



SWEET TOP FARM

CSA Newsletter Week Fifteen 24 September 2014

WELCOME AUTUMN VEGGIES

This could be the most perfect week of weather that we have had all season. Not only are we enjoying the beautiful, sunny, relatively warm days but so are the vegetables (and this might be the first time this year we have made this statement). The temperatures encouraged good growth on the spinach, lettuce, kohlrabi, and...carrots! While the carrots certainly aren't going to win any beauty contests this year, the flavor is good. They are still a bit smaller than we would like, but we figured with only 4 weeks of CSA deliveries left, we better start enjoying them now. We prefer them fresh but also enjoyed some roasted whole with potatoes and beets.

This week's box really reflects the change of seasons, weighing more on the side of fall than summer. Cucumbers are out and tomatoes have all but quit. There are a few in your box this week that need a couple days on your countertop to finish ripening. The yellowish-gold tomato is an heirloom called Nebraska Wedding that has a mild but sweet flavor. We might try and eke out one more tomato harvest, but we will have to see if any continue to ripen in the next week. All in all, given the cooler, wetter season, we were happy with the tomatoes this year.

Fall delights like potatoes, leeks, and spinach are in the box this week. We started harvesting winter squash about two weeks ago and laying it out in the greenhouse to cure. Overall, we were happy with the squash harvest after a season as wet as this one. The winter squash miraculously bounced back after putting on very little growth until midsummer and produced some really nice acorn squash. The butternut is still on the vine as we plan to leave it out as long as we can so that it can continue to ripen.

This has been the year of the grasshopper. Early on in the season, there was a huge hatching of grasshoppers, and those little buggers ate everything in sight. As the season continued on, their appetite grew eating everything from lettuce and tomatoes to zinnias and basil. Now, the grasshoppers are thoroughly enjoying nibbles off the top of broccoli heads. If your head has some darker or lighter green spots, that is the result of the grasshoppers. It is merely cosmetic and shouldn't affect taste.

SAVE THE DATE—ANNUAL MEMBER POTLUCK October 4th, 3:30pm-5:30pm Please RSVP by Monday September 29th

Enjoy this week's harvest!

Your Farmers,
Megan, Adam, and Edith

In Your Box This Week:		
	Where does it go?	
	Fridge?	Plastic Bag?
CARROTS	yes	yes
Although small, they are still delicious. Truly baby carrots		
LEEKS	yes	yes
Some of the leeks this year are waist high. Use the white and light green parts as you would onions—although they are milder. Potato Leek Soup anyone?		
YELLOW and RED ONIONS	no	no
Use the red onion first. This variety is not drying down very well and likely will not keep for a long period.		
GOLD BEETS	Yes	yes
Sweet and delicious! You can use the greens as you would spinach or chard.		
PEPPERS	yes	yes
All SWEET peppers this week including the pointed Carmen pepper if you got one.		
HEAD LETTUCE	yes	yes
A pretty little romaine lettuce...BLTs anyone?		
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	yes	yes
This gigantic variety is called Porcelain.		
TOMATOES	no	no
Sadly though, the glory days of tomatoes has passed. However, we do have a few out there still. Leave them 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.		
SPINACH	Yes	yes
While two of our successions of spinach washed away in downpours, we did have one successful planting. Remember that although we wash your spinach, you should wash it again before eating. Enjoy raw or cooked!		
ACORN SQUASH	No	no
These squash are great for stuffing with a mixture of sautéed veggies, a grain (rice, quinoa, freekah), and some cheese.		

Recipes

Golden Beet Salad

1 1/4 pounds golden beets, trimmed and rinsed
1 1/2 tablespoons rice vinegar
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 tablespoon extra-virgin olive oil
1 tablespoon whole-grain or Dijon mustard
1 ounce spinach leaves or baby spinach, sliced (about 1 cup)
3 tablespoons toasted walnuts
1 ounce blue cheese, crumbled (1/4 cup)

Preheat the oven to 400°F.

Place the beets in a roasting pan and add water to a depth of 1/2 inch. Cover the pan with foil and bake until the beets are easily pierced with a fork, about 1 1/2 hours. Set the beets aside until they are cool enough to handle. Peel and rinse off any pieces of skin. Slice the beets into 1/2-inch-thick rounds, and then cut them into 1/4-inch-thick sticks. Let the beets cool to room temperature.

Toss the beets with the rice vinegar, salt, and pepper. Add the olive oil and mustard and toss with the spinach. Garnish with the toasted walnuts and crumbled blue cheese.

Make Ahead: You can roast the beets up to 3 days in advance; toss them just before serving.

Recipe from <http://www.epicurious.com/>

Baked Acorn Squash with Brown Sugar and Butter (dinner or dessert!)

1 acorn squash, cut in 1/2
2 tablespoons brown sugar
2 tablespoons butter, softened
2 tablespoons maple syrup
Salt
Freshly ground black pepper
Directions

Preheat oven to 400 degrees F.

Scoop the seeds and stringy pulp out of the squash cavities and discard. In a small mixing bowl, combine the brown sugar, butter, syrup and salt and pepper, to taste. Rub the squash cavities and cut sides of the squash with the butter mixture and place them on a baking sheet, cut side up. Bake in the preheated oven for about 1 hour until the squash is tender when pierced with a fork. Serve 1 half per person.

Adapted from www.foodnetwork.com

HOW TO ROAST GARLIC

Heat the oven to 400°F: Set a rack in the middle position.

Peel (most of) the paper off the garlic: Use your fingers to peel away all the loose, papery, outer layers around the head of garlic. Leave the head itself intact with all the cloves connected.

Trim the top off the head of garlic: Trim about 1/4 inch off the top of the head of garlic to expose the tops of the garlic cloves.

Drizzle with olive oil: Drizzle 1 to 2 teaspoons of olive oil over the exposed surface of the garlic, letting the oil sink down into the cloves.

Wrap in foil and bake: Wrap the garlic aluminum foil and roast in the oven for 40 minutes.

Begin checking the garlic: After 40 minutes, begin checking the garlic. The garlic is done when a center clove is completely soft when pierced with a paring knife. Even once soft, you can continue roasting until deeply golden for a more caramelized flavor — check the garlic every 10 minutes. Exact roasting time will depend on the size of your garlic, the variety, and its age.

Use or store the garlic: Let the garlic cool slightly, and then serve. Press on the bottom of a clove to push it out of its paper. Roasted garlic can also be refrigerated for up to 2 weeks or frozen for up to 3 months.

Recipe from
<http://www.thekitchn.com/>

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