



CSA Newsletter
Week Thirteen
11 September 2013

FALL PRODUCE HAS ARRIVED

While Mother Nature continues to throw in a hot day here and there, this week's box really feels like fall. With many new vegetables, some that we haven't seen since last season, cooking from your share will take on a whole new look, smell, and taste. Since temperatures are supposed to drop at the end of the week, turning on the oven to roast some of this week's harvest will be more enticing.

We dug the first leeks of the season this morning, and they are big and beautiful. You can use them as you would an onion if you want to, but they are milder and a bit more tender when cooked. Leeks are not just for soups. Try roasting them or slicing thin and putting atop pizza with gorgonzola cheese. Remember to wash them well as dirt tends to get trapped between layers.

Another surprise includes the first acorn squash of the season. It is a white heirloom variety called Thelma Sanders. As we were walking through the winter squash beds on Tuesday, we noticed that we have a large number of squash that have sunscald (aka veggie sunburn). While winter squash like the heat when they are growing, once the foliage dies back and the fruit is at its adult size, there is nothing to protect it from sunscald. We are not quite sure how this will affect long term storage of the squash, so please do not plan to keep this acorn squash until the dark months of winter. It will of course keep on your countertop for a while if you do not plan to use it this week.

SAVE THE DATE: CSA MEMBER TOUR AND POTLUCK SEPTEMBER 22ND 4-6PM

The annual member gathering is a fun event for the whole family. We will tour the farm shortly after 4pm, spend some time relaxing and talking about the season, and enjoy a wonderful potluck meal together (last year there were some *fantastic* dishes). Many CSA members have children, so please bring the entire family as it is often the most fun for the younger members. **Please RSVP** by email **no later than September 18** as to whether or not you are able to attend and how many are in your party. We look forward to an evening with our biggest fans, and Belle is excited to get some extra attention.

Enjoy this week's harvest.

Your Farmers,
Megan and Adam

In Your Box This Week:		
	Where does it go?	
	Fridge?	Plastic Bag?
BROCCOLI	yes	yes
The hot weather might limit the amount of broccoli later this fall. We recommend that you cut up first and then soak in water to remove any hitchhiking caterpillars.		
ONIONS and GARLIC	countertop	no
Onions this season are strong, so if using raw, consider using less. Cooking mellows the potency.		
CABBAGE	yes	yes
Beautiful and tender. Perfect for raw salads or cooking.		
BOK CHOY	yes	yes
Great in stir fries, on the grill, or roasted with oil and garlic.		
GREEN LEAF LETTUCE	yes	yes
The heat helped size up the lettuce. We recommend washing it and storing in a bag ready to go for sandwiches and salads.		
RED BEETS	yes	yes
Try this week's recipe!		
CHERRY & SLICING TOMATOES	countertop	no
Tomatoes become mealy if kept in the fridge.		
SPINACH	yes	yes
First of the fall spinach. Remember to wash again before eating.		
BELL and HOT PEPPER	yes	yes
Green or with some color. A sad year for bell peppers. Enjoy them while they last. The hot pepper is a jalapeno.		
ACORN SQUASH	countertop	no
First of the season: a white variety called Thelma Sanders.		
LEEKS	yes	yes
Great in this week's recipe, added to soups, or sautéed in butter.		
SCALLIONS	Yes	yes
Perfect for salads, eggs, grilling whole, etc.		
Maybe a Melon	Yes	no
Depending on how they look, you might have a melon in your box. Use soon as it is the end of their season.		
PARSLEY	yes	yes
A small bunch for seasoning dressings, tossing with tomatoes, etc.		

Recipes

Leeks with Beets and Walnut Dressing

From your box: Leeks, Beets, Parsley

INGREDIENTS

2 leeks
2 red beets, cooked and peeled
2 tablespoons walnuts

For dressing:

2 tablespoons red wine vinegar
3 tablespoons olive oil
3 tablespoons walnut oil
2 tablespoons parsley, chopped
Salt and freshly grated pepper

Cut off the green parts and bottom of the leeks, slice into rounds, wash well and cook for 10 minutes in salted boiling water or until soft. Drain well and reserve.

Peel the cooked beets and put in blender. Add the walnuts and keep mixing while adding vinegar and oils. Season to taste.

Serve the lukewarm leeks on serving dish, sprinkle with parsley and pour dressing on top.

VARIATION: Chop cooked beets and walnuts. Toss with cooked sliced leeks. Make Dressing and pour over top. Garnish with chopped parsley. Serve warm.

Adapted from <http://frenchwomendontgetfat.com>

Indian Spiced Acorn Squash with Goat Cheese

From your box: Thelma Sanders Acorn Squash, parsley, spinach

1 Acorn-type winter squash
Garam Masala, 3/4 tsp
Salt, 1/2 tsp, or to taste
Olive Oil, 3-4 TBS, depending on size of squash, plus more for drizzling to finish
Chevre, soft goat cheese, 4 oz, crumbled
Fresh Parsley, 2 TBS, chopped finely

Preheat the oven to 400° F.

Cut the squash in half lengthwise. Scoop out seeds and pulp. Cut into 1/2" slices, the length of the squash. When in strips, peel squash with a carrot peeler to remove outer skin. (The slices can alternatively be cubed at this point.) Toss squash in a bowl with garam masala, salt, and olive oil. Spread out on baking sheet and bake for 20 minutes. Turn over gently and bake for an additional 10 minutes, until the pieces are tender and the edges have caramelized a bit. Arrange the squash on a plate, sprinkle with crumbled goat cheese, and parsley. Drizzle with extra virgin olive oil. If the squash was cubed, toss all ingredients gently in a bowl together for a salad. Delicious over spinach.

Adapted from <http://www.pitchforkdiaries.com>