



CAULIFLOWER OR BROCCOLI LATKES

Adapted from The Spruce Eats

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| 1 large head cauliflower or broccoli, fresh, washed, and cut into florets | 1 tsp sea salt |
| 2 large eggs, beaten | ½ tsp freshly ground white pepper, or black pepper |
| ½ cup white whole-wheat flour + plus extra if needed | 2 quarts sunflower oil, or canola oil, enough for frying |

1. In large stockpot, boil a few inches of water. Add cauliflower or broccoli, or a little of both, reduce heat, and simmer, partially covered, 15-20 min, or until florets can be easily mashed with a fork.
2. Drain in colander. Mash lightly with a fork, leaving some texture rather than creating a puree. Set aside to cool.
3. Place cauliflower/broccoli in mixing bowl. Stir in beaten eggs. Sprinkle with flour. Mix well to create pancake-like batter. If needed, add more flour 1 tbsps at a time, mixing after each addition. Season with salt and pepper.
4. Line plate with paper towels. In large skillet over medium-high heat, warm a few tbsps of oil. Set the oven to warm (200 F).
5. When the oil is hot, drop the batter by tbsps into the pan, taking care not to crowd the pan. Flatten the pancakes a bit so they cook evenly. Fry approximately 3 to 5 minutes per side, or until the latkes are browned on both sides and firm in the middle.
6. Place latkes onto paper towel-lined plate to drain excess oil. Place on a baking sheet and keep warm in the oven while you make remaining batches.
7. Add more oil to the pan, heat, and continue frying the remaining latkes in batches, until the rest of the batter is used. Serve hot!



MISO MUSHROOM, SHALLOT, AND BOK CHOY

Adapted from Farm to Pantry

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| 1 shallot, peeled and minced | 2 tbsp sesame oil |
| 2 tbsp soy or Tamari sauce | 2 tbsp toasted sesame seeds |
| ¼ cup rice wine vinegar | 5 oz mushrooms, sliced |
| 1 tbsp light Miso paste | 1 lb bok choy, cut into wide ribbons |
| 1 tbsp brown sugar | 2 tsp peeled and grated ginger |
| ½ cup avocado or olive oil | |

1. In a bowl, combine shallot, soy, vinegar, Miso paste and brown sugar to make the vinaigrette. Whisk in oils and sesame seeds.
2. In large sauté pan on medium-high heat, add a little oil and sauté mushrooms for a few minutes. Add bok choy and ginger. Saute until leaves are to desired tenderness and ginger is aromatic, a few more minutes. When ready, take off heat and toss in vinaigrette. Serve over steamed white rice.

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SUMMER CSA NEWS



GARLIC SCAPES & MUSHROOMS

Store unwashed in a loose bag in the crisper of your fridge.



TOMATOES

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



TURNIPS & RADISHES

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



SHALLOTS

Keep in a dark, cool (not cold) dry place.



BROCCOLI & CAULIFLOWER

Refrigerate immediately. Wrap loosely in a bag and store for 2-5 days in the crisper of your fridge.



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.



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.



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.



HOW DO WE EVEN PROVE WE'RE ORGANIC?

This share you receive each week comes from a farm that is 100% certified organic. What does that mean, and how on earth do we prove it? For those who doesn't know how it works, why it matters, and how it can benefit you, read on.

This third-party certification is strict but not rigid. It is based on the laws of nature, scientific knowledge and transparency of information exchange.

Without nature-based cultivation methods, we would not have a basis for organic certification at all. Evidence of evolution shows us how nutrient cycling grows healthy plants. We "fertilize" our fields with the incorporation of plants that release their nutrients to feed our crops and with the droppings from the herbivores—namely, our cattle and sheep—that consumed them.

Science tells us we are actually energizing the intricate soil food web that envelops the roots of the plants. These nutrient-cycling systems create such healthy plants and animals, there is no need for toxic, synthetic, chemical fertilization and rescue treatments. How we carry out all of this is described in our Organic System

Plan (OSP), a 40-page document that we submit for review and approval each spring to the Ky Dept. of Agriculture, which is an organic-certification agency accredited by the USDA.

The USDA has statutory authority to administer the regulations that inform producers and processors what can and cannot be done to achieve certification through its National Organic Program. The regulations, referred to as "The Rule," allow for individual interpretation, because all farms are unique, while maintaining strict restrictions of materials and substances that cannot be used by organic producers.

Our OSP documents source and quantify that the 250+ seed varieties we purchase are from an organic source, ensuring we are not using genetically engineered products, synthetic fungicide treatments, or countless other potentially harmful materials. Our plan includes information about buffer zones between us and neighbors to prevent contamination, greenhouse potting-soil mixes, pest- and weed-control strategies, poultry-feed sources, individual animal-ID and animal-welfare strategies, post-harvest produce-handling practices, and much, much more.

When our OSP is submitted to the KDA for review, a reviewer, who has passed rigorous training, pours over the plan with its accompanying documentation and then notifies an inspector to verify our plan is accurate and thorough enough to demonstrate that we are working within The Rule. The inspector, also intensively trained, reviews the plan again before scheduling a farm

visit, where they have unfettered access to our fields, buildings, files and records of the operation.

Part of the inspection includes an audit trail protocol to verify authenticity. This means the inspector can pick any one of those 250+ seed varieties and ask to see documentation that verifies that the quantity of crop we harvested matches the quantity of seed we say we used. The records we keep show when and where they were planted, how many trays were seeded in the greenhouse, when they were planted into which field, their harvest yield, and where they were sold.

These records are part of good farm-business management anyway, so we would keep track of these details even if we didn't need them for organic certification. Inspectors can arrive unannounced, take samples for pesticide residue, and verify systems are being employed as described in our plan. We welcome them anytime.

The inspector submits a report to a final review committee of several people, who set a collective third set of eyes on the plan to ensure a thorough review has been performed to confirm compliance. Only then will a certificate be issued. The certification agency also goes through a similarly thorough accreditation process to verify they have the capacity and capability to administer a sound review of the operations. Recently, a USDA auditor shadowed our inspector to ensure KDA is thorough in their process of verification.

The USDA essentially owns the word "organic," or at least how it is used in

the market place. Misuse can result in a fine up to \$22,392 per transaction, and there is a well-financed enforcement division within the USDA-NOP. This entire process creates a totally traceable trail – there can be no mystery as to exactly how organic produce is grown - including ours.

It seems more than a little ironic: Farmers that are restricted to mined minerals and plant extracts to produce food for their communities have to spell out every detail of their operations for scrutinized review. On the other hand, producers that use genetically engineered seeds, synthetic fertilizers, insecticides, fungicides and herbicides; or confine their animals, don't report to anyone in the same way.

When you see the seal or the term organic, it's legit. And our third-party auditors work to prove it.

Mac Stone

TOUR THE FARM
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JUNE 20

Sample farm life. Learn how we grow your organic CSA share by working with the ecosystem.

ElmwoodStockFarm.com/FarmToursandEvents

Perks for Elmwood CSA Members

1. Buy one ticket and bring the family at no charge. Contact us to reserve their spots.
2. After attending, we'll credit your ticket cost to your CSA account!