

CSA NEWSLETTER



WEEK 18:
9/29/15 & 10/1/15

Box contents

Small share:

1 butternut squash
1 bunch sage
¾ lb. Brussels sprouts
1 bunch Chioggia beets
1 bunch radishes
Tomato medley
1 green bell pepper
1 head garlic
1 onion
1 bunch kale (Tues.) or collard greens (Thurs.) –
next week switch
1 ½ lb. Red Norland potatoes
1 Casperita (decorative) pumpkin
(**Next up**...celeriac, rutabaga, winter squash)

Regular share additional items:

Extra red beets
1 watermelon
1 head lettuce

Farm News

It continues to be a busy time at the farm as we're still harvesting some summer crops (tomatoes, peppers, watermelon), greens (like kale and collards) that are coming back strong with the cooler weather, as well as storage crops for winter. Butternut squash is so versatile and tasty, and we enjoy it all winter in soup, enchiladas, and ravioli. It is fantastic roasted, and pairs very nicely with sage (see recipe at right). We're also excited to share Brussels sprouts in the box this week. We mix it up with different recipes now and then, but our go-to is the sauté with bacon in this newsletter. We were too busy harvesting, cleaning, and preserving over the weekend to do much car shopping, so we're cruising around in the minivan rental again this week. That said, we're aiming to have a more permanent transportation solution soon. We hope you were able to catch a glimpse of the supermoon/harvest moon/lunar eclipse on Sunday. We took chairs out to the field and enjoyed nature's beautiful show! Scott brought along his camera and tripod and managed to get some nice shots (see our Facebook page). Sometimes after a long day of working outside we just want to go inside, eat, and crash, but this was a good reminder that we need to carve out more time in the evenings to go back outside and enjoy the farm's beauty.

Recipes & Storage Tips

Brussels Sprouts with Bacon

¾ lb. Brussels sprouts Couple slices of bacon
½ onion, chopped 1 T. Dijon mustard
1 T. apple cider vinegar

Fry bacon in a pan until halfway done and remove from pan, keeping grease in pan. Add the chopped onion and sauté until it begins to brown. Slice Brussels sprouts into thin strips and add to pan with onion. After a few minutes, add the bacon back in. Continue to cook for another ~5 min. to allow flavors to blend (Brussels sprouts should just start to crisp a tad in places). At the end, toss with a dressing of Dijon and apple cider vinegar (and adjust to taste).

Roasted Butternut Squash with Brown Butter & Sage

1 butternut squash 1 T. olive oil
Salt and pepper, to taste 2 T. unsalted butter
Leaves from 1 bunch of sage

Preheat oven to 425°F. Peel squash, and cut off blossom and stem ends. Cut in half vertically, and scrape out seeds and fibers; then cut into 1-in. chunks. Spread onto a baking sheet, drizzle with olive oil, and toss to coat. Season with salt and pepper, to taste. Roast for 15 minutes, stir, and roast for another 10-15 minutes until tender and browned. Remove from oven. Melt butter over medium heat in a small pan until foam subsides. Add sage; cook until the butter turns light brown and sage becomes crisp (~30 seconds). Pour the brown butter and sage over the squash and toss to coat.

Tips: *Butternut squash:* Store at room temperature for up to a month, or in a cool (50-55°F), dry place for several months. Butternut squash has a nutty taste and can be roasted, pureed, or used in soups. *Brussels sprouts:* Store refrigerated in a plastic bag for up to a week. Cut off the tough bottom of the sprout stem and remove any damaged outer leaves. Brussels sprouts can be boiled or steamed for 5-8 minutes, and then tossed with olive oil, lemon juice, and salt and pepper. They are great additions to salads, soups and stews, and sautés.