



Box contents

Small share:

- 1/2 # dragon tongue beans
- 1 bunch dragon carrots
- Bell peppers (1 yellow, 2 green)
- 1 Corni di toro sweet pepper
- 1 bunch purple top globe turnips
- 1 Walla Walla onion
- 1 bunch green onions
- 2 shallots
- 1 Gurney cantaloupe
- 1 watermelon (crimson sweet or sugar baby – whichever you did not get last week)
- 2 decorative gourds

**Regular share
additional items:**

- Extra 1/2 # dragon beans
- Extra Corni di toro pepper
- 1 Rocky Ford muskmelon
- 1 head broccoli
- 1 pint Matt’s wild cherrv tomato

Farm News

We made it through another week without any significant frost! That’s allowing us to bring you fresh beans, melons, and peppers, but the cool nights have stalled the tomato ripening significantly. The long season is also starting to catch up to a lot of the plants, and fruit quality has gone down a bit, so while we may throw in some green tomatoes for fried green tomatoes in the next couple weeks, we’ve probably seen the last of them for the year. Next year, we’ll plant some different varieties and focus on taking better care of fewer plants; those of you that had a chance to visit know we had a lot of tomato plants this year. The weeding, planting, and some of the harvesting that took up almost all our time up until now has slowed, but there is a very long list of fall projects vying for attention. In the next week or so, we’ll cultivate some of the field to lay out our plots for next year. We learned a lot about the microtopography of the area we’re farming and hope to do a better job planning our beds. We’ll also be planting cover crops, like rye, oats, and buckwheat, to help reduce erosion and hold nutrients in the soil for next year’s veggies. We’re fortunate to have some pretty amazing soil, especially as we continue to build up the organic matter in it over the coming seasons, but we have to take care of it, and using cover crops can go a long way towards preserving soil health.

Recipes & Storage Tips

By pure coincidence, our only two veggies named after a fire-breathing beast finally matured for the same week’s CSA box. Enjoy the beautiful purple shells/skin amongst this week’s colorful box. Once we get a freeze we’ll be returning to more of a green palette. Enjoy your veggies this week and the tokens of fall in your box!

Roasted Turnips with Balsamic Vinegar

2 large turnips
1 T olive oil
1 T balsamic vinegar (+ additional 1 tsp. balsamic vinegar for finishing)
Salt and freshly ground black pepper to taste
 Preheat oven to 450°F. Peel turnips with a knife, then cut into 1-inch cubes. Whisk together olive oil and balsamic vinegar and toss with turnips; spread in single layer on a pan. Roast turnips for 30-40 minutes, or until slightly browned and softened. Remove turnips from oven and place into serving bowl. Toss with an additional teaspoon of balsamic vinegar, season to taste with salt and freshly ground pepper, and serve. (Original recipe [here](#).)

Roasted Carrots with Cardamom Butter

4 tsp. butter, melted *2 tsp. olive oil*
1 tsp. ground cardamom
1/2 tsp. salt
2 lb. carrots, peeled and cut diagonally into 1/4-inch-thick slices
 Preheat oven to 400°F. Combine butter, oil, cardamom and salt in a medium bowl. Add carrots and toss well to coat. Spread evenly on a rimmed baking sheet. Roast the carrots, stirring twice, until tender and golden, about 25 minutes. Serve immediately. Yield: 4 servings. (Adapted from original recipe [here](#).)

Tips: *Dragon beans:* Similar to green beans, but a bit more delicate. Eat raw, or steam or sauté (however, they lose their speckled purple coloring when cooked). Refrigerate in a plastic bag for up to a week. *Turnips:* Separate globe from greens, and store globe in a plastic bag in the refrigerator for 1-2 weeks. Store greens in the hydrator drawer, but use them quickly.