CSA News

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CSA Week 7
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Log in to your CSA account online to find a customized list, photos and descriptions for your share.

Farm Share Storage & Use Tips:

- In general, store vegetables and eggs in the fridge and meats and cornmeal in the freezer, unless otherwise noted.
- Zucchini & summer squash: It's the first summer squash of the season! Store unwashed in a perforated plastic bag in your fridge's vegetable bin. They should keep for more than a week.
- Beets: Remove greens from beets. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the beet roots, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks.
- Carrots: You may find several colors: orange, purple, yellow and rainbow. Remove the greens, if your carrots have them, and save them in a plastic bag. Refrigerate carrots in their own plastic bag.
- Broccoli: Refrigerate immediately, wrapped loosely in a plastic bag in the vegetable bin. It's best used within a few days.
- Kohlrabi: Separate greens from bulb, and store in a perforated plastic bag for several weeks.
- Leafy greens: Store in your fridge in perforated plastic bags.
- Microgreens: Keep microgreens in the fridge in their plastic clamshell container. Wash when you're ready to use them.
- Raspberries: Refrigerate or eat right away.

Celebrate Summer Solstice

From my perch writing these stories, the sun rises behind the storage barn this time of year. It has been migrating north along our eastern horizon since the end of last year. On June 20, it will do a 180° to begin its southerly trek toward winter.

In a month or so, sunrise will be over the produce field alongside the turkey field for a couple of more months, before screeching to a halt over the sheep barn just before New Years, in order to head back north. This progression goes seemingly unnoticed to the casual eye, but as demonstrated over many, many years across many species of plants and animals, it's a pretty big deal. A moment of reverence for solar energy seems appropriate.

We now know our earth is indeed not flat, but a sphere tilted at an angle to the sun, and the spinning is more akin to a tilt-a-whirl than a titanium gyroscope, thus giving us the appearance of sunrise and sunset. In fact, scientists have calculated that the spinning is slowing, increasing day length by 1.8 milliseconds per century.

The power of the sun's daily delivery of energy that drives our mothership through space is well documented. June 21 may technically be the longest day of the year, and July 1 may be the midpoint of the calendar year, but the middle of the frost-free growing season for us is not until late July. Much like a roast coming from the oven, the temperature of the earth's crust continues to rise after the heat source is reduced. From here, we will be in a sprint in the summertime marathon of growing food for you before our opportunity to capture solar energy goes into hibernation.

I'm over my grumpiness about the time change in April, but the argument is not without merit, since sunrise and sunset directly impacts everything—and I mean everything—out here on the banks of the Elkhorn. We watch each spring for the first daffodil blooms and the return of the barn swallows. The growth and maturation rate of plants, animals and microbes is directly correlated with day length. There is actually a complicated degree-day formula that considers the hours of daylight, intensity of solar radiation (cloudy, foggy, etc.), temperature and its diurnal swings, humidity, and wind. All biological life forms adjust their procreation habits based on these factors, but day length is the dominant driver of the formula.

Mathematically, the time between first light and actual sunrise over the horizon is noticeably longer this time of year. During these dawn and dusk periods of the day, the sun's rays are refracted more and persist longer, providing the opportunity for glorious displays of color each morning and evening. This week, first light arrives just after 5 am. When I'm out for whatever reason at that time, it's nice to have enough light to see without my cap light. On clear mornings, the sky goes from black with twinkling stars to purple to navy to teal to yellow to orange in an amazing wave of colors, very gradually, and unique each and every day.

Our job is to capture solar energy with our plants for people to consume for sustenance and for livestock to convert into protein. A few years back we partnered with Matthew Deason on his masters thesis on a calories-in versus calories-out comparison of regenerative farms like ours versus Big Food. After a couple of years of monitoring horsepower and manual labor, with lots of statistics swirling, the results are in. We burn 7.7 calories of energy for every calorie of food we provide to you. Big Food, with their big equipment, petrochemicals, transportation and processing are in the 50s. That's a remarkable difference. Big Food burns carbon; our farm sequesters it. Each of us can do our part to reduce our carbon footprint by simply choosing local, organic foods over processed, store-bought stuff as much as we're able.

Our ancestors understood the value sunlight played in their lives, to the point of erecting great monuments of respect to perpetuity. Our regenerative farming practices are driven by this solar energy, not fossil fuels and toxic chemicals. Tomorrow the sun will rise for the 1,643rd billionth time, give or take. I, for one, look forward to it and appreciate that it is a pretty big deal. – *Mac Stone*

Join us on a Farm Tour: July 10, 9-11 am

As a CSA Farm Share member, you are invited to join us at no cost on this year's Behind the Scenes Farm Tours. See where and how your food is grown on a two-hour walking tour with farmer Mac Stone at Elmwood Stock Farm!

Registration is required, as the tour size is limited! Contact us at 859-621-0755 or elmwoodorders@gmail.com to reserve your spot. Find more info at ElmwoodStockFarm.com/FarmTours.

Recipes

Roasted Zucchini Burgers
Adapted from Half-Baked Harvest

1 lb. summer squash/zucchini, cut in 2" chunks
1 clove garlic
olive oil
salt & pepper
2 tsp. smoked paprika
1/4 tsp. cayenne pepper
2 c. cooked quinoa
1½ c. panko bread crumbs
1/4 c. fresh herbs

Preheat oven to 425 degrees F. Line a baking sheet with parchment.

On a large, rimmed baking sheet, toss squash and garlic with olive oil, salt and pepper. Roast 45-50 minutes, until squash is softened and most of the moisture has been cooked out. Turn the tray halfway through cooking. Remove from oven, and allow to cool. Purée.

In a large bowl, combine squash with paprika, cayenne, quinoa, panko and herbs.

Pat mixture into 10 to 12 even-sized patties. It will be sticky. Place patties in the fridge to chill, at least 1 hour or up to 1 day.

Heat 1 tablespoon olive oil in a large skillet over medium-high. In batches, cook patties 5-8 minutes, until browned. Flip and cook another 5-8 minutes, until firm.

Beet Pudding
Adapted from Fran Corrigan

Yes, this is a beet *dessert*, and it's delicious!

6 T. sugar
2 T. cornstarch (not arrowroot)
1/4 c. cocoa powder
1/4 tsp. salt
1 c. + 2 T. any milk
1/4 c. beet purée
2 oz. chocolate chips
1/2 tsp. vanilla extract

Sift sugar, cornstarch and cocoa powder into a saucepan. Whisk in salt and milk, until dry ingredients are moistened. Stir in beet purée.

Cook over medium-high heat, whisking frequently, until mixture begins to thicken and is close to a boil. Whisk hard, reaching bottom and sides of saucepan. Adjust heat as needed to obtain a boil, but watch that the bottom does not scorch. The pudding will thicken fully at the boil. Immediately lower the heat and boil low for another minute, stirring frequently, now with a silicone spatula. Add chocolate and stir to melt.