



TAMARI MISO MUSHROOM & MICROGREEN TOAST *Adapted from Crowded Kitchen*

3 tbsp butter*, plus more for toast
 1 stalk green garlic, finely chopped
 ¼ cup finely diced shallots
 4 cups thinly sliced mushrooms
 ¼ cup dry white wine
 2 tsp tamari
 2 tsp miso
 ¼ tsp pepper

¾ tsp salt
 ¼ cup chopped walnuts
 2 tbsp fresh chopped parsley
 1 tsp fresh chopped thyme
 ½ tsp fresh chopped rosemary
 4 slices bread of choice
 ½ cup ricotta cheese*
 1 cup microgreens

**To make this a vegan recipe, sub vegan butter and vegan ricotta.*

1. Heat a sauté pan to medium and add 3 tbsp butter.
2. Sauté green garlic and shallots for about 5 minutes, stirring frequently.
3. Add mushrooms. Continue to cook for a few minutes until slightly softened.
4. Add white wine, tamari, miso and stir. Continue cooking until wine is reduced and mushrooms are tender and fragrant.
5. Add seasoning, herbs, and walnuts. Cook for 3-5 mins. Remove from heat.
6. Toast bread slices using a toaster, or butter evenly on both sides and toast each slice in a sauté pan until browned to your liking.
7. Serve mushrooms on toast over ricotta and microgreens.



RADISH & TURNIP HASH WITH FRIED EGGS *Adapted from The Kitchn*

4-5 hakurei turnips, cut into ¾" cubes (about 1½ cups)
 4-5 salad radishes, scrubbed, trimmed, cut into ¾" cubes (about 1½ cups)
 Coarse sea salt
 Black pepper

2 tbsp neutral, high-heat oil
 1 stalk green garlic, trimmed, chopped (white and light green parts only)
 2 tbsp unsalted butter
 4 eggs
 1 tbsp cilantro, minced

1. Fill large saucepan with water and bring to a boil. Add 2 tsp salt. Boil turnip cubes until just tender, 3-4 min; set aside in separate bowl with slotted spoon.
2. Boil radishes briefly, 30-60 seconds; move to turnip bowl with slotted spoon. Drain any excess water.
3. Heat large cast iron skillet over medium-high. Add oil. When hot, add turnips, radishes, and a pinch each of salt and pepper. Cook 8 minutes or until golden-brown, flipping only once or twice.
4. Lower heat to medium and fold in green garlic, cooking for ~1 minute. Push vegetables to the sides, melt butter in center of pan and add eggs, salting each. For over-easy, cook uncovered 4-6 min; for over-medium, cover for 3 min, then uncover and cook until whites are set, 2-3 min longer.
5. Garnish with cilantro. Add salt and pepper to taste. Serve immediately.

MAY 25 - 31, 2026

VOL 23, NO. 20

WEEK 2 OF 20



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. 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.



more palatable to the livestock, and it is a legume, meaning it forms a symbiotic bond with soil bacteria to capture nitrogen from the air and make it available to all the plants in the field—self fertilizing, if you will. Livestock consume these plants and provide us protein and energy, stored in the right kind of fat.

Then we have alfalfa. “Queen” of the forage crops, it truly is a marvelous plant. It, too, is a legume. On a farm tour earlier this year, I showed our guests the bacterial nodules attached to the roots where the nitrogen fixation that I mentioned above occurs. A good stand of alfalfa will generate hundreds of pounds of nitrogen each season to be shared with the soil food web.

The soil food web is a vast, complex array of microbes (bacteria, fungi, yeasts, molds, viruses), microscopic insects, non-microscopic bugs, and plant roots that proliferate. The more robust the soil food web, the healthier the soil.

Alfalfa also produces several tons of leafy plant material, generally harvested as hay, several times each growing season, which provides the animals nourishment when the forage in their pastures stop growing in winter. Pretty cool, huh? Sow some seeds and, voila, you get grass-fed, certified organic, USDA Choice Wagyu/Angus beef. All while improving soil health.

Alfalfa’s root structure is a tool unto itself. Its taproot spears deep into the ground several feet, maybe 6 to 8 feet deep in some soils. By doing so, it

mines minerals and other nutrients from the depths far below the rhizosphere, to be made available when the plants are plowed into the first few inches of the soil. The complex array of micronutrients in soil can be replenished in this way.

In winter, we feed the cattle their hay in these fields, where their manure further enriches the soil. By keeping a field in alfalfa for 5 years, we can feed the soil, feed the livestock and prepare the field to grow wholesome, nutritious vegetables for us to consume.

YEARS 6-8

In late winter of year 6, we plow down the alfalfa so the nutrients in the plants will decompose to further feed the soil microbial life. In the spring, we plant tomatoes, squash, potatoes, etc.—crops with a long growing period that benefit most from the nutrient-dense soil. After they’re harvested in late summer, their leftover vegetative matter is tilled under, and annual grasses and legumes are sown to hold the soil in place in winter and provide their nutrients when incorporated into the soil in early year seven. In this soil, there are plenty of nutrients and micronutrients to grow kale, lettuces, broccoli, etc.—short season crops, both spring and fall.

Then in year 8, the over-wintered spinach, kale and garlic continue to do just fine, and we plant peas and beans, which are more self-fertilizing legumes.

There are many variations on this planting scheme, depending on our

exact needs from year to year, but that’s the gist of it. When all produce has been harvested at the end of year 8, the field is planted back into clover, alfalfa, and orchardgrass, starting the cycle again.

It takes some petroleum energy to move all this around and lots of human energy to make it work, but the human energy, at least, came from these same plants, as this food feeds us year-round. The University of Georgia food production energy efficiency study conducted on Elmwood Stock Farm indicates we are very efficient in our calories in:calories out ratio. (Deason, University of Georgia, 2016)*

As farmers, we do a lot to convert solar energy into human nutrition. But, the funny thing is, the plants and animals and microbes do most of the work.

Mac Stone

*Source: openscholar.uga.edu/record/12621?ln=en&v=pdf



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

EVERYTHING IS A CIRCLE: THE 8 YEAR CYCLE

As farmers, our job is to covert solar energy into human nutrition. Cellular-level photosynthesis is where the action is. Plants harvest and store this solar energy in many forms: Some store their energy in the soil, others store it in tasty fruit, or roots or seeds.

Our system of managing the plants to accomplish this task is an eight-year crop rotation of different plants in different places. By these means, we feed our livestock, our livestock feed the soil, and the soil feeds the vegetables that, in turn, feed us and you.

YEARS 1-5

Walking around Elmwood Stock Farm, you will see seemingly idle, verdant pastures. Much to the contrary of being idle, the individual plants in those fields are storing energy in their leaves to be consumed by livestock.

In the Bluegrass region, perennial grass plants, like fescue and bluegrass, and orchardgrass predominate and have a predictable growth pattern each year. A native white clover cohabitates quite nicely with the grasses. White clover is