



Box contents

Small share:

- 1 King Richard leek
- 1 # Red Norland potatoes
- 1 bunch Yellowstone carrots
- 1 head cabbage
- 1 bunch chives
- 4-5 green heirloom tomatoes
- 1 bunch collard greens
- 1 delicata squash
- 1 Cortland onion
- 1 Inchelium Red head garlic
- 1 green bell pepper
- Several sweet lunchbox peppers
- 1 Baby Boo (decorative) pumpkin

Regular share additional items:

- Bag of spinach
- 1 Rocky ford muskmelon
- 1 Corni di toro sweet pepper
- Extra delicata

Farm News

It's hard to believe that the season is coming to a close and we only have only two more weeks of our CSA box delivery. We have been so happy to have you all along with us on this farming adventure our first year, and we want to give everyone another opportunity to come down to the farm, chat with us, and get to see where all your food has come from this season. So with that in mind, we'd like to invite everyone to our farm on Sunday, October 20 from 3-5pm. Everyone can enjoy some hot apple cider while touring the field and prairie, and can pick some bonus veggies to take home. Please let us know if you'll be able to attend so we can plan accordingly. We spent a little time in the prairie yesterday and made a list of plants from which we need to collect seed to grow starts next spring. We also rearranged some of our chicken fencing, largely to deter our chicks from wandering too far from the house and making themselves vulnerable to predators. They found a wild plum tree and have been seriously supplementing their regular diet of crickets and grain. Our lettuce heads and mix are coming along and should be big enough to pick for the next couple weeks' boxes. Our first batch of spinach (that we covered with row cover) is just starting to be ready this week, and we'll have more in the next couple weeks to finish out the season.

Recipes & Storage Tips

Enjoy some Southern cooking (fried green tomatoes and [collards](#)) and a comforting fall soup this week.

Fried Green Tomatoes

Green tomatoes, sliced about 1/3" thick

Flour

Salt and pepper

Put flour, salt and pepper in a gallon size bag. Put two slices of tomatoes in at a time and shake to coat all sides. Set aside, and repeat. Put olive oil in a frying pan over medium heat. Fry tomato slices (do not crowd) and flip to other side; cover for a couple of minutes with lid. Place on plate with paper towels to absorb oil. Add salt and pepper, and serve hot.

Potato, Leek, Carrot and Cabbage Soup

4-5 med. leeks, sliced and rinsed (use only white and light green portions)

1/2 lg. head of cabbage, chopped and rinsed

1 1/2 c. peeled carrots, chopped into 1/4-in. pieces

1 3/4 lbs. potatoes, scrubbed & cut into 1/2-in. pieces

3 T unsalted butter

2 cloves of garlic, minced

6 c. low-sodium chicken or vegetable broth

1 tsp. fresh thyme or 1/4 tsp. dry

1 tsp. fresh chives (optional)

2 bay leaves

Salt and pepper to taste

Melt the butter in a large dutch oven or large pot over medium-low heat. Stir in the leeks, garlic and cabbage. Cover and cook until the leeks and cabbage are tender, 15-20 minutes. The amount of leeks and cabbage will cook down substantially. Stir in the broth, potatoes, carrots, thyme, chives, bay leaves, and 1 teaspoon of salt. Bring to a simmer and cook until the potatoes and carrots are tender, about 20 minutes. Smash some of the potatoes against the side of the pot to thicken the soup. Discard bay leaves and season with salt and pepper to taste. (Original recipe [here](#).)

Tips: *Green tomatoes:* Simply tomatoes that did not ripen. There are differing opinions on whether to eat them raw, but we highly recommend frying them (recipe above) for a Southern favorite. *Chives:* Store in fridge in the hydrator drawer or plastic bag for 1-2 weeks. Do not wash until ready to use.