

MOROCCAN CARROT QUINOA SALAD

Adapted from occasionallyeggs.com

Quinoa

1 c dry quinoa
2 c water
½ tsp sea salt

½ c parsley, chopped
1 clove garlic, minced

Lemon Ginger Vinaigrette

¼ c olive oil
3 Tbsp lemon juice
½ tsp ginger, finely grated
½ tsp honey
½ tsp sea salt
½ tsp cinnamon
¼ tsp black pepper
¼ tsp cayenne pepper

Salad

1 ½ c chickpeas, cooked, rinsed
1 c carrots, shredded
¼ c dates, chopped
2 c spinach or kale
¼ c sunflower seeds

1. Add quinoa, water, and salt to pot. Cover and bring to boil, then reduce heat and simmer, covered, 12-15 minutes or until all water is absorbed.
2. While quinoa cooks, prepare salad ingredients and place in large mixing bowl.
3. Add vinaigrette ingredients to separate container and whisk until combined.
4. Once quinoa is cooled, remove pot from heat and uncover.
5. Add quinoa to other salad ingredients, then top with vinaigrette and mix well. Serve immediately.

GARLIC CONFIT

Adapted from daenskitchen.com

6 heads garlic
6 sprigs thyme
3 c olive oil

1. Preheat oven to 250F.
2. Peel garlic by breaking the cloves away and placing them into a heatproof bowl. Submerge in boiling water for 5 minutes and drain. The skin will become loose and easy to peel away.
3. Place garlic cloves and thyme into an ovenproof dish and fully submerge in olive oil, ensuring no garlic breaks surface so it doesn't burn. Bake 1-2 hours or until the garlic has become golden and is soft to touch.
4. Allow garlic confit to cool and store in an airtight container or jar for 2-3 weeks in the fridge.
5. Use by spreading straight onto warm bread, mashing into butter, stirring through creamy pasta, blending into a garlic and herb dip, or using in any recipe that calls for olive oil.



Fall CSA News



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Week 9 of 10
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Take note there is only 1 more week of the fall season 2025! Make sure to use up all of the Farm Credit in your account. If you don't add items when you are logged in, then call or email the farm and we'll help you use your credit.

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.

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?

Looking Back, Looking Ahead

This is your second-to-last share for the year. The fall season seems to have flown by. And nothing ever slows down this time of year, as the holidays often feel like a sprint to the finish line. As you unpack these last couple of shares for the year, I hope you take a moment to think back to all the various items you might have picked out throughout the season, from tomatoes to potatoes to apples to kale to pumpkins. If you've been partnering with us all year, you might even think back to the days of asparagus and rhubarb in spring, or basil and sunflowers in summer. Undoubtedly you have delicious memories of dishes crafted with the wholesome produce from Elmwood Stock Farm. We have worked tirelessly to provide you with a balanced diet of organic food every week since mid-January. Your partnership with us has allowed us to stabilize the business of farming, while your relationship with us has allowed us to develop a stronger connection with the community.

Our race to the end of the year will include assimilating and analyzing all the records, notes, and weekly pick lists to see what crops performed well, and which ones did not, and why. We keep a running list of things to get back to when we get time, and now is that time. Be it germination issues or harvest quality grading decisions, we have lots of data to guide our decision making. We also listen carefully to your feedback throughout the year and look for opportunities to make improvements to your experience. There's urgency in this analysis work this time of year, as it is time to get our seed orders in if we want to secure the varieties you like to eat and we like to grow.

As we reflect on the year in order to plan for the next, we take stock of our mistakes too: deciding what was a technical error versus what was a tactical error, and acknowledging the things that were just outside of our control. What can we do differently next year, what preventative steps can we take, what did we learn? Each year we must dust ourselves off and keep moving forward. When things are going well, we pack the shares with fuller quantities to share with you, as CSA members are important shareholders in our farm season. Since you've partnered with us financially, you get to partner in our bounty. Some seasons, despite our best efforts, there is less diversity than we planned for, but that, too, is how the CSA agreement is supposed to work. We honor and appreciate our mutually supportive relationship through thick and thin, which again is what this CSA thing is all about. As farmers, we are eternally optimistic that this next year will be the best yet. It's part of the calling. We hope you feel that excitement about 2026 too!

It is also the time for us evaluate other growth opportunities in the community. You may have seen some of our produce at Good Foods Co-op this past year, and others are asking for it as well. These wholesale accounts help us to balance the production and harvest schedules, but equally important, they extend the reach of local, organic foods into the broader context. We want more people to taste and

be amazed that such wholesome quality food can be produced so close to home. With wholesale accounts available, we can plant sufficient quantity of some crops knowing that we have stores or restaurants who will purchase such crops after CSA members get all that they want, and that knowledge contributes to us being able to grow plenty of popular items. As we are tasked to grow even more, we are blessed with a great staff and improved infrastructure to meet the needs of more CSA members, more stores, and more restaurants in our community.

The farmers markets in Lexington, Georgetown, and Cincinnati will continue to be our secondary focus after our CSA relationship with you. Not only are markets a primary entry point for folks to find local organic produce, meats, and eggs, but it is also a great way for us to educate people about the value our products bring to their homes and their communities. Our data shows that customers have really loved the farmers markets this year, but we also know markets are quite variable and very dependent on good weather. Make that a hundredth reason we are so thankful for your partnership as a CSA member—we can count on you week after week, no matter the weather. Likewise, we hope you enjoy the dependability of the CSA in all weather, so long as it's safe for us to drive our delivery vans in winter, and the convenience of home deliveries or a quick pop-in to a public location on your commute. It sure beats trying to pick out your items outdoors in blazing heat or driving rain. That said, come get your veggie fix between seasons at our indoor(!) market locations in Lexington (Greyline Station) and Cincinnati (MadTree Brewing). We'd love to see you!

Please share with your friends and extended family about the benefits you get out of your CSA. As we analyze data, make plans, and prepare for next season, one thing is for sure: the relationships we have with our CSA members gives us the power to perform and persevere through all the unknowns to provide you with wholesome, organic foods. More CSA members means a stronger and more resilient local food system for us all to enjoy. A rising tide lifts all boats, as they say, and we have the data to prove it. Thank you for your support, this season and every season! —Mac

ONLY ONE WEEK LEFT to use your CSA credit or "Choose My Own Meat" credit!

All CSA credit must be used by the end of the 2025 year. Any leftover credit at the end of the season will be donated as food to community members in need.

To see your credit:

- 1. Log in**
- 2. Click Account Activity**
- 3. View your Credit On Account**

Email hello@elmwoodstockfarm.com or call 859-621-0755 with any account questions. Thank you!