



**CSA Newsletter**  
**Week Sixteen**  
**02 October 2013**

**In Your Box This Week:**

	Where does it go?	
	Fridge?	Plastic Bag?
<b>CARROTS</b>	yes	yes
No need to peel these carrots. Great raw or cooked. Try this week's soup recipe.		
<b>ONIONS</b>	countertop	no
Red and Yellow onions. We also put in several smaller onions that did not size up but are still good. These will be perfect for this week's soup recipe.		
<b>GARLIC</b>	Countertop	no
<b>RED BEETS</b>	yes	yes
These fall beauties sized up nicely. Enjoy raw, roasted, boiled, etc		
<b>RED RUSSIAN KALE</b>	yes	yes
We seeded this kale specifically for the fall. Tender and great raw or lightly cooked.		
<b>RED CABBAGE</b>	Yes	Yes
If you don't get to use your cabbage this week, it will keep in a bag in the fridge for months.		
<b>KOHLRABI</b>	yes	yes
This is from the newest planting of kohlrabi, and it is starting to sweeten up. Peel and eat raw or cooked.		
<b>RUSSET POTATOES</b>	countertop	Out of direct light
A reliable baker or masher. We think these have more flavor than your typical grocery store russet. Threshing Table Farm in Star Prairie.		
<b>SPINACH</b>	Yes	yes
Remember to wash again before eating. Great raw or cooked.		
<b>BELL PEPPERS</b>	Yes	yes
Thought last week would be the end of peppers, but there are a couple of sweet peppers in your box this week.		
<b>WINTER SQUASH</b>	Countertop	no
One green acorn squash and one Thelma Sanders acorn. Try the <a href="#">Stuffed Squash</a> recipe from last year.		
<b>CAULIFLOWER</b>	Yes	yes
A small head. Great cut up and roasted.		
<b>SCALLIONS</b>	Yes	yes
The last week for scallions.		
<b>BROCCOLI</b>	Yes	yes
A nice big head. Try last week's recipe for <a href="#">Broccoli Pesto Pasta</a> .		
<b>THYME SPRIGS</b>	Yes	yes
Great added to roasted veggies. You can also hang upside down and dry for use later this winter.		

**OCTOBER 2: NATIONAL KALE DAY**

We might be a week and a half into autumn, but it sure feels like summer is sticking around for a little longer. With no frost and warm days, crops are still growing at a decent pace. On the flip side, caterpillars of all shapes and sizes are enjoying the fine greenery in the fields. You will notice some nibbles on what is otherwise gorgeous spinach and maybe a cabbage worm or two on the broccoli or cauliflower (consider it a sampling of our protein CSA share).

New to the box this week is Red Russian Kale—just in time for National Kale Day. We decided to experiment with direct seeding kale with the hopes that we would have a tender treat this fall. Since late August, the kale has been protected by row cover (from the cabbage moths that lay eggs that hatch caterpillars that eat delicious brassica leaves), and until recently, we forgot all about it. Much to Megan's delight, we have tender, pretty plants that create beautiful kale bouquets. For those of you turning your noses up at the thought of kale, the young leaves taste nothing like, well, kale. To us, it can be eaten like lettuce—that is how tender and sweet the leaves are. Try it raw or cook for a *very* short period of time as you don't want the kale to dissolve into nothing. Now is the time to revisit some of the kale recipes from earlier in the season which you can find on our website by [clicking here](#). You can also find more recipes and ideas at <http://nationalkaleday.org/eating-cooking-kale-newbie>

For those of you interested in extra produce, we have an abundance of large, green cabbages that would love to be turned into something delicious (like sauerkraut or kimchi) but could also be eaten fresh or stored in a cool area. Email us if you are interested. The cost is 50 cents per pound.

Enjoy this week's harvest.

Your Farmers,  
*Megan and Adam*  
 (and soon to be baby)

**IMPORTANT NOTE**

With the estimated arrival of the farm baby just a few days away (October 6), we want to let you know of a few changes that might occur. Should the baby arrive close to a harvest/delivery day, we will most likely skip a week and go a week later than planned. Also, once baby arrives, Adam will take over delivering boxes. In order to do so before he drives his afternoon school bus route, he will start delivering around noon. With the cooler temperatures in October, your produce should be fine sitting at your drop site until your typical pick up time. Of course, we will let you know when the baby arrives and keep you up to date as to when delivery times will change.

# Recipes

## **Roasted Carrot Soup**

*From your box: Onion, garlic, potatoes, carrots, thyme*

- 1 Pound Carrots cut into chunks
- 2 small Potatoes
- 1 Large Onion
- 5 Garlic Cloves
- 2-4 tablespoons olive oil
- Sea Salt & Freshly Ground Pepper
- 2 Hefty Thyme Sprigs
- 1 Bay Leaf
- 1 Quart Vegetable stock
- 1/2 Cup light cream
- 2-3 tablespoons crème fraiche or sour cream, stirred with a fork until loosened
- 2 tablespoons minced parsley

Preheat the Oven to 425 F. Toss the vegetables with olive oil and season with 1/2 teaspoon salt and some pepper. Put them in a large baking dish and the thyme and bay leaf and roast until tender and glazed, about 1 hour, turning them 2 or 3 times. Transfer the vegetables to a soup pot, add the stock, and bring to the boil. Simmer until the carrots are soft, about 20 minutes, then puree to the pot, taste for salt, and season with pepper. Stir in the cream. Ladle the soup into bowls, swirl a spoonful of cream fraiche into each, add a little minced parsley and serve.

*Adapted from Deborah Madison's Cookbook Vegetable Soups*

## **Sweet and Sour Red Cabbage**

*From your box: red cabbage*

### **INGREDIENTS**

- 1/4 cup (1/2 stick) butter
- 1 2-pound red cabbage, thinly sliced (about 12 cups)
- 6 Tbsp sugar
- 2/3 cup balsamic vinegar

Melt the butter in a large pot over medium heat. Add cabbage and sauté until slightly wilted, about 5 minutes. Add sugar, toss to coat evenly. Add vinegar. Reduce heat to medium-low; cover, simmer until cabbage is tender, stirring often, about 30 minutes. Season to taste with salt and pepper.

*Adapted from <http://www.simplyrecipes.com>*