

PUMPKIN SHEPHERD'S PIE

Adapted from foodtasticmom.com

4 c potatoes, peeled, chopped	3 slices bacon, chopped
1 c pumpkin puree	½ yellow onion, chopped
½ c milk	2 c brussels sprouts, sliced
6 Tbsp butter, divided	1 lb ground turkey
1 tsp salt	1 c chicken or turkey broth
1 c baby Swiss cheese, shredded	⅓ c jellied cranberry sauce
1 tsp fresh thyme	2 Tbsp all-purpose flour
¼ tsp nutmeg	½ tsp salt

1. Preheat oven to 400F. In a large pot cover potatoes with cold water. Bring to boil and reduce heat to simmer. Cook until fork tender. Drain potatoes and add pumpkin puree, milk, 4 tablespoons of butter, and salt. Mash well. Stir in the shredded cheese, thyme and nutmeg. Set aside.
2. Melt remaining butter in a 12" diameter cast iron skillet. Add bacon, onion and brussels sprouts. Cook over medium heat until bacon is browned, about 10 minutes. Add turkey and salt. Cook, stirring often to break up the turkey. Once the turkey is cooked through, stir in broth and cranberry sauce and simmer 5 minutes. Add flour and cook 2 more minutes to thicken the sauce.
3. Remove the skillet from the heat. Spread the pumpkin mashed potatoes evenly over the cooked turkey mixture.
4. Bake the shepherd's pie 35-40 minutes. Serve.

APPLE AND BEET BITES

Adapted from localfoodrocks.com

2 medium beets	2 Tbsp fresh chives, minced
1 Tbsp apple cider vinegar	1 Tbsp fresh thyme, minced
½ Tbsp olive oil	1 Tbsp honey
salt and pepper to taste	zest of 1 clementine
8 oz chevre, room temperature	½ c hazelnuts, toasted, chopped
3 Tbsp buttermilk	2 large apples, cored
	juice of 1 lemon

1. Preheat oven to 400F. Wrap beets in foil, place on baking sheet and roast 1 hour. Remove from oven, let cool. Remove beet skins with your hands.
2. Dice beets. Add to small bowl with apple cider vinegar, olive oil, salt, and pepper. Set aside.
3. Whisk together goat cheese and buttermilk until light and airy. Stir in chives, thyme, honey, clementine zest, and hazelnuts. Set aside.
4. Thinly slice apples lengthwise. Toss in large bowl with lemon juice.
5. Put 1/2 teaspoon of goat cheese mixture on one end of each apple slice. Top with some of the seasoned diced beets. Serve immediately.



Fall CSA News



Nov 3-9, 2025
Week 5 of 10
Volume 22, No. 42



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 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, 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!

Turkey Traditions

As Elmwood Stock Farm CSA shareholders, you have demonstrated your commitment to securing local organic foods for your family. You want to support a local farm, and minimize risk when it comes to you or your family's health. You want to know where your food comes from, but also how it was raised, and by whom. I suspect your perspectives on food and eating might differ from those of folks you share your holiday meals with. With the collective single most important meal of the year fast approaching, Thanksgiving, now is the time to share your values with friends and family.

We started raising broad-breasted turkeys some 20+ years ago, I should remember the exact date, given it was such a memorable experience. Going in, it seemed they would be similar to rearing big chickens, which they are, sorta. But because they are naturally gregarious, the feeding, care, and handling is completely different. When you gobble-gobble at them, they gobble-gobble back to you. When my cell phone rings out in the field, they gobble-gobble back to me. All the while, they eat lots and lots of feed, as they require a higher protein diet than do their avian counterparts. That first year they averaged well over thirty pounds dressed, much more than most people want. Thanks to those that took the plunge and stuffed them into their ovens, and the resounding positive feedback about how awesome they were, we kept going in subsequent years.

What we heard was not only is the flavor off-the-charts-amazing, the satisfaction of humane care and organic integrity helped each bite go down easily. Many of you know us well enough at this point to know that we are militant about organic so you can eat in peace. Each year, we raise more to meet the demand of our customers who want birds raised right. The centerpiece of your family get together should match the other values you hold dear.

A few years into our turkey rearing experience, we were approached by the American Livestock Breed Conservancy to help preserve heritage breeds of turkeys, antique ancestors of the supermarket birds. We politely replied that we were not in the zoo business, but if we could establish a market for them to cover the high costs of production, we would raise as many as our customers would buy, and keep a breeding flock for subsequent seasons. A local breeder entrusted us with a dozen young poults that first year. The birds were completely different from the broad-breasted ones we had gotten accustomed to. While still gregarious, the similarities end there, because heritage birds are more akin to their wild cousins. When the first snowfall came around, we feared for their lives and herded them into the sheep barn, to their dismay. They quickly flew up to the top tier rails of the barn. After several days, Ann insisted I climb up there and shoo them down before they starved to death. The one and only time I ever remember not following her advice, they eventually came down to eat and drink, returning to the top of the barn each night to roost.

The following spring, we ushered them into a makeshift moveable turkey shelter, where we could care for them and gather their eggs for safe incubation. They seemed quite tender in the early weeks, but hearty and healthy beyond that. While skittish and standoffish, they eventually became accustomed to us moving their shelter to fresh pasture every so often, and they seemed to like us. We kept the breeders of course, adding some of the hatchlings to grow our flock as promised, but harvested some for customer feedback. The response was 100% positive, which matched our own experience, and even drew interest from America's Test Kitchen as covered by Cook's Illustrated. While the heritage turkeys look quite different than a round buttery-ball, the richer darker meat abounds with flavor.

Jumping to this year, our heritage turkey flock has grown exponentially since our humble beginnings. These birds can fly, and often do, escaping their protective fence enclosure to explore around, only to look for a way back in at feeding times and night time roosting. One odd bird this year has decided it prefers the company of chickens, and to visit them as often as possible. Even with all their quirks, they seem to be a symbol of success of the local food movement, because most people who have tried the heritage turkeys continue to get them year after year.

Not to neglect the importance of our broad-breasted turkeys, as they are a nice flock this year too. The grass pasture and organic feed impart a moist and flavorful taste appeal, while the fresh air and sunshine affords them the opportunity to run and flap around expressing their natural behaviors. After many years of practice, the growth and harvest schedules have been synchronized to provide you with appropriately-sized birds for a wonderful cooking experience.

Our processor handles the birds with the utmost care, under my watchful eye, consistent with the way they were raised. The heritage will range from roughly five to fifteen pounds while the broad-breasted will go from twelve to twenty-five pounds or so. If a whole bird is not in the cards for you this year, we also offer individual pieces: bone-in breast, thighs, legs, and wings.

What better way to celebrate your approach to healthy eating habits with foods raised right, and expose the rest of your extended family to the benefits. If you have not already made an Elmwood organic turkey part of your family tradition, there is no time like the present. Thanks for your support and encouragement.—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>