CSA Newsletter



Week 21: 10/21/14 & 10/23/14

Box contents

Small share:

1 butternut squash

1 bunch carrots (Dragon & orange)

3/4 lb. bag lettuce mix

1/3 lb. bag spinach

1 bunch collards

1 ½ lb. potatoes (purple & blue)

1 head garlic

2 leeks

2 onions (red & yellow)

2 shallots

1 decorative gourd

Farm News

Welcome to the extended season! We are glad you've been enjoying the veggies and are happy to share a couple more boxes while we still have some tasty produce growing in the field. Thanks to all who made it out to our fall farm event on Sunday. We enjoyed showing off (what's left of) the crops, the barn and solar panels, and prairie, and especially enjoyed having the opportunity to meet some folks in person after many weeks of email and phone correspondence. Thanks for making the trip, and for making it a rewarding season for us! We also appreciate hearing your feedback on crops you've enjoyed, those that weren't your favorite, items that were more challenging to cook, etc. (The end of season survey is still up if you'd still like to fill it out.) I wasn't too familiar with collard greens until I started growing them, but now they are one of my favorite sides. I particularly love them a little crispy with garlic (recipe here), but they are also great when steamed because they get nice and tender (see recipe at right). It's hard to go wrong with butternut squash – it's just so comforting this time of year! The enchiladas (recipe at right) are great for a fall dinner or game day potluck. Assuming weather cooperates, we plan to get our garlic in the ground at the end of the week. We have also been getting some prep work done for the greenhouse. We'll continue cleaning up the barn and getting some of our storage crops in the basement for winter. There is certainly no shortage of fall projects!

Recipes & Storage Tips

Butternut Squash Enchiladas

1 butternut squash, halved

2-3 T. olive oil 1 yellow onion, chopped

2 cloves garlic, minced

1/4 - 1/2 cup milk (optional)

1 can pinto beans, drained, rinsed, mashed coarsely

½ cup corn (optional)

 $\frac{1}{2}$ cup crumbled feta or 1 cup grated Monterey Jack

1 cup mozzarella

20 6-in. diameter corn tortillas

1 can hot enchilada sauce

Sour cream, sliced black olives, cilantro (optional) Preheat oven to 400°F. Pour enough water into a roasting pan to come ½ in. up the sides of the pan. Place squash halves, cut side down, in pan. Bake until tender, adding more water as necessary (~1 hr.). Cool squash completely. Remove seeds, and spoon squash into a large bowl. Squash the squash, and add milk while mashing until it has the consistency of mashed potatoes. Sauté onion and garlic in oil until onions start to become translucent. Keep heat low enough so they don't burn. Mix into squash, corn, and beans. Stir in feta or half of the Monterey Jack. Season with salt and pepper. Heat tortillas so they're soft and bendable (over direct flame on stove, in microwave, or in oven). Place a heaping spoonful of squash mixture in the center of each tortilla. Roll up tortillas, and arrange seam side down in a 13 x 9 x 2-in. baking dish. Preheat oven to 350°F. Spoon enchilada sauce to cover all enchiladas thinly. Sprinkle remaining cheese over enchiladas. Bake until heated through, about 15-20 minutes. Optional: Top with sour cream, olives, and cilantro.

Steamed Collards with Shallots

1 T. olive oil 1/3 cup shallot, chopped 1 bunch collard greens, stems removed & leaves thinly sliced

Salt and pepper, to taste

Heat olive oil in a large skillet. Add shallots and cook for 3-5 minutes. Meanwhile, rinse greens (but do not dry). Add to skillet with salt and pepper, to taste. Cover to wilt greens, stirring occasionally, until bright green and tender (approx. 10 min.).