



CHEESY HAKUREI GRATIN

Adapted from Sow the Table

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| 2lbs Hakurei turnips | ¼ cup of heavy cream |
| 1-2 cloves of garlic, minced | ¼ cup bread crumbs |
| 1 cup Gruyere cheese, grated | 2 tbsp parmesan cheese, grated |
| 1½ tsp fresh parsley | 2 tablespoons olive oil |
| 1½ tsp fresh oregano | Salt and pepper to taste |

1. Preheat oven to 375°F.
2. Wash and thinly slice turnips with a knife or mandolin.
3. In a large bowl, mix the sliced turnips with some salt, pepper, olive oil and garlic. (If you have a mortar and pestle, you could also make the garlic into a paste and mix with the olive oil before tossing with the turnips.)
4. Melt the butter in an 8-10" skillet and begin layering.
5. Start with a layer of turnips, then cheese, herbs, and a dash of heavy cream.
6. Repeat the layering process until the last turnip layer.
7. Combine the parmesan cheese and bread crumbs and sprinkle over the top of the gratin. Finish assembling with a drizzle of garlic oil, or olive oil.
8. Place in the oven until golden brown, about 30-40 minutes or until fork tender. Serve!



BRIGHT GREEN KALE PINAPPLE SMOOTHIE

Adapted from Well Plated

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| 2 cups lightly packed chopped kale, stems removed | ¼ cup plain non-fat Greek yogurt |
| ¾ cup milk of your choice | ¼ cup frozen pineapple pieces |
| 1 frozen medium banana, cut into chunks | 2 tbsp peanut butter |
| | 1 to 3 tsp honey, to taste |

1. Place all ingredients (kale, milk, banana, yogurt, pineapple, peanut butter, and honey) in a blender in the order listed.
2. Blend until smooth.
3. Add more milk as needed to reach desired consistency. Enjoy immediately.

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SUMMER CSA NEWS



KOHLRABI

Separate greens from bulb if present; store bulb in the crisper in the fridge for several weeks.



TURNIPS, BEETS, CARROTS & RADISHES

Store in the cold area of the fridge; use the greens soon; roots will keep a long time.



PEAS, CUCUMBERS, & CABBAGE

Refrigerate immediately, unwashed. Wrap loosely in a bag and store in the crisper of your fridge. Keep dry.



GREEN 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.



TOMATOES

Store unripe tomatoes upside down on a plate at room temp. Refrigerate once cut.



SHALLOTS

When fresh refrigerate. Once dried, keep in a dark, cool (not cold) dry place.



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.



WINTER SQUASH

Store in a cool, dry location. Once cut, refrigerate and use within 5-7 days.



FRESH HERBS

Place in water in the refrigerator.



LIVING WITH THAT WHICH YOU CANNOT SEE

No matter what your momma may have told you, there are things out there in the dark that are not there during the day.

Elmwood Stock Farm is an ideal habitat for furry mammals of all kinds to rear their young, and they have done so for thousands of years. As our predecessors altered the landscape over the last 200 or so years, wild animals have adapted their natural instincts in order to coexist with us and our domesticated animals. We know they are out there! We see the evidence they leave behind, and have chance encounters with them from time to time.

As part of our Nature Study Tour series, UK Wildlife Biologist Matt put out several motion activated hunting cameras in strategic locations around the farm to see what creatures are moving around at night. The ones the cows didn't lick all over showed images confirming what we suspected.

Deer, opossums, skunks, mice, voles, raccoons, cotton-tail rabbits, squirrels, ground hogs, weasels, coyote, and foxes. They all live, and some hunt, out here on the banks of the Elkhorn with us.

Fence rows make for safe travel zones as they move about in search of food and water. Fallen or hollow trees, rock outcrops, rows of round bales of hay, wood piles, and little used tobacco barns provide refuge. On the property, there's a cave big enough for a small party. There's no telling what all has lived in there.

Poultry can be easy prey if we're not doing our jobs. Vegetables round out dietary needs if animals are allowed access. We have something for everyone. It's interesting how they self-regulate their populations so no one species dominates at the expense of the others.

When we find various sized arrowheads in the fields, it's fascinating to think that the last time each one was touched by a human was hundreds, if not thousands of years ago. Cherokee tribespeople crafted sharp stones, affixing them to straight wooden sticks with feathers for guidance, and a notch on the back end for a thin piece of leather to propel it forward; aimed at the ancestors of the animals we see (or rather, don't see).

The early settlers' act of clearing the trees to till the soil and graze livestock was a dramatic, lasting change to the habitat. Since then, all the critters have figured out how to coexist with us and our manipulation of the landscape.

Raccoons can roam many miles every night to access food and water, so we must always be vigilant. We hear the coyotes way more than we see them. Eerie does not describe the blood-curdling screams they make in the

pre-dawn hours as they move about in packs. It can be totally quiet, when suddenly countless coyotes begin to yelp and holler like one of them got shocked by a hot wire.

We do see them in the day from time to time, but, knock on wood, they leave our animals alone as long as we are vigilant on their protection. Their scat we find on the gravel lanes is a sign of their existence, and apparently they're helping to keep the mice, voles, and rabbit populations in check. For that, we say thanks.

Skunk encounters can make for legendary character-building. We will occasionally run-up on one as they scurry back to their den for the day. When one accidentally gets into the fields patrolled by the Great Pyrenees, we all suffer. They say you can smell it a mile away. I would add: for days. We tried tomato juice, lemon juice and the commercially available skunk-off products to rid the dogs of the stench; they all seem to just transfer the odor to us. That stuff does not wash off.

Promoting biodiversity is a tenant of organic agriculture, so we do what we can to keep wildlife out of harm's way and let them do their thing, filling their particular niche in our ecosystem. For example, the electric netting prevents them from preying on the poultry, which keeps us from having to prey on them. It doesn't cause damage, but it sure scares the crap out of them.

Mac Stone



REFER A FRIEND GET FREE FLAVORS

If you've sat down and discussed the way CSA makes you feel with your friends and family, this is our small way of repaying that kindness.

WE'LL DROP A FREE FLAVOR KIT INTO YOUR 2026 SUMMER CSA IF

1. You refer a friend who's new to our CSA program.
2. They sign up for a 2026 Summer Share of any kind.
3. And they mention you at checkout!

WHAT'S IN THE KIT?



Elmwood Garlic Powder



Elmwood Dried Tomatoes



Elmwood Dried Chiles

A \$40 Value



See all details on how to refer here!

ElmwoodStockFarm.com/Refer-A-Friend-2026