



CSA Newsletter
Week Fifteen
25 September 2013

GOOD FOOD, GREAT COMPANY

We enjoyed a beautiful Sunday evening with several Sweet Top Farm CSA members at the annual tour and potluck. It was wonderful to meet members we hadn't and catch up with those that returned to the CSA this season. The food was outstanding (even the baby was excited about it, squiggling around all night long). It was mentioned by several people that we should start collecting recipes from the potlucks, so if you care to share your wonderful dish, please email us your recipe.

This week and last mark the end of several summer and early fall crops: tomatoes, peppers, and lettuce to name a few. While it may seem like a tearful goodbye to favorite summertime dishes, think of it more as a shift to heartier recipes and a chance to load your body up on fall greens before the snow flies. We included two recipes this week that are quick and easy enough for a weeknight meal (and healthy as well) and make good use of the fall crops in your box.

IMPORTANT NOTE

With the estimated arrival of the farm baby just a week and a half 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.

EXTENDED SHARE AVAILABLE

We will be offering a one time delivery of various storage vegetables (winter squash, onions, garlic, carrots, etc.) and weather permitting, other treats such as fall greens. The cost is \$60, and the share will be delivered in early November. Shares are available on a first come, first serve basis, and after last year's popularity, they won't be available for long. **Please email us today if you are interested.**

Enjoy this week's harvest.

Your Farmers,
Megan and Adam

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
CARROTS	yes	yes
No need to peel these carrots. Great raw or cooked.		
ONIONS	countertop	no
Red and Yellow onions. We also put in several smaller onions that did not size up but are still good. Cut in half lengthwise, peel, toss with oil and diced potatoes and roast in the oven. Or use when you only need a little bit of onion.		
GARLIC	Countertop	no
GOLD BEETS	yes	yes
These fall beauties sized up nicely. Enjoy raw, roasted, boiled, etc. The greens are also good (cook as you would spinach).		
ARUGULA	yes	yes
Peppery when raw yet mellows when cooked. Try this week's quinoa recipe.		
RED LEAF LETTUCE	yes	yes
This is the last week of lettuce (boo-hoo), but there will be plenty of other greens in the coming weeks.		
SATINA POTATOES	countertop	Out of direct light
A yellow fleshed variety similar to Yukon Golds. From Threshing Table Farm in Star Prairie.		
SPINACH	Yes	yes
Remember to wash again before eating. Great raw or cooked. Try substituting it for the arugula in this week's recipe.		
BELL PEPPERS	Yes	yes
This is likely the last week for peppers.		
WINTER SQUASH	Countertop	no
Spaghetti Squash is a nice substitute for thin noodles. Click on this link for instructions on How to Cook Spaghetti Squash		
CAULIFLOWER	Yes	yes
A small head. Great cut up and roasted.		
SCALLIONS	Yes	yes
Perfect for salads, eggs, grilling whole, etc.		
BROCCOLI	Yes	yes
A nice big head. Try this week's recipe for Broccoli Pesto Pasta.		

Recipes

Quinoa Risotto with Arugula and Parmesan

From your box: Onion, garlic, arugula, carrots

INGREDIENTS

1 tablespoon olive oil
1/2 yellow onion, chopped
1 garlic clove, minced
1 cup quinoa, well rinsed
2 1/4 cups vegetable stock or broth
2 cups chopped, stemmed arugula (rocket)
1 small carrot, peeled and finely shredded
1/2 cup thinly sliced fresh shiitake mushrooms
1/4 cup grated Parmesan cheese
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Don't let the garlic brown. Add the stock and bring to a boil. Reduce the heat to low and simmer until the quinoa is almost tender to the bite but slightly hard in the center, about 12 minutes. The mixture will be brothy. Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, about 2 minutes longer. Stir in the cheese and season with the salt and pepper. Serve immediately.

Adapted from The New Mayo Clinic Cookbook

Broccoli Pesto Pasta

From your box: broccoli, onion, garlic

INGREDIENTS

1 lb. broccoli
1 lb. pasta
2 tbsp. unsalted butter
2 tbsp. olive oil
1 small onion, finely chopped
3-4 cloves garlic, minced or pressed
1/2 tsp. red pepper flakes
1 tsp. salt
Up to 1/2 cup heavy cream (or Greek yogurt)
Freshly ground black pepper, to taste
Grated Parmesan, for serving

Bring a large pot of water to boil. Meanwhile, chop the broccoli crowns into florets. Use a vegetable peeler to remove the tough outer skins of the broccoli stems, and chop the stems into 1/2-inch discs. When the water is boiling, add the broccoli to the water to boil briefly just until fork-tender, about 3-4 minutes. (Alternatively, add a steamer basket above the water and steam the broccoli until fork-tender.) Remove to a bowl, leaving the water in the pot. (Use a skimmer or strainer to remove the broccoli if you boiled it.)

Maintain the water at a boil. Add pasta, cook, drain, rinse, and set aside.

Return the pot to the heat. Add the butter and olive oil to the pot over medium-high heat, heating until the butter is melted. Add the onion to the pot and cook, stirring occasionally, until the onion is tender, about 5 minutes. Stir in the garlic, red pepper flakes and salt and cook 1-2 minutes more. Return the cooked broccoli to the pan and cook 1-2 minutes more to heat through. Season with pepper to taste.

Transfer the broccoli mixture to a food processor or blender. Pulse in short bursts, scraping down the sides as needed, until the mixture is finely chopped. Add in the cream or Greek yogurt and process until smooth. If needed, add the reserved pasta water a little bit at a time just until the sauce is smooth and creamy. (Don't overdo it – you don't want a watery sauce!) Season with freshly ground pepper to taste. In a large bowl (or in the pot), toss the pasta with the sauce. Serve with freshly grated Parmesan.

Adapted from <http://www.annies-eats.com>