



CSA Newsletter

Week Fourteen

18 September 2013

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
CARROTS	yes	yes
First of the fall planting and they are beautiful.		
ONIONS and GARLIC	countertop	no
Red and Yellow. 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.		
ARUGULA	yes	yes
Peppery when raw yet mellows when cooked. Try this week's salad recipe.		
ROMAINE LETTUCE	yes	yes
The heat helped size up the lettuce. We recommend washing it right away and storing in a bag ready to go for sandwiches and salads.		
POTATOES	countertop	Out of direct light
From Threshing Table Farm		
CHERRY & SLICING TOMATOES	countertop	no
Tomatoes become mealy if kept in the fridge.		
SPINACH	yes	yes
Remember to wash again before eating. Try this week's salad.		
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.		
WINTER SQUASH	countertop	no
Oblong variety is called Delicata. Cut lengthwise and stuff. The other is an acorn squash.		
CAULIFLOWER	Yes	yes
A small head. If there is discoloration, it is a result of being exposed to sunlight. Great cut up and roasted.		
LEEKs	yes	yes
Great added to soups or sautéed in butter. Try last year's recipe for Potato Leek Soup .		
SCALLIONS	Yes	yes
Perfect for salads, eggs, grilling whole, etc.		
SAGE	yes	yes
Try this week's recipe. Also nice paired with poultry and roasted vegetables.		

SOUP'S ON!

These chilly mornings and cool nights have us thinking: Potato-Leek Soup (which is what we are having tonight for dinner). Finally, soup weather has arrived and the vegetables in the box can be mixed in all sorts of combinations to make a delicious and easy meal. Please send us your favorite soup recipes to add to an upcoming newsletter.

We received a slow, steady inch of rain on Saturday night which relieved us of irrigation duties this week. It would be wonderful to get another nice rain like that as one inch will not pull us out of a drought. Another surprising weather event this week: FROST! Although it was very light and did not do much harm to sensitive crops, it certainly was a shock to see glistening silver rooftops on Monday morning. Bittersweet though it is, we are ready for the cooler weather and frosts as this increases the sugars in the veggies making them sweet as candy (the kind your dentist would recommend).

With the estimated arrival of the farm baby just a couple weeks 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.

REMINDER: CSA MEMBER TOUR AND POTLUCK THIS SUNDAY 4-6PM

The annual member gathering is a fun event for the whole family. Please email if you plan to join us. We will tour the farm at 4:15 followed by the potluck around 5pm. Remember to bring a dish to share as well as utensils, plates, bowls, a beverage of your choice, and either a blanket or chair to sit on. We will provide dessert.

Enjoy this week's harvest.

Your Farmers,
Megan and Adam

Recipes

Sautéed Cabbage with Apples and Sage

From your box: Cabbage, Sage, Onion

INGREDIENTS

3 T butter
1 medium onion, diced
1 small cabbage, quartered, cored, and thinly sliced
Salt and pepper to taste
Pinch of red pepper flakes
15 sage leaves
1 apple, cored and diced

In a large saucepan, melt 2 T butter. Add onion and sauté until translucent. Add cabbage, sprinkle with salt, pepper and red pepper flakes. Cover pan and cook until cabbage is tender. Taste and adjust seasonings. Continue cooking without lid until most of the liquid has evaporated.

Meanwhile, in a small saucepan over medium-high heat, melt remaining butter. Add the sage leaves in a single layer and cook, turning carefully just once, until leaves are stiff. Carefully remove with a fork and set aside. Add apples to same pan and cook 5 minutes without stirring. Turn apples and cook, without stirring, until apples begin to brown on one side. Remove from heat.

To serve, crumble 3 of the sage leaves into the cabbage mixture and stir. Transfer to a serving bowl and top with apples and remaining sage leaves.

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

Arugula-Spinach Salad with Tart Apples and Goat Cheese

From your box: arugula, garlic, spinach

DRESSING—Blend together and let sit 30 minutes before adding to salad

½ cup oil (sunflower, olive)
¼ cup balsamic vinegar
1-2 T honey (to taste)
1 tsp chopped garlic
Salt and pepper
½ tsp smoked paprika

TOSS TOGETHER:

2 cups each arugula and spinach
4 oz goat cheese
¼ cup chopped pecans
2 cups chopped tart apples

Adapted from 2013 Sept-Oct Issue of Edible Twin Cities