

SWEET POTATO CASSEROLE

Adapted from louisianawomanblog.com

4 medium sweet potatoes	<u>Topping</u>
1 tsp vanilla	1 c brown sugar
2 eggs	½ c flour
1 c white sugar	1 c chopped pecans
½ c melted butter	½ c melted butter

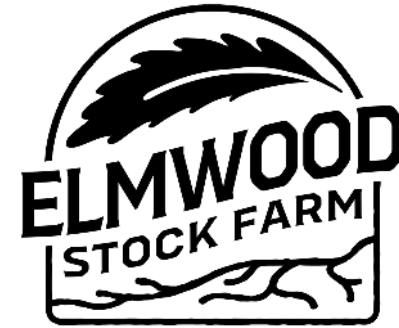
1. Preheat oven to 400F. Pierce sweet potatoes several times with a fork, then place on a baking sheet and bake 45-50 minutes or until fork-tender. Remove from oven. When cool enough to touch, scoop flesh into a bowl and mash with a fork. Reduce oven temperature to 350F.
2. Add vanilla, eggs, white sugar and ½ cup butter and mix.
3. Pour mixture into a greased 9"x13" baking dish.
4. Mix topping and sprinkle on top of the sweet potato mixture.
5. Bake at 350F for 30 minutes.

SPICED ROASTED POTATOES AND CRANBERRIES

Adapted from littlepotatoes.com

1.5 lbs potatoes, in 1" pieces	1 tsp dried thyme
3 Tbsp maple syrup or honey	1 pinch pepper
¾ tsp salt	1 pinch nutmeg
½ tsp ground cinnamon	2 c fresh cranberries
½ tsp ground ginger	

1. Preheat oven to 375F. Line a baking sheet with foil and grease lightly.
2. In a large bowl, stir together potatoes, maple syrup, salt, cinnamon, ginger, thyme, pepper and nutmeg until combined.
3. Spread potatoes on baking sheet and bake 15 minutes. Stir and bake another 15 minutes.
4. In the same bowl used to toss potatoes, add cranberries and stir until coated. Add to baking sheet and bake another five minutes until cranberries are just starting to burst and potatoes are tender.
5. Serve with fresh thyme or parsley as desired.



Fall CSA News



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Fall Squash (butternut, spaghetti, sweet dumpling, delicata): 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!

Feeling Fortunate

This is our last CSA distribution week before Thanksgiving (don't worry, the season will resume the week after Thanksgiving). At this time of year, when our packing shed turns into an assembly line for turkey shipping boxes, I often think that the anticipation of a delicious meal is half the enjoyment of the meal itself. In this spirit of anticipation, I'll share with you a story of a Thanksgiving dinner from a few years back.

While our family was saying the blessing before the big meal, I kept one eye open and respectfully admired the sustenance that lay before me. It was all there: turkey, dressing, gravy, mashed potatoes, spinach something or other, kale salad, Kay's oysters, fresh fruit, and both a fork and spoon above the plate, a sign of dessert. I knew I was going to eat some of everything, way more than is normally appropriate. As I looked at all the food, I remembered the faces and places involved in getting it to our table. Knowing what I know about ingredients, I felt very fortunate.

The turkey, Guadalupe had helped me rear from a hatchling through blazing heat and frigid winds. These heritage birds are truly magnificent creatures, rare by any standard. The pieces I chose had been thoughtfully prepared by Chef Alex who said it was "confit." I'm still not exactly sure what that means, but mine was deboned fork-tender chunks of dark meat that had my taste buds asking, "What is this? Bring it on!" I picked up a couple of pieces with my fingers while nobody was watching just for a full tactile experience. The rich stock gravy really set off the flavor so of course it went on the dressing, the mashed potatoes I made, and a little extra for the parker house rolls. This particular size of turkey, just right for our gathering, made it to our table thanks to Meghan who worked in the office at that time and kept all the orders, spreadsheets, phone numbers, emails, and special considerations that each of our customers had—including me.

I worked my way around the plate, sampling each item to devise my strategy of how much of each side dish to eat and in what order and in what combination. The mashed potatoes I peeled were from the "family and staff" bin, those determined to be un-sellable after they were harvested, washed, and graded. It may be counterintuitive to some of you, but most of what we eat is the blemished fruits and veggies that are perfectly fine apart from their outward appearance. By using them for our feast, I show gratitude to the men and women that work so hard to put these potatoes before me.

I'm not sure what's involved to grow organic cranberries, but I trust that no herbicides or pesticides were released into ponds on my behalf. I feel fortunate to support an organic cranberry farm family somewhere in Maine. Maybe next year we can ship them some southern gravy in exchange for their cranberry sauce.

I grabbed a forkful of kale to get some roughage in me to soak up the gravy. I realized it might not have been there had Jeremy and Gerardo not helped pull row covers over the kale before the 14-degree night a few weeks prior. It is truly a blessing to see people from vastly differing backgrounds come together as a team, in trying conditions, to accomplish such a feat in short order.

None of this would be available for me had John and Ann not decided to work together on the farm they grow up on. Kay and Cecil had been farming it since the 1960s, but a true sign of success for a farmer is for their kids to come back home after completing their studies and continue the farming tradition. It has taken them decades to hone their skills, push each other to grow and sell more good food to people who appreciate their work. They spend countless hours looking over the hood of a tractor or poring over emails and financials, and the bounty they produce as a result is remarkable. Farmers with fortitude, creating wholesome organic foods that simply taste amazing make the meal happen.

As we ate and joked and wondered what the two dessert-eating utensils were for, I couldn't help but be thankful for our customers like you that have expressed so many kind words over the years. With your loyalty and commitment, we have expanded our productive capacity to offer more variety over a longer period of time. You helped get the food on our table just as much as anyone else, and for that we are grateful. And we feel fortunate that you choose to serve your friends and families wholesome foods from Elmwood Stock Farm.

In the midst of all the planning and choreography that goes into your Thanksgiving holiday this year, I hope you take a moment to enjoy the anticipation of a delicious meal shared with your loved ones. And as you finally sit down to eat, I hope you can enjoy it even more because you know the folks who worked to bring such food to your plate. May you and yours have a happy Thanksgiving. —Mac Stone

NO CSA SHARES THE WEEK OF THANKSGIVING

FALL SEASON WILL RESUME THE WEEK OF 12/1

HAVE A HAPPY HOLIDAY!

