



ROASTED GREEN VEG + BUTTERNUT SQUASH ORZO

Adapted from the Last Ingredient

2½ lbs butternut squash, peeled & diced
2 tbsp olive oil, divided
1 tsp kosher salt, divided
½ tsp black pepper, divided
½ lb broccoli florets or apragus
3 tsp minced green garlic
1 shallot, finely chopped

1 cup orzo
2 cup vegetable broth + ½ cup if needed
¼ grated parmesan + more for serving
1 tbsp chopped oregano + more for serving

1. Preheat the oven to 425°F. On a sheet pan, toss butternut squash with 1 tbsp olive oil, 1/2 tsp salt and 1/4 tsp black pepper. Spread into single layer. Roast squash for 20 minutes lightly brown at the edges.
2. Toss broccoli/asparagus/green veg into the pan with the squash. Arrange into a single layer. Continue roasting for 10-12 min until squash is tender & browned and veg is bright green and darker at the edges; don't overcook.
3. Warm 1 tbsp olive oil in large sauté pan or skillet over medium high heat. Add garlic, shallots and remaining salt and pepper, cooking until fragrant, about 30 seconds. Stir in the orzo and toast it for 1 minute.
4. Add 2 cups vegetable broth. Bring to a boil, then reduce heat and simmer uncovered. Cook orzo, stirring frequently, until al dente, about 7-9 minutes. If liquid is absorbed but orzo is not yet tender, add more broth, ¼ cup at a time.
5. Stir in roasted squash, green veg, parmesan, and oregano. Serve.



BRAISED TURNIPS AND RADISHES

Adapted from NYT Cooking

1lb (total) Hakurei turnips and Daikon radish
Salt and pepper
2 tbsp butter or flavorful oil, like olive or peanut, plus a drizzle more
Turnip and radish greens – wash & save these
1 clove garlic, thinly sliced
A squeeze of lemon juice

1. Cut greens from vegetables. Quarter turnips if necessary to make them about same size as radishes. Put in saucepan with pinch of salt, butter or oil, and water to come up about halfway to their height. Cover and turn heat to medium-high.
2. Simmer until vegetables are just about tender, 10 to 20 minutes. Uncover and continue to cook until vegetables are shiny and glazed with their juices. Add more salt if necessary and serve hot.
3. Heat a drizzle of oil in saucepan over medium heat. Add garlic & cook ~30 secs.
4. Add the radish/turnip green mix and cook, tossing, until greens are just wilted, 1-2 minutes. Remove from heat and season with a squeeze of lemon juice, salt, and pepper. Serve greens mixed with turnips and radishes or as a side.

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SUMMER CSA NEWS



ASPARAGUS

Stand upright in a jar with 1 inch of water. Loosely cover. Refrigerate for a week.



STRAWBERRIES

Refrigerate in original container, covered if possible. Wash just before using.



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.



HAKUREI TURNIPS AND RADISHES

Store in the cold area of the fridge; use the greens soon; roots 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.



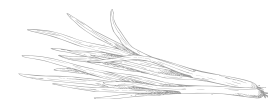
BROCCOLI & RHUBARB

Refrigerate immediately. Wrap loosely in a bag and store for 2-5 days in the crisper of your fridge.



FRESH HERBS

Place in water in the refrigerator.



GREEN GARLIC

Also called "young garlic." Wrap in a damp paper towel and store in a bag in the fridge. Use within 5-7 days, or leave longer to dry.



MAY MEANS SUMMER CSA

Welcome, whether you are a new or a returning shareholder of the Summer 2026 Elmwood Stock Farm CSA Program. Your investment goes well beyond an exchange of cash for goods. The multiple layers of benefits of consistently eating wholesome foods are what the community-supported-agriculture partnership is really all about.

You commit to eat local, organic food and we agree to raise it, so you can eat in peace knowing no toxins were released and no organisms were genetically modified because of your food choices.

Our longtime members have let us know this tangible version of the newsletter in their weekly share has value. In it, the storage tips help people figure out what everything is, and the recipes help them figure out how to prepare it. The story we include here each week varies from laws of nature to human nature, with the intent of sharing what we have learned about just how valuable organic foods are.

Some of you are new to the CSA as part of a wellness benefit with your employer. We all have heard for decades that eating

fruits and veggies is good for us. Now it is proven: a University of Kentucky study shows CSA shareholders go to the doctor's office less often and spend less on pharmaceuticals. You just shifted your dollars from the doctor to food!

As more is learned from the human microbiome—the colony of good bacteria in our bodies—and its relationship with plant and soil biomes, food will gain the stature it deserves in public health circles.

Since we on the farm have the opportunity to eat the best food in the world all year, we can feel the positive effects. Elizabeth commented recently how dramatically better she feels consistently since she began working with us with access to our foods. The takeaway is, eating a significant portion of your diet raw and consuming lots of plants is good for your long term health, and you get to spend time at home in your kitchen, not sitting somewhere waiting for an appointment.

Now for the tough-love part. You have several responsibilities as a shareholder. I will describe in detail in a later newsletter how your food got to you, but suffice it to say, we hope little goes to waste. We'll try to help you use your share to its fullest with advice here, and we're happy to talk to you about cooking, preserving, meal planning, and eating.

When you know you will be out of town or otherwise unable to pick up your share, please arrange with a friend,

coworker, or neighbor to retrieve it. With a lot of shares to keep track of, daily altering of our harvest and delivery spreadsheets is fraught with pitfalls and can easily create snags in our work for days or even weeks.

The tightly choreographed system from field to pickup location doesn't easily take into account each member's last-minute schedule change. Each CSA pickup-location manager handles their shares a little differently, but we suggest building a relationship with your site host for when issues arrive—thus “Community Supported Agriculture.”

Some members may have ordered items that are packed outside of the recyclable bag that your share is packed in. Be sure to look for your name on your share, and be sure to gather your meat, flowers, or other items that won't be found in with your vegetables and pantry items.

Early crops look good, just in time for CSA Week 1. Perennial plants broke dormancy early this year, then a couple of harsh, windy freezes burned early blooms, but most crops are handling the ups and down just fine with the help of row covers. John was able to work the ground and get seeding done with the good weather conditions in April. We could stand a little rain, but one must be careful what one asks for.

Transplanted leafy greens are off to a good start; you can count on eating them plenty this spring, and all summer long if we do our jobs right.

We're really excited about this season. We crunched the numbers this winter, which led us to make some operational upgrades. John is using a new planting pattern and dialing in the associated cultivation equipment to get more plants per acre. Since we are confident in the fertility of the soils, this should improve plant performance and reduce harvest labor. We are finalizing an addition of a huge new walk-in cooler, attached directly to our pack shed. These infrastructure upgrades will let us bring produce temperatures down faster, keeping items fresher for longer, and also let us store more altogether.

So, thanks for signing up with us for the Summer of '26. Look for postings about our farm tours, farmers-market presence, and other current events in emails from us, on our social media, and in here! You are our prime, No. 1 customer, and we look forward to a great season of healthy eating and healthy conversation.



SUMMER FARMERS MARKET SCHEDULE

CINCINNATI

Hyde Park Sun, 9:30am - 1pm

GEORGETOWN

Pavilion Sat, 8:30am-12:30pm

LEXINGTON

Downtown Sat, 8am-2pm

Southland Sun, 10am-2pm

National ... Tues & Thurs, 8am-12pm