachios in skillet over medium heat for 3-5 minutes, stirring frequently. Turn off heat and add honey and pinch of sea salt. Stir 30 more seconds to coat, then transfer to plate.
3. Mix ricotta, lemon juice, lemon zest, and salt and pepper in medium bowl. Add a tablespoon of ricotta mixture to baguette, then top with prosciutto, pear slice, a little nut crunch mixture, and a few leaves of arugula.



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!

hello@elmwoodstockfarm.com | 859.621.0755

Settling in for Winter

We had the harvest moon this month, and that meant there was a lot going on out here on the banks of the Elkhorn. What with the tomatoes holding out until now, the greens coming into their own, curing sweet potatoes, stockpiling squash, and wrangling turkeys, fall is an active time of year. Now that we've had the first frost, the farm is settling in for winter with our packing shed full of food and a forecast for lots of fresh veggies to go along with it. Plus, with the shorter days we can get to the house for a simple supper and on to bed a little earlier.

We've harvested the last tomatoes of the year. At a recent family dinner we had Elmwood epic half-pound cheeseburgers with a slab of heirloom tomato to celebrate. It sure has been nice to have them this late into October—hopefully you reserved plenty in your share while they lasted. Now we turn to our jarred diced tomatoes, salsa, bbq, and marinara until next year. And from the farming perspective, we focus on getting the stakes out and irrigation tape taken up so we can disc all the vines into the soil and plant cover crops.

All we have taken away from the ecosystem this summer, in the form of tomatoes or squash, we put back with seeds. The wheat/rye/vetch seeds we use as cover crops will germinate quickly with the available soil moisture and optimum temperatures and grow steadily well into winter. Cover crops are foundational in our regenerative farming system. Think about it this way. We sow two or three fifty-pound sacks of seeds on the freshly tilled soil to generate tens of thousands of pounds of biomass to feed next year's veggies. This prevents soil erosion, and feeds our soil microbial partners, which means cover crops are carbon sequestration at its finest. The solar-powered plants feed their roots, the roots feed the microbes, while the microbes bring different dishes to the potluck to feed the roots in return, the roots feed the leaves, and the leaves protect the soil. Keep this beautiful cycle going, and we'll have juicy, flavorful tomatoes and squash again next year.

We run the winter squash through the brush washer to get leaf debris off before storage. The crew grades them for size and quality as they work through them. Seemingly the hot dry summer kept foliar diseases at bay, because most skins are firm and blemish-free compared to previous years, giving us optimism for a long shelf life. We hope you sample the varieties and maybe discover a new favorite. The smaller single-serving varieties are my favorite, easy to handle, unintimidating, and have great flavor.

There is always great anticipation to the unearthing of the sweet potatoes each October. Suffice it to say, we are quite pleased and you can rest easy, the tubers sized up well and the skins are tight and firm. To preserve this quality we lay them out on trays to wash each and every one with a 2000psi sprayer nozzle. The cleaner they are the better they will keep. The trays are stacked to allow them to

air dry before rolling the pallets into the curing room, where they spend two days at 95 degrees, to set the skin. This curing process is crucial to maintain quality long into winter. When they come out of the curing room, they are graded into bins by variety and size. The bins are stacked taller than me, and the colors are so nice this year that they look like they are filled with garnets and sapphires. We are rich indeed, knowing we'll have these gems to nourish us through the cold and dark months.

This is prime time for leafy greens. The chilly temperatures to come may actually improve their flavor. The leaves grow slower in the cooler weather but the days are still long enough for photosynthesis to pack them with lots sugars and flavor. We are standing by with row cover blankets to protect them when the really frigid temperatures arrive. With the row covers, we get an additional 3-5 degrees of protection for them, which means we can harvest them well into December, usually. If the days are warm and sunny, we remove the covers to allow the plants to get the direct rays of the sun and allow the soil to heat a bit more. Then they get put back on at night. The high tunnels are planted on schedule for dead of winter harvesting if all goes well. Eat up.

Turkey time is not far off, so secure a bird that is right for you. With so much attention being paid to the center of the plate, be sure your offering matches your values. Our birds are raised in the great outdoors, allowed to exhibit their natural behaviors like running around, flapping their wings, roosting at night, scratching in the dirt, and chasing grasshoppers. No pesticides were involved to grow them or grow their feed. We know this is how you would like it to be. You, our customer, have helped preserve the heritage breeds we maintain with our breeding flock. It is not cheap or easy to raise these magnificent creatures, but we agree it's the right thing to do. Thanks for your support.

As you can tell, October is a busy, yet rewarding time of year for us. Much of our hard work all summer comes to fruition in the fall. Before you know it, the snow will be flying and the nights will be long. It feels good to have the fields seeded, the shed full of veggies, and the high tunnels green and growing. As we settle into winter, enjoy the fruits of our labor. We can do it for you, but we couldn't do it without you.—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!

<https://elmwoodstockfarm.com/turkeys>