



An End to Another Great Year

The end of the CSA season has arrived. Looking back now on the last eight months, starting seeds in the greenhouse seems like an eternity ago and at the same time, just like yesterday. As far as weather, we have seen a little bit of everything this year, from snow in May, torrential rains in June, and a drought in July and August. Somehow, the miracle of life—all the seeds we start and nourish—want to grow and do their best in all kinds of conditions. So while this season had its difficulties, the overall success and satisfaction of this year feels good. And now, we have our little Edith Lee to add to that list of miraculous things that happened in 2013.

CSA Newsletter

Week Eighteen

16 October 2013

In the coming weeks (when Megan can spend more than 5 minutes typing with two hands), you will be receiving this season's member survey by email. Please take 5 minutes to fill it out (it is submitted online) as we use the information we gather to help us plan for the upcoming season. Also, **please return your CSA box to your drop site within the next week** for us to pick up and use again in the future.

We are endlessly grateful to our worker share members this season, Emma and Jabez, who helped plant, weed, and harvest in all sorts of conditions and still loved coming out weekly; we certainly would not have had the season that we did without their help. Likewise for Adam's mom Phyllis who also drove up from Rochester each week to help out on the farm and with packing CSA boxes—never once complaining. The award for the farthest traveled to lend a hand goes to Megan's parents who came from New Hampshire twice—the second time taking time away from Edith to help pack this week's boxes. Thank you to those CSA members that volunteered their time weeding, turning the most tedious chores into a fun couple of hours. This season would not have been possible with the support and understanding of Mike and Jeanne Kinney who own the land that we farm. Lastly, we want to thank you for your ongoing support during this farm season and thoughtful well-wishes and hearty dishes upon the arrival of Edith. We wish you and your families a wonderful fall and winter.

Enjoy the last of this season's harvest.

Your Farmers,
Megan, Adam, and Edith

SPINACH, WHITE BEAN, AND POTATO STEW

FROM <http://www.wholeliving.com>

- 2 tablespoon extra-virgin olive oil, plus more for drizzling
- 1 onion, diced
- 1 stalk celery, sliced
- 1 carrot, peeled and diced
- 8 ounces Yukon Gold potatoes, scrubbed and cut into 1-inch pieces
- Coarse salt and freshly ground pepper
- 3 cups spinach leaves
- 1 (15-ounce) can navy beans, drained and rinsed
- 2 teaspoons red-wine vinegar

Heat oil in a medium saucepan over medium heat. Sauté onion, celery, and carrot until tender, 6 to 8 minutes. Add potatoes and 4 cups water. Season with salt and pepper. Bring to a boil; reduce to a simmer. Cook until potatoes are tender, about 10 minutes. Mash half the contents of the pot until slightly thickened. Add spinach and beans and continue cooking until kale is tender, 6 to 8 minutes more. Stir in vinegar and adjust seasoning if necessary. Drizzle with oil before serving.

In Your Box This Week:

| | Where does it go? | |
|---|-------------------|---------------------|
| | Fridge? | Plastic Bag? |
| CARROTS | yes | yes |
| No tops. No need to peel these carrots. Great raw or cooked and will keep in a bag for months. | | |
| ONIONS | countertop | no |
| Red and Yellow onions. We also put in several smaller onions that did not size up but are still good. These are perfect for roasting with potatoes. | | |
| GARLIC | Countertop | no |
| HAKUREI TURNIPS | yes | yes |
| We waited all season for these tasty white turnips. The seeding this spring drowned and finally the fall sowing makes its first appearance. GREAT raw, sliced thin; roasted, sautéed, etc. | | |
| LEEKS | yes | yes |
| Remember to wash these well after cutting as dirt gets stuck between the layers. | | |
| RED BEETS | yes | yes |
| Don't let the size of these beauties question their taste. They are delicious and if you feel daring and want to try them raw, try last year's carrot-beet salad recipe | | |
| SATINA & RED FINGERLING POTATOES | countertop | Out of direct light |
| Similar to a Yukon Gold potato. Great for all forms of cooking. Red fingerlings are great boiled whole or chopped and roasted. From Threshing Table Farm in Star Prairie. | | |
| SPINACH | Yes | Yes |
| Some of the leaves have some brown tips, so use sooner rather than later. Remember to wash again before eating. Great raw or cooked. | | |
| WINTER SQUASH | Countertop | No |
| One green acorn squash and one small butternut squash. This was a relatively poor squash year, especially for the butternuts. Try the Stuffed Squash recipe from last year. | | |
| BROCCOLI | Yes | yes |
| A nice big head. | | |