

APPLE CINNAMON GRANOLA BARS

Adapted from applesfromny.com

½ c honey	1 ¼ c rolled oats, toasted
¼ c light brown sugar	½ apple, finely chopped
¼ tsp vanilla extract	¼ c dried cranberries, finely chopped
	¼ c unsalted almonds, chopped
	1 tsp ground cinnamon

1. Spray a 9"x9" baking pan with cooking spray and line with parchment.
2. In a small saucepan, heat honey, brown sugar, and vanilla extract over medium heat until sugar is dissolved.
3. In a medium mixing bowl, stir together oats, apple, dried cranberries, almonds, and cinnamon. Add honey mixture to dry ingredients and mix well to coat.
4. Press mixture evenly into baking dish using gloves or plastic wrap.
5. Refrigerate for at least an hour before slicing. Makes 10 servings, pack as a snack for any occasion!

SIMPLE MASHED POTATOES

Adapted from wishbonekitchen.com

2-2.5 lbs gold potatoes, peeled, into 1"half-moons	3 cloves garlic, peeled, smashed
salt	6 sprigs fresh thyme
1 stick unsalted butter	2 sprigs fresh sage
1 ½ c whole milk	1 Tbsp kosher salt
½ c heavy cream	4 whole peppercorns
	chopped fresh chives, as garnish

1. Submerge potato pieces in cold water immediately to prevent oxidation. Soak up to 45 minutes.
2. Transfer potatoes to large pot and cover with cold water by at least 1". Season to taste with salt. Bring to boil and simmer 10-20 minutes.
3. While potatoes cook, add butter, milk, cream, garlic, thyme, sage, 1 Tbsp salt, and peppercorns to small saucepan. Let simmer 10 minutes, then turn off heat. Strain mixture and return to a gentle simmer.
4. Drain potatoes and let rest 5 minutes.
5. Mash potatoes. Without overmixing, fold in milk mixture and chives. Transfer to oven-safe serving dish, cover, and warm in 200F oven until ready to serve.



Fall CSA News



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Fall Squash (butternut, spaghetti, 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 original bag. Or chop, wash, and dry with a salad spinner, and return to bag with a dry paper towel to absorb moisture. Always refrigerate.

Apples: 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, 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!

Whole Turkey: Plan for 1.5 lbs of turkey per adult if you'd like to have leftovers. To thaw, plan to refrigerate at least 24 hours per 5 lbs of turkey. Store leftovers in the fridge up to four days, or freeze cooked turkey for longer storage. Check out the recipes on our website!

Heaping Helpings of Health

Here we are, a couple of weeks out from the most planned out and choreographed meals of the year. Travel plans have been made and sleeping arrangements are agreed upon. Sporting events and maybe a turkey trot have been blocked into the calendar. Some of us are scrambling to finish little house projects before our guests arrive. Others already know what they will be wearing. When it comes to the menu, I find it is often straddling traditional norms and a modernized new normal. Accommodating the tastes of infants, elderly, persnicketies, and macho men can be challenging, but does not have to be. Now is the time to put some thought, and love, into the feast.

Let's start with your role in "The Big Meal." The Big Meal for many is centered around a big bird. Frankly, since your loved ones have gone through so much effort to be there, there is no good reason to buy the cheapest, most industrialized version of the big bird from a supermarket. Furthermore, there may be good ethical and food safety reasons not to do so. Sparing you the full story of the living conditions, feedstuffs, and health care protocols of supermarket turkeys, let it suffice to say that the industrial turkey producers don't offer public farm tours for a reason. Sure, our pasture housing systems are costly and cumbersome, and our grains are more expensive for having been grown without toxic inputs. But come see for yourself our animal welfare standards. Because we know you to be a champion of local, sustainable, healthy food, we also know the quality of our turkeys are more aligned with your values.

The math to build a supermarket Big Bird is more than a little fuzzy to me. I heard an ad for 89 cents per pound turkeys. That's \$13.35 for a 15-pound turkey. With a feed conversion ratio of 3:1 (pounds of feed consumed per pound of live animal weight gain) and some rough estimate of GMO-laden feed cost, the feed alone would be north of \$12. I wonder how they figure that along with the cost of poults, housing, processing, and transportation? Our feed costs are way more than double that, plus we pay \$24 each to have them dressed! I have seen firsthand how supermarket birds are reared, and still eat them when presented, because my Mom and Dad ingrained that politeness in me. And since most of what I eat all year is good, a little dalliance is tolerable for hospitality's sake. But in truth, comparing a supermarket turkey to an Elmwood turkey is comparing apples and oranges.

There are likely to be office potlucks and food-centric sport spectating events on your calendar as well. Be the one to volunteer to bring a veggie-centric dish to be sure you have a few wholesome foods to chow down on. Or, tell the hosts you have a new chicken wing recipe you found, so you can eat in peace knowing they were raised right. Melt organic cheese over organic pasta, stir in some organic sautéed shiitake mushrooms and some other veggies on hand, and you've got a hearty dish

to offer. Some people will think you are weird and avoid it, which will just leave more for you to take home as leftovers. As for me, I strategically avoid puffy-sugary-white foods. The superfluity of marshmallows on sweet potato casserole baffles me!

By preparing and cooking with whole organic ingredients, it tends to be easier to accommodate loved ones with allergies. It's easy to create diverse menu options so the folks at your table with nut, gluten, and other allergies (not to mention your vegans and vegetarians) will all have something to enjoy. There are plenty of good recipes to accommodate special dietary considerations. Keep your recipes simple and let the food speak for itself.

The rise in the prevalence of food allergies seems to correlate with the industrialization of our food supply and increasing intake of processed foods, as does the rise in cancers. A French study published in the Journal of the American Medical Association concluded that a higher rate of organic food consumption led to a lower rate of certain cancers. Of course, some scientists tried to pick the results apart like a Thanksgiving turkey carcass, as is a scientist's duty. While the work remains to replicate the results, the initial study was reputable enough to make the JAMA, and the news! So, now is the time to help everyone you know up their intake of organic foods and have open conversations about all this, with the hope they will source organic ingredients on their own, back home.

We have persevered through all kinds of weather this year in order to provide all of you with wholesome organic foods well into the winter. Spinach, lettuce, hakurei, carrots, sweet potatoes, potatoes, butternut squash, cabbages, kale, turkey, beef, lamb, chicken, and eggs are all abundantly available. This means you, too, can have a higher intake of organic foods in your diet. It's up to you whether you stealthily feed wholesome foods to your guests, or crow about it every chance you get. Either way, put some heaping helpings of health on your plate, and eat a little bit of everything, to be polite. Your friends and family will thank you, and so will we. –Mac

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>