

MISO ROASTED HAKUREI TURNIPS

Adapted from Fool Proof Living

- 2 pounds of Hakurei turnips, rinsed* & cut in half – green leaves set aside
- 3 tbsp white miso paste, divided
- 3 tbsp olive oil, divided
- coarse sea salt
- freshly ground black pepper

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Whisk together 2 tbsp of miso paste and 2 tbsp of olive oil in a bowl.
3. Spread turnips on baking sheet.
**Ensure turnips are dried as much as possible after rinsing. If they're still wet, oil may not stick to them properly and the turnips could burn.*
4. Drizzle with the miso-olive oil mixture. Toss until coated evenly. Bake for 12-15 minutes and flip turnips halfway. making sure to rotate the turnips halfway through the baking process. Let them cool, then sprinkle with black pepper and salt to taste.
5. Meanwhile, rinse green leaves and chop roughly. Heat 1 tbsp olive oil in a large pan. Sauté greens until lightly wilted, 2-3 minutes. Stir in the rest of the miso paste and coat leaves evenly. Add ¼ tsp black pepper, and additional seasoning to taste.
6. Transfer greens to bowl and spread Hakurei turnips over top. Serve.

BEET, LEAFY GREEN, & APPLE SALAD

Adapted from Simplicity Relished

Salad

- 1 large beet (or 2 small beets)
- 1 bunch greens (kale, collard, etc.)
- ½ tsp sea salt
- 1 large apple
- 1 handful pepitas
- 1 handful dried cranberries

Dressing

- ¼ cup olive oil
- Juice from 1 lemon
- 1 tbsp brown mustard
- 1 tbsp maple syrup
- Salt & pepper to taste

1. Preheat oven to 400°F. Arrange rack in middle of oven.
2. Cut off beet stems, scrub beets thoroughly, then wrap them loosely in aluminum foil. Roast on baking rack 50-60 minutes, or until a fork or skewer slides easily to the center of the beet. Let cool, slip off skin, chop into cubes.
3. Remove any tough ribs or stems of greens by slicing. Roll up the greens together, and slice them very thin (i.e. as a chiffonade).
4. Place chopped greens into large bowl. Sprinkle evenly with sea salt, and massage for one minute. The greens should soften and become fragrant.
5. Dice apple and toss with greens, chopped beets, apple, pepitas and cranberries. Mix dressing until well-incorporated and drizzle over salad. Serve.



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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.



CABBAGE, CARROTS, WINTER RADISHES, HAKUREI, AND BEETS

Store in the cold area of the fridge; these will keep a long time.



WINTER SQUASH

Store in a cool, dry location, but don't let freeze; once cut, refrigerate and use within 5-7 days.



JARRED ITEMS

Favorites like Honey, Marinara, BBQ Sauce, Kvass, Ferments, or Salsa can round out your pantry and complement your meats and veggies.



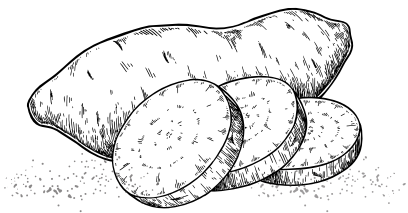
SWEET POTATOES

Store sweet potatoes at room temperature and they will keep for weeks or months.



FRESH HERBS

Place in water in the refrigerator.



SWEET, SWEET SWEET POTATOES

By now, you've probably seen these all winter long at the farmers market or in your CSA share. But to set the record straight, yams are not sweet potatoes. We do not grow yams in this country. Those are starchy subtropical tubers—a staple in parts of Africa and South America.

Some yams and sweet potatoes might accidentally have a similar shape, they both store well and provide nutrients, but that's about it as far as similarities. Yams have a very thick, rough coconut-ish exterior. They are a different genus in the Plant Kingdom. When I see sweet potatoes being sold as yams these days, it makes me wonder what else they are not telling us.

With that out of the way, let's explore just how great we think sweet potatoes are. From the farming perspective, they grow well and incur little pest pressure, and we have a long time to sell them after harvest, when handled properly. Instead of seeds, we buy "slips" from an organic farm in North Carolina, where sweet potatoes reign supreme. They bury the seed tubers in sand, encouraging the

sweet potatoes' many eyes to sprout. They snap off the sprouts (also known as the slips), bundle them up by the hundreds, get twice as many in a box as I could ever figure out how, and send them to us via UPS. We immediately open the boxes and plant them as soon as we can.

Without a root ball on the slips, our mechanical transplanters won't work, so each and every slip is planted by hand. We run irrigation immediately after setting, and so far, they have always taken off.

The key to organic sweet potatoes for us centers around weed control. Once the slip establishes a root system, multiple stems emerge from the crown, rapidly increasing in leaf area to feed the developing roots.

While this is going on, we run cultivators down the rows, keeping weeds from competing for space and precious nutrients and moisture. At some point, the stems—which are actually vines—start running every which way, blanketing the field to capture as much sun as possible to feed the roots that are storing that solar energy in the form of tubers. These vines and leaves shade out subsequent weeds, for the most part.

Most of the work of sweet potatoes is getting them out of the ground. John welded a fin on a sub-soiling shank to run along the edge of the row. It jostles the soil around the tubers, allowing us to easily pull them up. They then get spray-washed individually before going into a retrofitted greenhouse for curing.

Sure, we eat them as soon as they come out of the ground, but curing sets the skin to extend storage quality and increases sugar content, akin to letting wine breathe.

From a consumption perspective, sweet potatoes are tasty, nutrient dense, and easy to prepare. Since technically not a potato either, they have a low glycemic index.

Revel in the various sizes and varieties. We grow several orange-flesh types, each with slightly different growth and storage characteristics. Then there is the murasaki purple-skin white-flesh variety some people prefer.

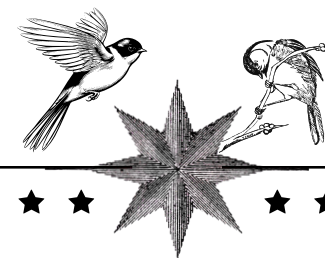
What can be easier than popping a fist-sized sweet potato into the oven and coming back an hour later to put it on a plate, slice it open, add butter, salt and pepper, or not, and scoop out the goodness? There are tens of thousands of recipes out there, I'm sure, and customers go on about theirs, and they are all good, I'm sure, but I don't think it is necessary to go to all the effort. There is nothing better than a bowl of mashed sweet potatoes.

I know of nowhere else in the Ohio Valley than Elmwood Stock Farm to get fingerling sweet potatoes of any variety. Our harvest crew takes the extra effort to pick up all the sweet potatoes they see, no matter how small. These long, skinny tubers are not marketable in mainstream produce distribution, seen as too small to bother with in North Carolina and the Deep South growing regions,

but I wonder why. Coat the fingerlings with a little olive oil, sprinkle some salt, pepper and garlic powder, and roast or bake (I'm not sure the difference?) for a short while until soft. Eat them like French fries, skin and all. I like to dip mine in ketchup or barbeque sauce.

And stock up, as they keep well in your pantry. Bon appetit.

-Mac Stone



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If you're having a great CSA season, we'd love to hear that you left us a 5 Star Review on Google. It's a quick task, but it does a lot of heavy lifting behind the scenes to help our small business.

Your public support helps us grow, pay our employees well, and offer better service every year. Thank you!



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