Recipes

Sausage and Potato Roast with Arugula

Adapted from Smitten Kitchen

2 lbs mixed unpeeled potatoes, halved or quartered, depending on size
½ lb unpeeled shallots halved
Olive oil
Salt & pepper
1 - 1 ½ packages Elmwood Stock Farm sausage of choice
4 -5 cups arugula (can substitute mizuna)
1 tablespoon lemon juice

Heat oven to 425°.

On a large rimmed baking sheet, toss all of the potatoes and shallots with 3 tablespoons olive oil, salt, and freshly ground black pepper. Roast for 15 minutes, at which they'll be barely beginning to color. Give them a toss and add sausages. Brush the tops with a little olive oil and return the tray to the oven for another 30 to 40 minutes, until the potatoes are tender and the sausage is cooked through.

Transfer everything on the tray to a big bowl and add arugula, lemon juice, and more salt and pepper to taste. Serve right away.

Sweet Potato Granola

Adapted from Sweet Potato Soul

1 cup chopped pecans
2 cups Old Fashioned Oats
½ cup shredded peeled sweet potato
¼ cup packed light brown sugar
1 teaspoon ground cinnamon
½ teaspoon salt
2 tablespoons maple syrup
2 tablespoons coconut oil, melted
1 teaspoon vanilla extract

Preheat the oven to 300°F. Line a baking sheet with parchment paper.

In a large mixing bowl, stir together all of the ingredients until well combined.

Spread the granola evenly in a thin layer on the prepared baking sheet.

Bake for 20 minutes, until you smell the toasting sugar and pecans. Remove from the oven and stir, then spread evenly again.

Bake another 15 minutes, until the pecans are a rich golden brown

Allow the granola to cool and crisp up completely before enjoying.

Find more recipes on the Elmwood Stock Farm Pinterest page.

CSA News

March 21-27, 2022
Winter CSA Week 5
Volume 19, No. 5

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

Farm Share Storage & Use Tips:

- Cornmeal: There are no preservatives or additives mixed in our cornmeal, so we ask you to store it in the freezer to preserve the natural oils.
- Garlic: Leave on your countertop or in your pantry.
- Leafy greens (arugula, spinach, lettuce mix, etc.): Store in your fridge in perforated plastic bags.
- Microgreens, sunflower shoots, pea shoots: Keep microgreens & shoots in the fridge in their plastic containers. Do not wash until you are ready to use. Add microgreens or shoots to brighten up your morning smoothie, lunchtime sandwich, or evening stir-fry!
- Potatoes: Refrigerate in a perforated plastic bag or paper bag. Keep out of light to prevent skins from greening.
- Sweet potatoes (Murasaki & orange): Keep on the counter or in a pantry.
- Veggie Powder: Our very own superfood blend of green, leafy vegetables. Add this to smoothies, eggs, soups, or sauces for a nutrition boost! Store in your pantry with other dried herbs.

elmwoodorders@gmail.com | 859.621.0755

What Time Is It? Seeding Time

Let me start out this week with a big WHEW. We dodged the single digit temperature bullet last weekend, it only got down into the upper teens. The pasture plants, high tunnel veggies (sprinkler lines and nozzles), the newborn lambs, and all of us handled it just fine. Those temps are typical for mid-March, notice I did not say normal, which should be stricken from the meteorological lexicon.

The big greenhouse is filling up, it is awesome to go in there and see the patchwork of colors, textures, and smells. The red lettuces catch your eye first, then the full spectrum of shades of green, followed by the brown of the trays of seedlings yet to emerge. On closer inspection, the rainbow chard looks tropical and exotic, the wispy fennels, the spikey onions, the delicate tomatoes, they are all there. On a cold, sunny afternoon, when the vents are still closed, as soon as the door opens, the earthy aroma engulfs your senses with a sense of life, and even well-being optimism about the future. It's our little backwoods-style conservatory in a sense.

The pattern of the trays may look random and kinda is, but with a purpose. Brittany is running the seeder this spring, and John has a seeding chart for her to go by, which varieties of which veggies to sow, on which day. For example, we want several kinds of lettuce ready to harvest every week of the season, so we plan out a schedule (lofty goals are admirable, I guess.) We have our go-to varieties, rugged performers we can count on, others our farming friends have recommended we try, and some random new varieties from the catalogues to test out and see how they do around here. The key is to be a favorite variety, it must do well in our production system and behave nicely in your kitchen. Throw in variable maturity rates, heading versus leafy, cold/heat tolerance and you can see how the seeding tray pattern might look funny, but it has actually been well thought through. And that's just lettuce.

The chart includes how many trays of each type get sown at a given time. While lettuces are repetitive (5 or 6 trays of each at a time), we figure on three or four settings of tomatoes, chard, kale(s), squashes, etc. since we can harvest from the same plants for several weeks, and some even a month or two, so we will seed twenty or thirty trays at a time. Some of these crops are slow germinators, so the germination chamber schedule must be considered, some are slow to reach transplantable size in the greenhouse, so that must be considered. All of this scheduling is based on typical spring weather, so there is something of a fudge factor to consider. If summer comes early, we want to be ready with good size plants, but the worry is they will be too big and get stunted in the trays if they must wait out a cold snap. If that happens, we want the next set of plants to be not far behind, so the chart is akin to a swinging dartboard as to what gets seeded on a given day.

Brittany is outfitted with a couple of pneumatic (vacuum) seeders that can handle many seeds in such a short period of time. One type has holes that line up with the 200 individual cells of each tray, where she swirls the round seeds around on a tray until a seed is stuck to each hole, that drop into the tray cells, already filled with potting soil to catch them. This system works great for round seeds of which many are not.

Tomato and pepper seeds have a different gizmo for them. A wand with tiny holes to suck up individual seeds that gets set in a jig over the trays, seeds two rows out of the twenty at a time. This is way better than flicking them in one at a time by hand, as we do for onions and leeks.

After seeding, the trays are labeled and stacked in the germination chamber until they pop, when Brittany takes them out into the greenhouse to set root and send up a seedling. The trays are set atop rows of ¾ inch pipes to keep them up off the floor. If they sit directly on the mesh floor covering, the roots grow out of the cell and adhere to the fabric or actually through it into the sand and rock base, rather than form a nice root ball in the cell, necessary for extraction to go into the ground.

With the nice weather this past week we are tempted to get some of the bigger, early, speculative spring plants out, but then remember we are likely to have some serious cold snaps yet. If they go out to the fields too early, it sets them back and the next planting passes them up, which seems like a waste. April first is a target date on the planning chart to go to the field with the spring crops, early May for the non-frost tolerant crops. As those windows approach, we look at the long-range weather forecast, monitor soil moisture, and decide what to plant when.

Who knows, maybe we will have a normal spring? I doubt it though, let's call it typical instead. Thanks for your support. — Mac