

ROASTED BEET AND POTATO SALAD

Adapted from sweetpotatosoul.com

2 medium beets, peeled, cubed	<u>Lemon Vinaigrette</u>
2 medium potatoes, cubed	2 lemons
1 Tbsp grapeseed oil	1 Tbsp Dijon mustard
1 tsp oregano	2 tsp maple syrup
1 tsp sea salt	1 tsp garlic, minced
½ tsp black pepper	½ tsp sea salt
1 bag salad greens, chopped	¼ c olive oil
2 c cooked white beans, drained, rinsed	
1/4 c pepitas, toasted	

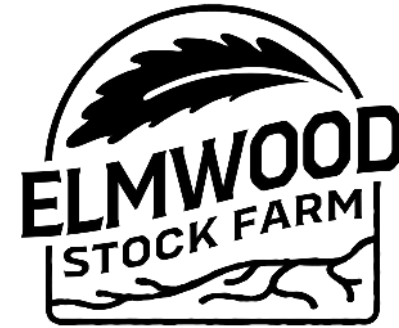
1. Preheat oven to 375F and line a baking sheet with parchment paper.
2. Toss the cubed potatoes and beets with the oil, then spread evenly onto baking sheet. Sprinkle oregano, salt, and pepper over them.
3. Roast for 35 minutes.
4. Place the salad greens into a large mixing bowl.
5. Add the roasted vegetables (as much as you'd like to add) and beans.
6. Garnish with pepitas.
7. Place lemon vinaigrette ingredients in a bowl and stir to combine.
8. Drizzle dressing to taste on top of salad and toss well.

SWEET POTATO HUMMUS

Adapted from sweetpotatosoul.com

14 oz cooked chickpeas, not drained or rinsed	3 Tbsp tahini, stirred well until smooth and drippy
1 c sweet potato puree, baked	1 tsp fresh lemon juice
1 clove garlic, minced	1 tsp balsamic vinegar
2 tsp fennel seeds (optional)	½ tsp cayenne pepper
1 tsp cumin powder	1 tsp freshly ground black pepper
2 tsp white or yellow miso paste	

1. Place all ingredients in a food processor.
2. Blend for 1 to 2 minutes until very smooth and creamy.
3. Adjust the seasoning to taste. If the hummus is too thick, add a splash of water or chickpea liquid, 1 tablespoon at a time, until it reaches your desired consistency.



Fall CSA News



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Fall Squash (butternut, sweet dumpling): 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.

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!

Jarred Items: It's the best time of year to include favorites like Honey, Diced Tomatoes, Marinara, BBQ, Kvass, Ferments, or Salsa in your seasonal recipes—think chili, lasagna, soups, or what about as a pizza topping?

Fresh Herbs: Place in water in the refrigerator.

Time to Weigh In

No matter how busy we are coaxing vegetables out of the ground and nurturing animals on Elmwood Stock Farm, we try to donate our time and energy for the collective betterment of society. Our cause will be no surprise to you: the value of organic foods to the health of humans and of Mother Earth. This time of the year, we give our time to the various organizations that strive to forward our values.

Ann, John, and I have rotated through leadership positions in several non-profit organizations over the years, and I donated 15-20 hours a week for five years to the federal government with my stint on the National Organic Standards Board. John and I have each been officers of the Organic Association of Kentucky (OAK), whose mission is to not only help organic farmers be better farmers, but also to educate consumers about the value of eating organic foods. OAK also administers CSA vouchers for UK, LFUCG, and several private companies, so their employees have access to certified organic foods as a wellness benefit. Your employer may want to contact OAK and offer this to their employees. One program unique to OAK is the transition trainer program. If a farmer is interested in organic production, OAK will send a mentor farmer out to their farm to help decipher the organic regulations, advise them on where to find necessary inputs, and invite them to various educational events hosted by OAK. Where else, other than the sustainable agriculture movement, will you find business people that help others do what they do, in the name of the common good? OAK has moved from the early days as a volunteer organization to now having a full time staff supported by grant funds and private donations. They would certainly welcome your support as well.

I have also served on the board of the Organic Farming Research Foundation. OFRF funds research projects for the betterment of organic farmers, lobbying Congress to direct research dollars to organic systems research commensurate with the percentage of organic food consumption in this country. With the increase in organic food sales increasing at a double digit pace, funding is woefully behind. Because of my involvement there, I was invited by the Organic Trade Association (OTA) to participate in a “fly-in” to Washington DC to visit key lawmakers and ask for increased funding for organic research that keeps pace with consumer demand. Without naming names, some offices showed more interest than others. But I’ve done this kind of work a time or two, and I can tell that lawmakers are more interested in organic farming and foods all the time.

Another reason I was asked to participate in the fly-in was to leverage my status as former Chair of the NOSB to ensure that the National Organic Program, a regulatory arm of the USDA, is fully funded in light of the deregulatory climate in DC. Organic farmers and handlers voluntarily submit to a strict set of federally mandated regulations, to set ourselves apart from the numerous confusing and

misleading food labels in the marketplace. The organic community has worked hard for what we got and get anxious when there is chatter about deregulation. Thankfully groups like OTA, OFRF, and many others have a strong presence on Capitol Hill.

Winter is considered meeting season in the farming community, so OAK will be mapping out field days on various farms around the state, and we will gather for the two-day annual OAK conference in Frankfort, sharing what we know and building partnerships with like-minded organizations. The diversity of people invited to speak brings rich conversations about food, food hubs, food security, food ignorance, food deserts, food economies, good food as medicine. You can check out some of the consumer-oriented resources on OAK’s website. Hearing how people in other regions have structured incentives and built models to enhance the economies around local foods informs the work of local food policy coordinators here at home. Kentucky is blessed with lots of amazing people doing amazing work in developing a vibrant local food economy here in the Bluegrass.

There is always more to do, and maybe you can help. I will go anywhere, anytime, to educate groups of people about the value of good food. Talk to your coworkers and leadership of your company about the benefits of offering CSA vouchers as a workplace wellness benefit. Not only does all the data show absenteeism goes down, but the conversation around the office changes (sweetcorn can be quite the conversation piece!), inspiring others to recognize the value and join in. Come to the OAK Conference, and you will be inspired by the energy of the farmers to do something to further the cause. Poke around the OAK, OFRF, or OTA websites and see how hard we are all working to bring good food to more and more people. In this season of giving, maybe you’ll be inspired to give them a financial vote of confidence. When you invest yourself in this way, you will begin to look at food more reverently. Lastly but most importantly, the best thing you can do to support local food this time of year is: go to the farmers market, no matter how bad the weather. We and several other farms and producers will be there.

As we are beginning to think about the 2026 growing season, lambing, turkey hatching, firing up the greenhouses, and lining up help for deliveries and working at the market booth, we will always find time to help the organizations that push our mission forward. Knowing what we know about the relationship between food and human health, how can we not? I’m sure glad there are several groups out there we can serve. Knowing what you know about the value of organic eating, maybe you can get involved too. —Mac Stone