



SWEET TOP FARM

CSA Newsletter Week Sixteen 01 October 2014

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
CARROTS	yes	yes
The carrots enjoyed the "heat wave" last week and put on a bit more growth. Yippee!		
ARUGULA	yes	yes
This is the bunched greenery in your box. These nice tender leaves have a little spice and are a great addition to lettuce in salads. It can also be cooked. Try it as a replacement in this week's recipe for Beet Risotto.		
YELLOW and RED ONIONS	no	no
Use the red onions first. This variety is not drying down very well and likely will not keep for a long period.		
RED BEETS	Yes	yes
Sweet and delicious! You can use the greens as you would spinach or chard. Try in this week's Risotto recipe.		
PEPPERS	yes	yes
All SWEET peppers this week including the pointed Carmen pepper if you got one.		
RED LEAF LETTUCE	yes	yes
Try mixing with arugula and adding sliced boiled beets.		
SATINA POTATOES	no	No
Potatoes are back for soups and roasting in the oven. Comfort food during this cold snap. From Threshing Table Farm in Star Prairie, WI		
GARLIC	no	no
If you have extra garlic from weeks prior, don't worry; you can store it on your countertop for use in the weeks and months to come.		
TOMATOES	no	No
This time we are serious—this is it for tomatoes this season. Store on your countertop to finish ripening.		
BROCCOLI	Yes	Yes
While we try to pick off any green caterpillars, some elude us. Soak in salty water or wash well to get rid of any hitchhikers.		
KOHLRABI	Yes	yes
We love kohlrabi, and this time of year it is crisp and sweet. Peel this space-aged veggie and eat raw, sauté, or roast with potatoes.		
ACORN SQUASH	No	no
But they aren't green!?! This is an heirloom variety called Thelma Sanders and can be used in the same way you would regular green acorn squash. These squash are great for stuffing with a mixture of sautéed veggies, a grain (rice, quinoa, freekah), and some cheese.		

Sweat-ember

It's official: Fall is here, but what a warm and glorious September. We enjoyed the burst of sunshine and hot weather last week, and we are happy to report that fall crops had one last growth spurt. You will certainly notice a difference in the size of the carrots this week compared to the bunch you received last week. The cooler temperatures of October will continue to sweeten the carrots in the coming weeks, and we will include them in your share for the remaining two weeks of the CSA (NOTE: Sign up today for an Autumn Share if you would like a nice, big bag for your refrigerator).

There are a few new additions to the box this week: arugula, kohlrabi, and Thelma Sanders Acorn Squash. The arugula (bunched leafy greens) is quite mild with only a hint of spice; cooking it will eliminate any kick it has although we prefer it fresh in salads. Kohlrabi is the space-aged veggie in your box. It does need peeling and is great eaten raw with your favorite dip or atop salads or try it boiled with some potatoes and mashed for a new twist (and a good way to get some variety into the diet of picky eaters). The creamy yellow acorn squash in your box are an heirloom variety that can be cooked in the same way you use green acorn squash. Stored on your kitchen counter, the squash will keep for a month or so; however, if you store it in a cool (50-55°) dark spot—a basement or heated garage—the squash will keep for several months. So don't worry if you don't eat your squash this week; you can always enjoy it later.

AUTUMN SHARES AVAILABLE

We are offering a one-time delivery of various storage vegetables (winter squash, onions, garlic, carrots, etc.) and weather permitting, other fresh treats such as leeks and fall greens. The cost is \$65, and the share will be delivered in late October. When stored properly, most produce will hold until Thanksgiving and beyond. Shares are available on a first come, first served basis, and after last year's popularity, they won't be available for long. **Please email us today if you are interested.**

CSA MEMBER POTLUCK CANCELLED

ALTERNATIVE EVENT SCHEDULED (YIPPEE!)

THIS SATURDAY

**Hudson Farmers Market
(504 Frontage Rd)**

Stop by anytime between 9:30am and 12:30pm

WE HAVE BIG NEWS! (nope, not another baby)

**Come and find out what it is, celebrate with
Sweet Top Carrot Cake, and create some veggie art.**

We will send out directions in an email on Thursday. We hope to see you and your family there, catch up with those we know, and meet those new to the CSA. If you are unable to make it to the farmers market, we will be detailing this announcement in next week's CSA newsletter.

Enjoy this week's harvest!

Your Farmers,
Megan, Adam, and Edith

Recipes

Beet Risotto with Greens

Submitted by CSA member Carole Finneran. A dish that the entire family loved!

5 1/2 to 6 1/2 vegetable or chicken stock
6 Tablespoons of butter
1/2 cup finely diced onion
1 1/2 cup Arborio Rice
1/2 cup dry white wine
2 Tablespoons chopped parsley
2 Tablespoons chopped basil
2 to 3 medium beets, peeled and grated, about 2 cups
2 to 3 cups greens (beet, chard, kale, spinach, arugula) stems removed, finely chopped
Salt and pepper to taste
Grated zest and juice of 1 lemon
1/2 cup freshly grated Parmesan

Have your stock simmering on the stove. Heat 3 TBS of butter in a wide pot and add onion. Cook over medium heat for 3 min, stirring frequently. Add the rice, stir to coat it well, and cook for 1 min. Add the wine and simmer until it's absorbed, then stir in half the parsley, the basil, grated beets, and kale if using. Add 2 cups of the stock, cover, and cook at a lively simmer until the stock is absorbed.

Begin adding the remaining stock in 1/2 cup increments, stirring constantly until each addition is absorbed before adding the next. When you have 1 cup left, add the beet or other greens. Taste for salt, season with pepper, then stir in the lemon zest and juice to taste.

Add in 2 to 3 tablespoons of butter and fold into the risotto. (This is Carole's addition to the recipe, and we agree that adding butter was a really delicious add-in.)

Serve dusted with cheese and remaining parsley.

Recipe from "Vegetarian Cooking for Everyone" by Deborah Madison.

Shaved Kohlrabi and Arugula Salad with Garlic Paprika Dressing

1 head garlic
1 teaspoon finely grated lemon zest, plus 3 tablespoons fresh lemon juice
1/3 teaspoon Spanish smoked paprika
1 teaspoon Dijon mustard
Coarse salt
3 tablespoons extra-virgin olive oil
2 medium or 1 large kohlrabi, trimmed
1 1/2 cups arugula, trimmed
1 ounce toasted sliced almonds (1/4 cup)

Preheat oven to 400 degrees. Remove 1 garlic clove from 1 head, and very finely grate or mince, setting aside 1/8 teaspoon. Wrap remaining bulb of garlic in foil, and roast until very soft and golden inside, about 1 hour. Unwrap; let cool.

Meanwhile, whisk together grated garlic, lemon zest and juice, paprika, mustard, 1/2 teaspoon salt, and 1 teaspoon water in a small bowl. Squeeze roasted garlic from skins, and add 2 tablespoons to bowl, reserving remainder for another use. Stir to combine but leave very chunky. Stir in oil (do not completely incorporate).

Shave kohlrabi very thinly on a mandoline. Divide among 4 plates; season with 1/2 teaspoon salt. Spoon dressing over kohlrabi, then top with arugula leaves and almonds.

Adapted from www.wholeliving.com

OTHER RECIPES ON OUR WEBSITE

(click the recipe to view)

[Arugula, Apple, & Manchego Salad](#)

[Potato Onion Frittata](#)

[Stuffed Winter Squash](#)

[Arugula Pesto Pizza](#)

[Raw Carrot Beet Salad](#)

[Quinoa Risotto with Arugula and Carrots](#)

[Indian Spiced Acorn Squash with Goat Cheese](#)

[Kohlrabi Beet Hash](#)

Eat Well, Feel Great!

Find other recipes on our website:

www.sweettopfarm.weebly.com