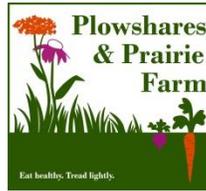


CSA Newsletter



Week 20:
10/13/15 & 10/15/15

Box contents

Small share:

2 lb. sweet potatoes
1 ½ lb. All Red potatoes
2 heads garlic (Music & Idaho Silver)
1 onion
1 red cabbage
1 green bell pepper
3 jalapeños
1 shallot
1 head broccoli
1 bunch beets
3 green tomatoes + 1 red tomato
1 bunch kale 1 bunch parsley
(Next up...extended season!)

**Regular share
additional items:**
½ lb. spinach
1 New England pie
pumpkin

Farm News

It is the last week of the regular CSA season at Plowshares & Prairie Farm, and we want to sincerely thank our members for your participation, enthusiasm, and feedback throughout the season. Speaking of feedback, we have prepared a 10-question [end of season survey](#). If you have a few minutes to share your thoughts on the second half of the season, we highly value and appreciate your input as we continually strive to maintain and improve our CSA offerings. Thank you!

We've said this before but it's worth restating – the most rewarding part of running a CSA is getting to know and interact with a wonderful community of members built around a mutual appreciation for sustainable and healthy lifestyles. It makes our day when we hear a rave about a new vegetable (I know we had some shishito converts this year!) or that a member's kids really loved one of the recipes from the newsletter. We are grateful for the returning members who have become good friends, and for the new members who we have enjoyed getting to know and feed this year. We're looking forward to continuing to share produce with many of you via the extended two-week season and storage share (see email for details/reminders). We wish you a healthy, happy, and relaxing winter, and look forward to another bountiful season next year!

Your farmers, Chelsea & Scott

Recipes & Storage Tips

Baked Sweet Potato Fries w/ Honey-Lime Dip

Fries:

2 lb. sweet potatoes 2 T. olive oil
½ tsp. cumin ½ tsp. oregano
½ tsp. coriander 1 tsp. parsley
Salt and pepper, to taste

Dip:

1 T. mayo ½ T. honey
1 T. lime juice ¼ tsp. cumin
1/8 tsp. oregano 1 tsp. parsley
½ tsp. granulated onion ¾ tsp. salt

Preheat oven to 425°F. Slice sweet potatoes into evenly sized French fry shapes (~1/4 in. thick). Place in a bowl and drizzle with olive oil, add spices, and toss until coated. Spread fries on a baking sheet. Bake for 15 minutes, flip, and bake for another 15-20 minutes until golden brown. Mix dip ingredients together and serve with warm fries.

Colcannon (Mashed Potatoes with Cabbage)

1 lb. potato 1 onion, diced
1 cup milk ½ cabbage, cored and thinly shredded
4 T butter Salt and pepper, to taste

Place potatoes in a pot and cover with water; bring to a boil and cook until tender (~30 min.). Drain and set aside. Melt butter in a pan over med-high heat; add cabbage and cook while stirring for ~5 minutes. Add milk and onion, bring to a boil, and mash in potatoes. Season with salt and pepper.

Fried Green Tomatoes

Green (unripe) tomatoes, sliced about 1/3" thick
Flour Salt and pepper

Put flour, salt and pepper in a gallon 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.

Tips: *Sweet potato:* Store in a cool, dry place for several weeks. Great baked, steamed, or mashed.
Pie pumpkin: Stores at room temperature for a month, or in a cool (50-55°F), dry place for several months. Try roasted, cubed, [pureed](#), in soups, etc.