

CSA NEWSLETTER



WEEK 17:
9/22/15 & 9/24/15

Box contents

Small share:

1 ½ lb. Yukon Gold potatoes
2 leeks
1 bunch carrots
1 green cabbage
1 head lettuce
1 watermelon – Vilas
& Fitchburg pick-up
this week
1 red/yellow bell
pepper
Tomato medley
1 head garlic
1 bunch parsley
(Next up... winter squash, kale, beets)

Regular share additional items:

1 head cauliflower
1 green bell pepper
1 onion

Farm News

After a fun weekend away to attend our friends' wedding, we're diving back into a busy week! There is still a lot of squash in the field to pick, storage crops in the barn to clean, and food to preserve for winter. We're also doing some creative troubleshooting this week as the minivan that we have been using for deliveries has finally reached a point beyond repair. The plan for the week is to borrow a farmer friend's minivan (thanks, Kriss!) and rent a van, and we'll be doing some shopping for a new vehicle ASAP (let us know if you happen to have any leads for a used, but in decent shape delivery vehicle – thanks!).

We got several more inches of rain at the farm at the end of last week, so we have plenty of water. Last week we planted a new bed of strawberries as well as an area of cover crops. We're now officially in fall, and we're enjoying the pleasant weather which is perfect for harvesting. The pathway to the house has once again become a hazard zone as walnuts fall from the trees overhead. It's a bit of a mess to crack them open, and it's a challenge to extract the nuts without them breaking into many pieces, but we may give it a try again this winter when we have a little more time. It's great to be able to find good sources of protein that we can grow or scavenge at the farm.

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.

Roasted Broccoli

1 head broccoli 1 ½ T. olive oil

½ tsp. garlic powder

1 tsp. balsamic vinegar

¼ teaspoon ground black pepper

Heat oven to 400°F. Chop broccoli into medium-

sized florets. Toss with remaining ingredients.

Place on a baking sheet in a single layer, and bake

for 18-22 minutes, shaking pan / stirring florets

halfway through. The broccoli will turn deep green

in color.

Tips: *Leek:* Refrigerate unwashed for 2 weeks.

Remove green tops to within 2 in. of white part. Eat

raw, steam, sauté, or use in soups, casseroles, etc.

Carrots: Refrigerate in a plastic bag to store for 2-4

weeks. Eat raw, steamed, or diced into soups,

casseroles, or sautéed dishes. *Broccoli:* Soak

broccoli (and cauliflower) head upside down in cold

salt water to remove any hidden field pests. Eat raw

(add it to salads, or pair with a dip), or cook florets

in quiches, casseroles, sautés, on top of pizza, etc.

Store in the hydrator drawer of the refrigerator.

Broccoli is best when used within a few days. For

longer-term storage, broccoli can also be frozen.