



Sweet Top Farm

CSA Newsletter, Week 15

September 26, 2012

Belle snoozing after Sunday's potluck

In your box this week

Arugula: Peppery in flavor and perfect for this week's recipe: Arugula Pesto Pizza.

Carrots: Our fall carrots are sweet and crisp—a perfect addition to lunch boxes.

Cauliflower: After a long wait, the cauliflower leaves opened up to reveal: *really tiny* cauliflower heads. This is most likely related to fertility and water, but the taste was not compromised. Soak in salted water before cooking; any cabbage loopers (green caterpillars) should fall off.

Chard: The stems and leaves are edible and sweet after last weekend's frosts. Perfect cooked and put in an omelet with feta and kalamata olives.

Kohlrabi: This is the really weird-looking green vegetable in your box. Peel and eat raw with your favorite dip or a dash of salt or cook in a stirfry.

Head Lettuce: Farmer's choice: you might have green leaf or red leaf in your box. Store in a plastic bag or container in your fridge, and the lettuce will keep for a week or two.

Yellow 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.

Peppers: Yep, the Autumnal Equinox brought a good hard frost with it. And then, *surprise*, another one on Sunday night. We prepared ahead of time and harvested the last of the peppers, so you have several in your box including **2 jalapenos**.

Scallions: Remember these? Still one of our favorite versatile veggies; use them raw or cooked. Try this week's Spaghetti Squash Stirfry.

Heirloom, Slicing, and Roma Tomatoes: The frost killed all the tomato plants, but we harvested the last of the good ones before this happened. You will find the roma tomatoes in a cloth bag—enough to make a batch of Roasted Tomato Sauce. Enjoy the last taste of summer.

Winter Squash: Hooray! This week's box includes Spaghetti Squash, and for those of you who have no idea what to do with it, check out the recipe below. Even Adam's dad Randy loves it!

Herbs: Thyme—great with the Roasted Tomato Sauce.

The Winter Squash Scramble

At this time of year, it is not unusual for us to check the forecast several times of day to see if we need to cover certain crops to protect from frost or if we can relax and not worry about the overnight lows. Yet, when the lows for Saturday changed drastically 5 times (39° to 36° back to 38° and then down to 28°!) in a matter of two days, our heads were spinning: Do we harvest every last tomato and pepper? Should we cover the lettuce? What, now it is supposed to freeze not just frost!?

So, after Saturday's very chilly farmers market, Adam bundled up and harvested winter squash (while Megan got to stay home and bake carrot cake cupcakes for the potluck ☺). Despite the squash bug infestation of 2012, Adam still harvested enough winter squash to fill the tables in the greenhouse. This week, we will start putting winter squash in the CSA boxes and share with you some of our favorite squash recipes (starting with Spaghetti Squash Stirfry).

Despite a windy, cold start to Sunday morning, the weather cooperated for that evening's CSA member potluck. We had a great turnout of both families and food. Particularly entertaining were the kids who found simple enjoyment in a game of tag and in a pile of gravel. Belle was very happy with all the gifts of apples and kale leaves and had to take a nap after it was all over (see photo above). We look forward to future gatherings with our CSA members.

For those that were unable to attend this season's potluck, we want to fill you in on our biggest announcement. We will farm on the Kinney's land again next season, and after a very successful first year, we will continue the CSA. Our members will have the opportunity to sign up for the 2013 season before we open it up to those on the waiting list. You can simply e-mail your interest to us for next season or wait to respond on the 2012 CSA survey.

Enjoy this week's harvest! –Megan and Adam

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Recipes

Find these and other recipes by clicking on the link below:
[CSA Newsletter and Recipes](#)

Spaghetti Squash and Pork Stirfry

From your box: spaghetti squash, scallions

Preheat oven to 350°. Cut squash in half, scoop out seeds, place cut side down on baking sheet, and cook until tender, about 45 minutes. Let cool 10 minutes and then, using a fork, pull flesh away from skin into a bowl.

Slice 1 pound of pork tenderloin into matchsticks. In large skillet, heat 2 teaspoons sesame oil over medium high heat, stir in 5 thinly sliced scallions, 2 cloves chopped garlic, 1 tablespoon chopped fresh ginger, and a dash of salt. Cook, stirring constantly, until fragrant (30 seconds). Add pork, continuing to stir, until cooked through, 2-3 minutes. Mix in spaghetti squash and then add 2 tablespoons each of soy sauce and rice wine vinegar and 1 teaspoon hot sauce. Stir for about 30 seconds and serve hot.

VEGETARIAN? Try marinating cubed tofu in above liquids with the garlic and ginger for 30 minutes and then cooking scallions, tofu, and liquids together until heated through and fragrant.

Adapted from Eatingwell.com

Arugula Pesto Pizza

From your box: arugula, tomatoes, peppers

Pesto: Combine 3 cups washed and dried arugula in a food processor with 2 cloves garlic, 1 cup parmesan or romano cheese, and 1 cup drained and rinsed garbanzo beans and process until smooth. With processor running, slowly add 1/3 cup olive oil. Add salt to taste.

Spread pesto on top of your favorite pizza crust. Top with sliced peppers and tomatoes, mozzarella, and romano cheese. Cook in oven until cheese is melted.

Adapted from Inmykitchengarden.blogspot.com

Roasted Tomato Sauce

From your box: roma tomatoes, onion, carrots, thyme

Preheat oven to 350°. Wash and slice lengthwise 2 pounds of roma tomatoes (there are 2 ½ pounds in your bag). Cut one onion into quarters, smash 4 garlic cloves, and chop 1 carrot into large chunks. Place all the vegetables on a baking sheet in a single layer (tomatoes skin side down) and sprinkle with salt, pepper, and 1 tablespoon of fresh thyme. Drizzle olive oil all over the vegetables.

Bake 60-75 minutes or until edges of tomatoes and onions turn black. Carefully transfer to a food processor or blender and pulse until smooth. Transfer to a large skillet and heat through, adjusting seasonings as needed.

Adapted from asweetpeachef.com