



To search for solutions to hunger means to act within the principle that the status of a citizen surpasses that of a mere consumer.

- City of Belo Horizonte

**The Broadcaster**  
Week 17- September 22<sup>nd</sup> 2016

### *In Your Box*

Potatoes- blue, red and or russet

Green tomatoes (full shares): see recipes for ideas!

Cherry/Beefsteak Tomatoes (full)

Green or Red Tomatoes – small shares

Yellow or Red Onions

Red Cabbage – Fulls only.

Carnival Squash- Like an acorn but many colors and sweeter!

Basil or dill

Baby turnips with greens – make sure to cook up these great greens and to separate them when storing.

Garlic-

Rainbow Swiss chard- a great cooking green use both stems and leaves.

Beets with their greens – combine green with swiss chard to bulk up recipes.

### *Important Reminders*

- ✓ Pumpkin pick is coming see the reverse side for details!
- ✓ Remember to separate green from roots for storage of beets, turnips and other fall crops and store separately in loose plastic bags.
- ✓ Questions about storage or fall crops call, text or email!

### *News from the Farm*

Welcome to Week 17! We only have three more weeks left in the CSA. Next Week we will distribute our end of the season survey and in week 19 we will offer our 2017 CSA sign-up. We will be limiting the size of our CSA in 2017 to 100 full and 100 small share and restructuring storage shares (more info to come) as we settle into the next ten years on the farm ☺ .

Fall projects plug on. We finished cleaning over 4000lbs of onions, harvested 40 bushels of storage kohlrabi, weeded the fall kale house and cleaned out both the basil (in the greenhouse) and tomatoes (in the hoop house). As a result, you have green tomatoes in your box this week. Next week we will be harvesting all the winter squash, harvesting some of the sweet potatoes (so they can be cured and sweet for the CSA), and starting the fall carrot harvest. We have had continued rain and moderate temperatures so some fall crops we wait to harvest after frost are not in the boxes yet. Other exciting crops to come include pie pumpkins, fall and spring radishes, fresh greens of many sorts, and brussels sprouts!

We've had some great worker shares this season and wanted to give a quick shout out to everyone who has taken the time to come to the farm and work for the box. Kyle, Jaime, Nichole, Amber, Angela, and Rhonda we've loved getting to know you, and we couldn't have got it done without you. Thanks!!

Have a delicious week – Kat, Tony, Ted, Riley and Maple

Next Week's Best Guess: sweet peppers, hot peppers, winter squash, potatoes, lettuce heads, sage, onions, garlic, carrots, daikon radishes, kale.

Pizzas of the week- Fall'n in love: Squash Sauce, Blue Cheese, ham, caramelized onions and apples; Last of the Margarita: Heirloom tomatoes fresh mozz, pesto

### **Recipes from Kat's Kitchen**

**Maple Roasted Squash and Beets** from The Roasted Root. Serves 4-6. **INGREDIENTS:** 1 medium winter squash, peeled, seeded and chopped, 1 large red beet, peeled and chopped, 3 TBSP grapeseed or olive oil, 1-1/2 tsp kosher salt, 2 tsp ground cinnamon, 1-2 TBSP maple syrup. **For Serving:** Zest of 1 orange, optional, Dried oregano, Toasted walnuts, Pistachios. **PREPARATION:** Preheat the oven to 400 degrees F. Peel and chop the squash and the beet into 1/2" cubes. Place them in a mixing bowl and add oil, salt, cinnamon, and maple syrup. Toss well using your hands and make sure the veggies are all evenly coated. Lay the vegetables out on a large (or two smaller) baking sheet in a single layer. Roast vegetables for 40 to 50 minutes, stirring once half-way through roasting. Place oven on the broil setting for 3 to 5 minutes in order to crisp up the veggies. Remove from the oven and sprinkle with dried oregano, orange zest, and additional salt if desired. Serve with toasted walnuts and pistachios.

**Eggs Benedict with Green Tomatoes** 1 English Muffin, split 2 slices Bacon 2 eggs 1 teaspoon white vinegar 2 slices green tomato, 1/2" thick 2 teaspoons butter 1 teaspoon olive oil pinch sugar salt/pepper Preheat oven on broiler setting. **To Poach Eggs:** Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook for 2 1/2 to 3 minutes. Yolks should still be soft in center. Remove eggs from water with a slotted spoon and set on a warm plate. While eggs are poaching, brown the bacon in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler. Remove bacon from skillet, add 1 teaspoon butter & olive oil. Sprinkle tomato slices with salt, pepper & a pinch of sugar. Let brown 2-3 minutes on each side or until golden brown. Spread toasted muffins with softened butter, and top each one with a slice of bacon, a tomato slice & one poached egg. Serve with hollandaise sauce if desired. From thekitchn.com

# PUMPKIN PICK, PIZZA & PIE

JOIN US RAIN OR SHINE

SATURDAY OCTOBER 1<sup>ST</sup> 2-5PM

## Food

Samples of seasonal pizzas

Squash and pumpkin pies

Fresh pressed apple cider

## Activities

Pumpkin picking (choose 2 - pie and jack-o-lantern types)

Cider pressing from our farm apples

Hourly farm tours

Small farmers market

Visit chickens and pigs



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