

SHARE PICK-UP CALENDAR

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Pick-Up 4-7pm 🏠	3	4	5	6 Pick-Up 10am -1pm 🏠
7	8	9 Pick-Up 4-7pm 🏠	10	11	12	13 Pick-Up 10am -1pm 🏠
14	15	16 Pick-Up 4-7pm 🏠	17	18	19	20 Pick-Up 10am -1pm 🏠
21	22	23 Pick-Up 4-7pm 🏠	24	25	26	27 Pick-Up 10am -1pm 🏠
28	29	30 Pick-Up 4-7pm 🏠	31			

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Pick-Up 10am -1pm 🏠
4	5	6 Pick-Up 4-7pm 🏠	7	8	9	10 Pick-Up 10am -1pm 🏠
11	12	13 Pick-Up 4-7pm 🏠	14	15	16	17 Pick-Up 10am -1pm 🏠
18	19	20 Pick-Up 4-7pm 🏠	21	22	23	24 Pick-Up 10am -1pm 🏠
25	26	27 Pick-Up 4-7pm 🏠	28	29	30	

ABOUT ELIJA FARM



Elija Farm is a sustainable, non-profit farm in South Huntington, NY committed to using environmentally responsible practices to raise high quality produce. The Elija Farm CSA is dedicated to enriching the health and wellness of our community through dynamic learning opportunities to its diverse membership.

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Week of September 3, 2022



ELIJA THYMES

Growing Roots for a Sustainable Future

- IN THIS ISSUE
- Weekly Harvest
 - Crop of the Week
 - Farmers Corner
 - Sights and Scenes from the Farm
 - Tips and Tricks
 - Veggie Profile
 - Make the Most of Your Share
 - Reusable Bags
 - Pick-Up Schedule



- ELIJA FARM TEAM
- Debora Thivierge**
Founder & Executive Director
 - Katie Tota**
Director of CSA and Farm Learning
 - Chris Potter**
Farm Manager
 - Rudy Angebrandt**
Farm Maintenance Mechanic
 - Suzie Rust**
Director of Baking & Culinary Arts
 - Jennifer Turner**
Assistant Baking Teacher
 - Gabby Esquibel**
PR Media Relations
 - Rena Lee**
Farm Hand
 - Devlin McGuinness**
Farm Hand
 - Jen Najman**
Farm Hand
 - Chase Northrop**
Farm Hand
 - Chloe Northrop**
Farm Hand
 - Alfred Sgambati**
Farm Hand
 - Clara Silberman**
Farm Hand
 - Jenn Marsh**
Volunteer Coordinator

CROP OF THE WEEK

OKRA

Sometimes referred to lady's fingers due to its long, slender, tubelike shape; is the seed pod of the Abelmoschus esculentus plant. Native to Ethiopia, okra was first brought to North America by enslaved people and settlers when they arrived centuries ago.

Okra is a fruit, though it is eaten as a vegetable. Okra needs to be rinsed and pat dry before cut or sliced. To reduce sliminess, some cooks suggest soaking in vinegar or cooking at very high heat, such as by grilling or sauteing.



*WARNING ALL PRODUCE IS FRESH FROM THE FIELD AND SHOULD BE WASHED.

FARMERS CORNER DON'T TOSS IT... PLANT IT!

You probably don't all have the luxury of having a farm in your backyard like we do. Did you know that there are actually many vegetables out there you can regrow from scrap even without a garden? It's fun, free, sustainable, and delicious! Before throwing away those scraps, here are some ways you can truly make the most of your CSA share. Regrowing vegetables from scrap can be very simple. Reference the list below to see what you can do with your bounty!

- *Green onions:* Cut them from about an inch from the roots, leave them in a glass of water, and you will have new green onions!
- *Romaine Lettuce, Bok Choy, Cabbage:* Leave the stump of the lettuce in a bowl and fill the water halfway. Once the leaves have regrown for a few days, transfer your stumps into soil.
- *Basil, Mint, and Cilantro:* A lot of herbs can easily be regrown. Make sure there's about 2-3 inches of stem. Place the stems upright in a glass of water, and when the new roots begin to sprout, transfer the herbs into a pot of soil
- *Potatoes:* Cut a potato in half. And where you see the dented "eyes" on the skin, plant the potatoes in soil with the "eyes" facing up. That's where the plant will begin to sprout in a couple weeks.

Think about using a few of these methods from your next CSA pick up. We hope you join us on our road to a more sustainable future!

TIPS AND TRICKS: CILANTRO

It's important to keep your cilantro hydrated at all times. Store the stems in a glass of water and loosely cover the leaves. Left alone in the refrigerator, your cilantro should last about a week before spoiling.

Pro Tip: Change the water every couple of days to keep your cilantro extra fresh.

Excess moisture on the leaves can cause them to become slimy and unappetizing, so don't wash your cilantro until you're ready to serve it. Pat dry afterwards and use to your heart's content.



VEGGIE PROFILE CILANTRO

Cilantro is a bright green herb commonly used in Mexican, Asian, and Middle Eastern cooking, as well as other cuisines around the globe. Apart from its somewhat citrusy, peppery flavor, cilantro is added to dishes for its potential health perks. Fun fact: Some people think cilantro tastes like soap because of genetics! These people have a variation in a group of olfactory-receptor genes that allows them to strongly perceive the soapy-flavored aldehydes in cilantro leaves.



MAKE THE MOST OF YOUR SHARE

GARLIC ROASTED OKRA

INGREDIENTS

- 1 lb. okra
- 1 tsp. paprika

INSTRUCTIONS

1. Rinse the okra and dry it with a paper towel. Trim away the stem ends, and then cut it into 1/2 to 3/4-inch pieces. Place the okra into a medium-sized mixing bowl.
2. In a small dish, mix together the paprika, garlic powder, and salt.
3. Sprinkle the seasoning mix over the okra and add the melted butter. Mix everything well.
4. Transfer the okra to a large parchment paper-lined baking sheet and spread them out evenly.
5. Bake the okra for about 15 minutes at 450°F. Serve.



MAKE THE MOST OF YOUR SHARE BONUS RECIPE!

CILANTRO LIME DRESSING

INGREDIENTS

- 2 cups fresh cilantro
- 1 garlic clove
- 1/4 cup lime juice

- 2 teaspoons maple syrup or honey
- 1/2 teaspoon ground coriander
- 1/2 teaspoon sea salt
- 1/2 cup extra-virgin olive oil

INSTRUCTIONS

1. In a food processor, place the cilantro, garlic, lime juice, maple syrup, coriander, and salt and pulse to combine.
2. With the blade running, pour in the olive oil and process until smooth.
3. Enjoy!



REUSABLE BAGS

PLEASE REMEMBER TO BRING BACK YOUR BAGS EACH WEEK!

Besides saving the environment, as many of you know we are a working farm that integrates individuals with autism and other disabilities in the daily and necessary tasks. Our farm apprentices need you to bring your bags back so they can maintain and wash them to further provide vocational opportunities for our learners!

