

GLAZED SWEET POTATO WEDGES

Adapted from MyMagazine

2 sweet potatoes, cut in thick wedges	1 tsp dark sesame oil
2 Tbsp olive oil	½ c mayonnaise
½ tsp salt	1 tsp sriracha
¼ tsp black pepper	½ tsp lime juice
2 Tbsp honey	¼ tsp garlic powder
1 Tbsp low-sodium soy sauce	1 Tbsp sesame seeds, toasted

1. Preheat oven to 425 F. Line large baking sheet with parchment paper.
2. In a large bowl, combine potatoes, olive oil, salt and pepper. Spread potatoes in even layer on baking sheet.
3. Roast 25-30 minutes, flipping halfway through, until golden and caramelized.
4. Whisk honey, soy sauce, and sesame oil in small bowl.
5. Remove potatoes from oven, drizzle with glaze, then toss to coat. Return to oven 5 additional minutes.
6. In small bowl, combine mayonnaise, sriracha, lime juice and garlic powder to make dipping sauce.
7. Transfer potatoes to serving dish, then sprinkle with sesame seeds. Serve warm with dipping sauce, refrigerating any leftovers.

ROASTED SPAGHETTI SQUASH WITH TOMATOES AND SPINACH

Adapted from lastingredient.com

1 spaghetti squash	1 pint cherry tomatoes, halved
2 Tbsp olive oil, divided	1 garlic clove, minced
½ tsp salt, divided	3 oz spinach
½ tsp black pepper	Parmesan for serving
red pepper flakes to taste	

1. Preheat oven to 400F. Line 2 sheet pans with parchment paper.
2. Halve spaghetti squash lengthwise and scoop out seeds. Drizzle cut sides with 1 Tbsp olive oil and season with ¼ tsp salt, ¼ tsp black pepper, and red pepper flakes. Place squash cut-side down on a baking sheet. Roast 40-45 minutes until squash can be easily pierced with a knife. When squash is cool enough to handle, use a fork to remove the flesh.
3. On the other pan, toss tomatoes with 1 Tbsp olive oil, ¼ tsp salt, and ¼ tsp black pepper. Arrange tomatoes cut-side up and roast 25-30 minutes until wrinkled but still juicy.
4. Heat 1 Tbsp olive oil in a large pan over medium high heat. Saute garlic until fragrant, about 30 seconds.
5. Stir spaghetti squash into sauteed garlic, then fold in spinach and let wilt. Gently stir in roasted tomatoes and top with Parmesan.



Fall CSA News



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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, delicate, 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.

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.

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!

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Fall on the Farm

Thanks for signing up for the 2025 Fall CSA Share season. With some of your produce neatly tucked away and the rest growing nicely, it looks like it will be a nice fall season. While we are getting the fields ready for their long winter's rest, there is still plenty of activity at Elmwood Stock Farm.

The greens are in their prime and the chilly temperatures to come actually improve their flavor. The leaves grow slower in the cooler weather, but the days are still decently long, which means photosynthesis can pack a smaller leaf with lots of sugars and flavor. We are standing by with row cover, essentially big long blankets, to protect them when the really frigid temperatures arrive. First, though, we will likely need the row cover to protect the summer season crops that cannot tolerate any frost at all, like basil and tomatoes. They also are slower growing and have dynamite flavor, but their leaf structure is destroyed by the expansion of ice formation from the dew. With the row covers, we get an additional 3-5 degrees of protection for them. 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. Sometimes we pull them off so the bees can pollinate the flowers since some fruits will not develop without their help. Then we put the covers back on at night. It takes work to do all this covering and uncovering, but sometimes it means we can stretch the warm-weather crops' season another couple of weeks.

The fields that are not producing vegetables for your shares are seeded down with fast-growing annuals like wheat and vetch. These cover crops serve many functions in our sustainable soil-building system. By blanketing the soil with a mat of grass and legume plants, we encourage their root system to hold the soil in place all winter and next spring as the storms roll through. This mat also prevents erosion by preventing the heaving of soil as it goes through the freeze/thaw process off and on all winter. Preventing erosion is critical, as all the food we eat depends on just a few inches of topsoil. The less tangible benefits are their function of capturing nutrients in the soil, storing it in their leaves, rather than allowing the rains to leach them away. When we turn the fields over in the spring, the nutrients in the leaves quickly re-enrich the soil. But the coolest service that these cover crops provide is they act as host to the mycorrhizal fungi that help in mineralizing soil nutrients when warm weather returns in spring. In the case of the legumes, they actually add nitrogen and related fertility to the soil through their relationship with rhizobia bacterium.

In addition to managing row covers and cover crops, we are dismantling irrigation systems, draining pumps, and checking anti-freeze in trucks and tractors. Some pumps, pipes, and hoses can stay in place once drained; others must be gathered up and stored in a barn because they will be needed in another field next year.

Allowing the greenhouses to experience the harsh winter temperatures for a few months is part of our pest control program, but protecting the environmental system is a big "chore" each fall. The packing shed will soon get its winterizing plastic sheeting windbreak around the picnic area that serves as our staff lunch area and meeting space. The windbreak keeps those cold north winds off of us while we make plans for next season and next year.

The fall share season allows us a little more time to tend to bigger projects during the week. We have lots of numbers from the busy season to enter into our records, then start analyzing to make decisions for next year. We start securing and sourcing organic seeds and sweet potato slips soon, so the data will help is with planting intentions for next year. Our organic inspection is coming up soon, so we'll be reviewing the year's files to double-check every i is dotted and t crossed. We also have some time to get the vehicles and equipment serviced and winterized after pushing them hard all season.

Of course, we can't forget the turkeys who are the star of the season. Our flocks have been sizing up since the spring, and we have waited on them hand and foot, or is it wing and talon? Our main job now is to spread the word about why our organic, pasture-raised turkeys, both heritage and broad-breasted, are so special. Keep an eye out for yours truly on your social media feed where I'll be sharing turkey facts (and a knock-knock joke or two). Our abattoir drop-off and pickup schedule is booked solid for the next six weeks, and we'll be carefully inventorying every bird. And in the final weeks before Thanksgiving, we will reconfigure our packing shed with a turkey shipping space, part assembly line and part Santa's workshop. It creates a special atmosphere when we imagine all the tables where our turkeys will be the centerpiece, and all the families who will enjoy a wholesome feast together.

Thanks again for signing up for a fall share. We are proud of what we have to offer and proud of your support. As you make your holiday plans, we would be honored to provide the bird and all the trimmings that go along with it. Come see us at the farm store or at the market. - Mac Stone

Have you pre-ordered your holiday turkey?

Learn more about our turkeys and reserve one for your gathering today:

<https://elmwoodstockfarm.com/turkeys>