

SOUTHWESTERN POTATO & SPINACH CASSEROLE

Adapted from happyveggiekitchen.com

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| 1 medium yellow onion, diced | 2 tsp dried oregano |
| 1 red bell pepper, diced | 1 tsp ground coriander |
| olive oil | 2 tsp ground cumin |
| 4 cloves garlic, crushed | 2 oz diced green chiles, mild or spicy |
| 2 lbs potatoes | 7 oz fresh spinach, roughly chopped |
| salt and pepper | 2-3 c shredded cheese |
| 1 cup sour cream | |

1. Preheat oven to 430°F. Add onions and peppers to casserole dish, drizzle with olive oil, and toss. Roast 20 minutes or until soft and starting to brown. Remove from oven and immediately mix garlic through the pan to toast with residual heat. Reduce oven temperature to 400°F.
2. Chop and boil potatoes in well-salted water until they are tender but not falling apart, about 10-15 minutes. Drain and add to casserole.
3. Whisk together sour cream and dried spices in a bowl. Add to casserole.
4. Add diced green chiles, salt, and pepper to casserole. Mix.
5. Add the spinach and one handful of the cheese, and mix through.
6. Cover with remaining cheese and bake uncovered 20-25 minutes.
7. The casserole is ready when the cheese is crisp and bubbling. Remove from the oven and let sit 5-10 minutes before serving.

BUTTERNUT SQUASH PASTA WITH GOAT CHEESE

Adapted from hummusapien.com

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| 4 c butternut squash, peeled, seeded and diced small | 1/2 c panko breadcrumbs |
| 1 Tbsp extra virgin olive oil | 1/2 c pecans, finely chopped |
| 12 oz penne pasta | 3/4 c shallot, diced |
| salt and pepper to taste | 4 cloves garlic, minced |
| 4 Tbsp butter, divided | 3 Tbsp fresh sage, chopped |
| | 2 oz goat cheese |
1. Move oven rack to lowest position and preheat oven to 400°F. Place squash on baking sheet lined with parchment. Drizzle with olive oil and season with salt and pepper. Bake 30 minutes, tossing halfway.
 2. Cook pasta according to package. Drain, reserving 2 cups of pasta water.
 3. Warm 1 Tbsp butter over medium heat in large pot. Add breadcrumbs and pecans and cook 3-4 minutes, until golden brown. Transfer to small bowl.
 4. In the same pot, melt remaining 3 Tbsp butter. Add shallot and salt and cook 4 minutes. Add garlic and sage and cook 1-2 minutes. Add goat cheese, squash, and 1 cup of reserved pasta water, stirring to form a creamy sauce.
 5. Remove from heat and stir in pasta, tossing to combine. Fold in 1/2 cup of the breadcrumb mixture. Serve immediately or add more pasta water as needed to loosen. Top with remaining breadcrumbs and serve.



Winter/Spring CSA News



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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, Winter Radishes, Beets: Store in the fridge cold area of the fridge; these will keep a long time for you if you need them to do so.

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 marinara or Kim Chee as a pizza topping?

Fresh Herbs: Place in water in the refrigerator.

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!

Fall Squash (butternut, sweet dumpling, kabocha): Store in a cool, dry location, but don't let them freeze; once cut, refrigerate and use within 5-7 days.

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Welcome Back to the Beginning

Welcome to you, a dedicated soul who appreciates the value of nourishing yourself with locally grown, organic food. Most Winter/Spring 2026 CSA Shareholders are returning members from winters past, pros at eating with the seasons year-round. We also welcome you if you are a new shareholder, taking the polar plunge with us. Farming through the winter in Central Kentucky is somewhat an extreme sport for stewards of the land. We have spent many years investing in systems so more of us can have access to these wholesome foods through all seasons. It would not be possible without your show of support and encouragement. Thank you for helping us get here.

This is our 15th winter growing for some of you all. Initially, our winter season was an experiment. We were freezing warm-season fresh vegetables to offer in the winter, usually produce that went unsold because it was a horribly rainy cold day in October at the farmers market, or because an item was too misshapen for the CSA shares. As farmers, we are bound by a code: Let no food go to waste! Especially since we know how much effort went into growing and harvesting it.

We don't lean so much on frozen vegetables anymore, but we use other methods to store and capture the abundance of summer and fall. For example, we build a big bumper crop of canning tomatoes into our summer planting schedule. Then we harvest them and send them off to be turned into jars of marinara, barbecue sauce, and the like. Now, in the dead of winter, you can still taste local, organic tomatoes in your pasta dish or atop your chicken wings. It can be your little reminder that the days are getting longer and summer will come again!

Our dried products are another way you can enjoy warm-weather flavors year-round. Dried hot peppers are perfect to drop into your big pot of chili. Veggie powder is made with kale and other greens and makes a great supplement to a breakfast smoothie. And garlic powder is a staple in any kitchen. When you're looking to add some variety to your weekly share, check these out. My personal favorite is the dried tomatoes as I can snack right out of the bag.

Storage crops, too, are a big component of the winter share season. No freezing, canning, or drying necessary; nature preserves these crops with very little help from us. When you wonder what folks ate during the winter before modern refrigeration or canning, here is your answer: potatoes, sweet potatoes, beets, turnips, carrots, cabbage, butternut squash, onions, and more. These veggies were planted in the summer and were harvested in October or November. After they are harvested, some go straight to a refrigerator, while others go to a storage space carefully designed so that we can manage the humidity and temperature. Sweet potato slips were planted in the field last June, the tubers harvested and washed

in October and cured in a warm room with good ventilation. You will get the familiar orange flesh type in your shares, and you may see the Murasaki variety too, a Japanese cultivar with white flesh. Part of the enjoyment of the Winter/Spring CSA is learning how to enjoy a staple like sweet potatoes 18 different ways, so don't be afraid to branch out and get creative.

The most "extreme" part of the extreme sport of winter farming is the fresh-picked greens we harvest as close to year-round as possible. We purposely plant kale, spinach, salad greens, and other crops to be harvested all fall, until the cold weather wipes them out. Past a certain point in the year, they can survive indefinitely, but there's not enough daylight for them to continue growing, so the trick is getting them to harvestable size during the warmer days of fall. When cold weather threatens, we bring out the fabric row covers, which keep the crops 5-8 degrees warmer. When the threat passes, we take the cover back off so they can get as much sunlight as possible. Many times that's enough to survive through another frost. Unluckily, we had an extra-cold start to our December, so most outdoor greens are done until spring.

Instead, we now look to the greens in our high tunnels to last us through the dark and cold. The high tunnels look how you picture a greenhouse to look, but the difference is that high tunnels have crops planted straight in the ground, rather than in containers. High tunnels provide more cold protection than row cover, and we can even put heaters in them when the temps really plunge. And because they are covered in plastic, they also provide crops protection from wind, snow, and ice. In those conditions, our job is to maintain and reinforce the high tunnels as best we can so that they don't tear or collapse. We purposely choose plant varieties that perform well in this type of system. For now, the plants in the high tunnel are looking good, and there is hopefully enough to last until the outdoor crops revive themselves.

I should also note, as this is our most-asked question right now: cold weather can entice our laying hens to go on strike. Egg production slows way, way down in low temps, so that December cold stretch means eggs are in short supply and high demand at the moment. We're optimistic that with some good weather in the forecast and lengthening days, we'll have more eggs to offer you in February.

We have a good mix of veggies, meats, and pantry items to share with you this winter. Thank you for your support, as it affords us the opportunity to expand our capabilities for the upcoming season. Please feel free to share ideas about stories you would like to know more about in this newsletter, or invite us to speak with groups you are a part of, to spread the knowledge of the value of consuming local organic food. Here's to 2026! — Mac Stone