

CSA Newsletter



Week 20:
10/18/16 & 10/20/16

Box contents

Small share:

2 lb. Yukon Gold potatoes
2 leeks
1 head garlic
2 lb. sweet potatoes
1 bag mixed carrots
1 head cabbage
1 head broccoli
1 bunch turnips
Pepper medley (shishito peppers, banana peppers, jalapeño, bell peppers)
1 bunch parsley
1 red onion

Regular share

additional items:

1 spaghetti squash
1 bunch sage
1 pint cherry tomatoes

Farm News

This is the **last week of the CSA**. We enjoyed visiting with many members at our fall event this past weekend. At the end of a long season, as we wrap up projects and look forward to taking a little time to recover, reflect, and plan for next year, it is especially gratifying to hear about particular fruits or veggies, shares, or experiences that our members enjoyed this season. It's no great secret that farming can be tough work, but it is truly rewarding to hear that our members appreciate it. We know it takes time and dedication to invest in a farm for the growing season, and that belonging to a CSA requires being flexible about the produce you get and creative about how to use it all. We want to thank you for your investment in our farm this year, and sincerely hope that you enjoyed the (literal) fruits of our labor and learned something new. We would love to hear more from all of you about what we did well this year and in what areas we can improve. We tried to make some adjustments based on the mid-season survey, and as we plan for next year are hoping you will have a moment to fill out our anonymous, 10-question [end of season survey](#) to help guide us as we plan. Also, we still have space for our **extended CSA** (week 21 on 10/25 or 10/27) and **storage share** (delivered on Thurs. 11/3). **See the body of this week's email for the details.**

Thanks & warm regards,
Chelsea & Scott

Recipes & Storage Tips

Baked Sweet Potato Fries w/ Honey-Lime Dip

Fries:

2 lb. sweet potatoes	2 T. olive oil
1/2 tsp. cumin	1/2 tsp. oregano
1/2 tsp. coriander	1 tsp. parsley

Salt and pepper, to taste

Dip:

1 T. mayo	1/2 T. honey
1 T. lime juice	1/4 tsp. cumin
1/8 tsp. oregano	1 tsp. parsley
1/2 tsp. granulated onion	3/4 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.

Spaghetti Squash & Black Bean Tacos

1 spaghetti squash	2 T. lime juice
1 tsp. chili powder	1/2 tsp. cumin
1/2 tsp. coriander	1/2 tsp. coarse salt

16 6-in. corn tortillas

15-oz can black beans, rinsed and drained

4 oz. queso fresco, feta, or Cotija cheese

1/4 cup diced onion

1/4 cup chopped cilantro or parsley leaves

Cut squash in half lengthwise, scoop out seeds, and roast (halves facedown) in an oiled baking sheet for 40 minutes at 375°F. Let cool slightly, and scrape squash flesh with fork, loosening strands as you remove it from the skin. Discard skin. Mix lime juice and spices in a small bowl, pour over squash, and toss. Heat a dry skillet to med.-high heat, and warm/slightly blister each tortilla (~30 sec./side). On a plate, place tortilla, 2 T. black beans, 2 T. squash mixture, 2 tsp. cheese, and a couple pinches onion and cilantro. Optional: add hot sauce to taste.

Tips: *Spaghetti squash:* Like other winter squash, stores at room temperature for up to a month, or in a cool (50-55°F), dry place for longer. Roast & scrape out flesh to serve like pasta. See our [winter squash page](#) for more tips and recipes.