



Box contents

Small share:

2 lb. Carola potatoes
2 leeks
1 bunch carrots
1 (or 2 small) cabbage
1 red bell pepper
1 green bell pepper
5 jalapeños
½ lb. green beans
½ lb. Dragon tongue beans
Baby bok choy
1 head German Red garlic
1 bunch collards OR 1 bunch kale (Tues.: collards;
Thurs: kale – next week switch)
(Next up...lettuce mix, radishes, butternut squash)

Regular share additional items: Broccoli shoots 1 yellow bell pepper 1 Patterson onion 1 lb. yellow beans

Farm News

After all the griping we've done about the weather this year, right now we're enjoying some pretty perfect fall days at the farm! We're starting to get a little fall color and are dodging the walnuts falling from the tree branches hanging over the path up to our house. Soon we'll start chopping wood for winter. We installed a wood burning stove last winter, and we learned the hard way that venturing into the snow and freezing temperatures whenever the wood pile empties is much less pleasant than starting from a hefty wood supply accumulated during gorgeous fall days. We decided to postpone putting radishes in the box for one week while we wait for our lettuce mix to grow a bit more so we can put them in together for optimal salad making. Some folks have asked about whether we have carving pumpkins, and a couple other members who missed the summer potluck have inquired about whether there will be another chance to visit the farm. The answer to both of these questions is *yes!* We'll be hosting one more fall farm event which should be pretty low key but a pleasant way to end the season. **On Sunday, October 19 from 2-5pm, you're welcome to join us at the farm for hot cider, seasonal snacks, and pumpkin picking** (we have a limited number of pumpkins for people that make it down). Hope to see you there!

Recipes & Storage Tips

Potato, Leek, Carrot and Cabbage Soup

2 leeks, sliced and rinsed (use only white and light green portions)
½ lg. head of cabbage, chopped and rinsed
1 ½ c. peeled carrots, chopped into ¼-in. pieces
1 ¾ lbs. potatoes, scrubbed & cut into ½-in. pieces
3 T unsalted butter 2 cloves of garlic, minced
6 c. low-sodium chicken or vegetable broth
¼ tsp. thyme 2 bay leaves Salt & pepper to taste
Melt the butter in a 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 min. (The leeks and cabbage will cook down substantially.) Stir in the broth, potatoes, carrots, thyme, bay leaves, and 1 tsp. salt. Bring to a simmer and cook until the potatoes and carrots are tender, about 20 min. Smash some of the potatoes against the side of the pot to thicken the soup. Discard bay leaves and season with salt & pepper to taste.

Easy Bok Choy

½ T. vegetable oil 2 cloves garlic, chopped Salt
4 heads baby bok choy, cut into bite-size pieces
Heat oil in a skillet over med. heat. Cook garlic 1-2 min. Add bok choy (stems first to cook longer, then leaves); cook/stir 5-8 min. (until leaves turn bright green and stalks slightly translucent). Salt to taste.

Jalapeño Poppers

5 jalapeños, halved lengthwise & seeds removed
4 oz. whipped cream cheese
¼ cup shredded sharp cheddar or Mozzarella
½ tsp. smoked paprika ¼ tsp. garlic powder
1/8 tsp. onion powder Salt & pepper to taste
¼ cup Panko breadcrumbs
2 strips bacon, cooked & crumbled
Preheat oven to 350°F. In a medium bowl, mix cream cheese, shredded cheese, and spices. In another bowl, mix breadcrumbs and half the bacon bits. Spoon cheese filling into each jalapeño cavity and top with a spoonful of the breadcrumb mixture. Place on baking sheet, cavity side up. Mist with olive oil. Bake 15-20 minutes, until filling melts and breadcrumbs are golden. Remove from oven and top with remaining bacon bits. Serve hot.