

30-MINUTE CHICKEN PASTA PRIMAVERA

Adapted from wendypolisi.com

8 oz fettucine, spaghetti or penne	1 1/2 c grape tomatoes, halved
2 Tbsp olive oil	4 small carrots, cut into matchsticks
16 oz Elmwood chicken breast	15 oz baby peas
1/2 red onion, chopped	1/4 c white wine or chicken broth
1 tsp garlic, minced	3/4 c half-and-half
1/4 tsp red pepper flakes	1/3 c Parmesan cheese
	2 Tbsp fresh thyme, chopped

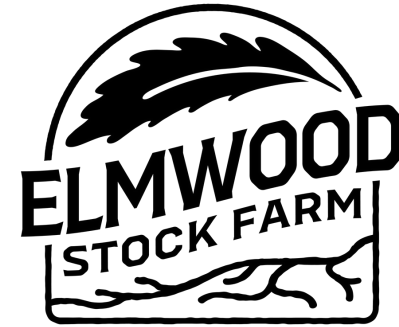
1. Cook pasta according to package instructions. Drain.
2. Meanwhile, heat oil in skillet over medium heat. Season chicken with salt and pepper. Add to pan and cook thoroughly, about 5 minutes per side.
3. Remove chicken from pan. Allow to cool slightly and slice.
4. Add red onion and cook 4 minutes. Add garlic and red pepper flakes and cook 1 more minute. Then place the grape tomatoes and carrots in the pan and cook for 3 minutes. Add peas to the pan and cook for an additional 1 minute.
5. Add wine or broth. Cook until liquid evaporates, scraping up the brown bits.
6. Stir in the cream and simmer 2 minutes. Stir in Parmesan. Cook until melted.
7. Return the chicken to the pan and add the pasta. Stir to combine.
8. Garnish with thyme and serve warm.

BAKED KALE SALAD WITH CRISPY QUINOA

Adapted from justinesnacks.com

12 stalks kale, de-stemmed if needed	1/4 c honey
1 small head green cabbage	2 Tbsp water
3/4 c cooked quinoa	1/4 c red wine vinegar
1 small red onion	2 Tbsp chili oil
2 sage sprigs	olive oil as needed
1 rosemary sprig	salt & pepper to taste

1. Preheat oven to 450°F. Remove core from cabbage, then thinly slice the cabbage and kale. Spread cabbage on one baking sheet, kale on another.
2. Drizzle both sheets with avocado oil. Season with salt and pepper. Roast cabbage for 20-23 minutes or until golden. For last 5-7 minutes, add in kale. Remove both sheets and reduce oven to 375°F.
3. Add quinoa to a baking sheet and cover with chili oil. Season with salt and toss. Roast 20 minutes, stirring once, until slightly golden.
4. Thinly slice red onion and place in bowl. Whisk together honey and water. Put pan on medium heat with splash of oil. Add sage and rosemary. Pour in honey mixture and stir until it thickens, about 1 minute. Add vinegar and pinch of salt. Stir and simmer 1-2 minutes. Remove sage and rosemary, then pour over red onion. Stir.
5. Toss together kale, cabbage, and red onion with dressing in a bowl. Sprinkle quinoa liberally on top and serve warm.



Winter/Spring CSA News



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Winter Squash, Garlic & Sweet Potatoes: Store all at room temperature as all three will keep for weeks or even months. If you start to see a change in color, or a soft spot develops, go ahead and prepare soon!

Leafy Greens: Store leafy greens in the fridge inside a perforated plastic bag. If you chop and wash ahead of time, spin the leaves dry before placing them back in the bag with a dry paper towel to absorb the moisture. Refresh limp leafy greens by plunging them into ice water for 15 to 20 minutes.

Carrots, Turnips, Beets, Radishes, Rutabagas & Potatoes: Store in a bag, cloth, or other container in the coldest crisper bin of your refrigerator. Keep potatoes out of the light to discourage greening.

Jarred Items: It's the best time of year to include Elmwood's organic Diced Tomatoes, Ketchup, Marinara, BBQ or Salsa in your seasonal recipes—think chili, lasagna, soups, or what about as a pizza topping?

Microgreens: Keep greens and shoots in the fridge in their plastic clamshell compostable container. They'll keep for up to a week. Do not wash microgreens until you're ready to use them.

The Journey of a CSA Share

If you were to sneak a little peek through the window into our world when it comes time to prepare your CSA shares each week (which you might, if you pick up your share on the farm), you would see a beehive of activity, people working as a team to pull it all together, on time. We set the timeline tolerances pretty tight, so we can be sure you are getting the freshest possible produce. To help you understand what happens on our end to get all those veggies from the field to your bag, the schedule goes something like this.

Let's start with the biology, as always. Plants mature at varying rates depending on the conditions around it. Do they have all the water they want, are they over transplant shock, what are the nighttime temperatures? We have developed a calculus in our heads that informs our decision making to predict what will be ripe for the picking. Will the berries ripen by then, will the lettuce be in heads or will it be a salad mix (where 2-3 leaves are plucked from each plant to allow the plant more time to make a head)? This must be where the term 'reading the tea leaves' comes from, because that type of judgement call goes into the harvest of every crop, every time, all year.

Then there's the time it will take to pick/wash/count/cool/sort/count/bunch/bag/count everything as we prepare it in a manner to preserve freshness and pay our due respects for all that has gone into getting it before us. Some crops go across the handy dandy wash line with hands free drop nozzles, while others go through the dunk tanks which effectively removes the field heat and soil particles. Plus, almost all produce will hold up better if we give it time to chill down to 40 degrees before being assembled as your share. We plan to get all this prep work done well ahead of making shares.

While all this is going on, others are making lists and checking them thrice. Someone is labelling bags, others are preparing eggs for distribution to each location, still more are bundling up to fulfill your meat shares in the freezer. We make several charts and lists, that get reconciled at various points along the way.

With customers getting ample opportunity to make swaps in their share, we have to draw hard lines in the sand in making all this happen. So we must decide what to offer a full two days ahead of your delivery. Then when each window closes for your distribution group, we have to tally up crop totals to inform what gets harvested and prepared for you. We need this time when there are no more changes to the list, to get it right. This means we appreciate your patience with us and our systems, and ask you to remember we are not Amazon, although we do offer next-day delivery. Customizing your share is nice, but it changes expectations. You expect us to get it right, and we take that expectation seriously. If you opt not to swap, you can still expect the weekly surprise of what yummy food you will get to enjoy.

Then, we line up all the produce containers and our team members walk down the row with a slip of paper with your name and grocery list on it. They assemble your share, then hand it off to a teammate who checks the contents for accuracy and places it in the bag with your name on it. The bags get loaded into boxes, which are also labeled, then the boxes get loaded into the van. Each location is color-coded, bags are counted again, the add-on orders, meat shares, eggs, and pantry items are simultaneously loaded in a systematic manner that makes for ease of unloading. The driver then checks for all contents to be accurate. Then, and only then, they are on their way.

The driver's route is optimized for efficiency, and those of us at the farm play mission control when delays arise. At your pickup location, each bag should be labeled with each member's name, so please be sure to get the bags that belong to you, and no one else's. Meat and eggs are handled differently at each location, so follow the system in place, and remember, if you make a mistake, it will impact others. The driver gives the whole lot one last count before heading to the next location.

All of this is to say, we are proud of the efficiency in which we can get more good food into more kitchens. We want you to get what you want. We need to do it in a timely manner to preserve quality. Please read your emails and follow the prompts on the website. We will do our part, it just takes a lot of planning and a little time. - Mac Stone