



Sweet Top Farm

CSA Newsletter, Week 17

October 10, 2012

this morning's frosty broccoli

In your box this week

Red or Gold Beets: We have had multiple frosts and a few hard freezes, and the flavor of the beets keeps getting sweeter. Store in a plastic bag if you plan to save them for a while. **Orange or dark red root.**

Baby Carrots: This is our favorite carrot variety so far: Mokum. Enjoy these "pencil" carrots raw or roasted whole in the oven. Keep them in a plastic bag stored in the refrigerator.

Broccoli: This is by far our favorite variety of broccoli (called Gypsy). Picture perfect in the field and deliciously sweet! Soak in salted water before cooking; any cabbage loopers (green caterpillars) should fall off (yes, even with the cold weather, these buggers are still a nuisance).

Red Kale: Beautiful purple kale that is more tender than the green.

Yellow and Red Onions: The onions have now formed the papery outer skins that make them good for storing, so you can keep the onions on your countertop.

Red Potatoes: A generous portion of potatoes so that you can have a few in the weeks to come. Store extras in a paper bag (if you have one) in a cool dark place.

Spicy Greens Mix: A zesty mix of mustards, frisee, arugula, and other Asian greens. Eat raw or cooked (cooking mellows out the peppery flavor). **Prewashed but not spun to minimize damage to leaves from too much handling. Spin dry when you unpack your box.**

Spinach: These baby leaves are sweet thanks to the cold weather. Try this week's Squash Salad. **NOTE: We bagged this in the field this morning; wash and spin when you unpack your box.**

Scarlett Turnips: The flavor of these beautiful roots is *fantastic* right now. No need to peel them, and they can be eaten raw (our favorite) or cooked (roasted with potatoes is delicious). **Lighter pink root.**

Winter Squash: This week's box includes individual sized acorn squashes called Honey Bear as well as a nice sized Butternut squash. See this week's recipe for our favorite fall salad that uses Butternut.

Herbs: A mix of thyme and sage. These work well in soups, with roasted vegetables or meats, or atop pizza. Herbs keep well wrapped in a plastic bag and kept in the refrigerator. You can also dry them by hanging them upside down.

Frosty But Not Finished

For some of you, this is the last box of the season. It feels a little funny writing that as it seems like just yesterday we were packing the first box of the season. And what an amazing first season it has been! From growing what some of you deemed the "best cantaloupe of your life" (trust us, mother nature had A LOT to do with that this season as the hot and dry were perfect growing conditions) to crawling on our hands and knees squishing squash bugs, we have had a lot of successes and a few failures and mistakes along the way. Your gratitude and support is inspiring, and while we are a little tired from the labors of the season, we are very excited for next season.

The past week has been a bit of a scramble back and forth covering and uncovering various crops. While plants such as spinach, beets, arugula, and chard can take temperatures down to 28°, others are quite sensitive to it. Yet, we have had several nights below this, so on with the row cover! This morning when Megan arrived at the farm to harvest, everything from arugula to carrot tops were frozen. Amazingly, once the sun thawed out the plants, everything bounced right back.

Another cosmetic blemish that does not affect taste is the "scabby" appearance on some of the potatoes. This is often the result of high or low pH in the soil and is common where there is high organic matter in the soil (which is the case where we farm). You can peel or cut off the scabs, and the rest of the potatoes should be just fine.

2012 CSA Survey

We sent out an e-mail earlier this week with a link to the survey. The information in the survey is very valuable to us and to our business, and we appreciate your feedback. Here is the link to the survey if you have yet to fill it out: [CSA Survey](#). Remember to include your name on question 10 if you would like us to hold a full or half share for you. If you forgot to do this, please e-mail us.

Enjoy this week's harvest! –Megan and Adam

NOTE: Please make sure your leave your box at your drop site. We will be picking these up in the next two weeks. Thanks!

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Recipes

Find these and other recipes by clicking on the link below:

[CSA Newsletter and Recipes](#)

Butternut Squash Salad

From your box: butternut squash, spinach, red onion

Preheat oven to 425°. Cut ends off butternut squash and use a vegetable peeler to peel skin. Cut in half long ways, scoop out seeds, and then cut into bite sized pieces. Peel and cut a red onion into 8 wedges (if you can leave a little of the root end on the onion, this will hold the onion together). Dry and cube a block of tofu. Put these 3 ingredients on a baking sheet and sprinkle with olive oil, salt, and pepper. Bake until squash is tender enough to fork through. While the squash mixture is baking, slice a rustic loaf of bread into bite sized chunks. When the squash is done, drizzle with a little honey and place bread on top of vegetables. Return to oven and bake until bread is toasted. Scoop a generous portion over spinach, top with goat cheese and dressing (see below), and serve warm.

Dressing: In a bowl, whisk together 1 tablespoon of Dijon mustard, juice from one lemon, and ¼ cup olive oil. Salt and pepper to taste.

Potato-Onion Frittata

From your box: potatoes, onion, thyme

Dice 4 medium potatoes and boil until tender. Drain and set aside.

In a bowl, whisk 6 eggs with some salt, pepper, a splash of milk, and ½ cup of shredded cheese of your choice.

In an oven-safe skillet, sauté one thinly sliced onion over medium heat. Stir in a teaspoon of fresh, chopped thyme, one clove minced garlic, and cooked potatoes. Pour egg mixture over top and let cook until edges begin to set (about 3 minutes). Put skillet in the oven and broil until top puffs (1 minute—be careful not to burn).

Kale, Cannellini Bean, and Potato Soup

From your box: kale, cabbage, leeks, parsley, onion

2 tablespoons extra-virgin olive oil	1/2 teaspoon chopped fresh sage
1 onion, diced	1/2 teaspoon chopped fresh thyme
3/4 cup diced carrot	1 (16 ounce) can cannellini beans, rinsed and drained
4 cloves garlic, minced	2 cups finely chopped kale leaves
3 cups chicken or vegetable broth	ground black pepper to taste
2 cups water	
1 cup white wine	
3 potatoes, halved and sliced	

DIRECTIONS:

1. Heat the olive oil in a large Dutch oven over medium heat; cook and stir the onion until softened and translucent, about 5 minutes. Stir in the carrot and garlic, and cook for 5 minutes more.
2. Pour in the broth, water, and white wine; stir in the potatoes, sage, and thyme. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes. Add the cannellini beans, kale, and black pepper, and simmer, covered, for 30 more minutes.

Adapted from allrecipes.com