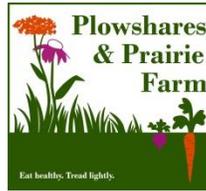


CSA Newsletter



**Week 15:
9/12/17 & 9/14/17**

Box contents

Small share:

1 head lettuce
1 bunch radishes
1 bunch beets
Tomato medley
2 leeks
1 ½ lb. All Red potatoes
1 or 2 small eggplants
1 bag edamame

(Next up...tomatoes, beans, winter squash?)

Regular share additional items:

1 watermelon
1 bunch parsley
1 baby (decorative)
pumpkin

Farm News

We have had a pretty dry stretch recently so have been doing a lot of watering in the field. Some cooler temperatures at night have also encouraged us to close the hoop house to make for happier tomatoes, which as you can see, are still coming strong. We're also seeing the return of some non-heat-loving veggies, like lettuce and radishes. We're also glad to finally have beets for everyone. Though the nights are cooling off, we're enjoying some beautiful warm, pre-fall days so we figure throwing them on the grill and topping with goat cheese is the way to go (see recipe at right). And when the chill returns at night, warm up with some simple and comforting potato and leek soup (recipe also at right).

We have a couple of earth moving projects underway this week. We're working on smoothing out the long path from the farm buildings to the veggie field which will make driving back and forth with delicate veggies easier, and will also make the path more resilient to rain events. We're also digging out a scrape adjacent to the wetland. This is basically a large pond that will provide additional wildlife habitat, and can also help with flooding as the scrape can take up and then slowly release water. It is already filling with water and we're excited to watch as it continues to change over coming months. We'll see if it stays open or freezes over in the winter, though we are pretty excited at the prospect of having a skating pond...

This week is the ¾ mark of the CSA, with 5 more weeks to go!

Recipes & Storage Tips

Potato & Leek Soup

2 T. butter or olive oil

1 ½ lb. potatoes, peeled and cut into small cubes

2 leeks, white & light green parts, washed & sliced into thin rings

1 quart vegetable stock or water, preferably

warmed

Salt & pepper, to taste

½-1 cup cream, sour cream, or yogurt

Heat butter or oil in a deep saucepan over medium heat. Add vegetables, sprinkle with salt and pepper, and cook while stirring for 2-3 minutes. Add stock and cook until veggies are very tender (~20 minutes). Puree using an immersion blender (or carefully transfer to a blender and back to the pot). Stir in cream, sour cream, or yogurt and reheat gently (don't allow to boil if using yogurt). Add salt and pepper as needed, and garnish with minced chives, parsley, basil, or other herbs.

Grilled Beets with Goat Cheese

Bunch beets, greens removed & reserved for another use

Olive oil

Salt and pepper, to taste

Goat cheese

Scrub beets and chop into quarters. Heat grill to high. Toss beets with enough oil to lightly coat, sprinkle with salt, and place on a large sheet of aluminum foil. Fold over beets creating a foil pack. Grill for 35-45 minutes, depending on the size of the beet pieces. When beets are fork tender, remove from grill, add goat cheese to taste, and enjoy!

Tips: *Beets:* Cut off leaves and stems 1-2 in. above root crown to maintain firmness. Store in hydrator drawer of the fridge. Beet greens are best used fresh but can be stored in a damp cloth or plastic bag in the hydrator drawer. *Watermelon:* Store at room temperature for 1-2 weeks, but once cut into, cover exposed edge with plastic wrap (or cube and keep in a container) and refrigerate. *Edamame:* Green soy beans are grown to be eaten fresh. Wash pods, add to boiling water and cook until just tender (~8 min.). Drain and sprinkle with coarse salt. Serve whole. To eat, open one edge of the pod, squeeze to pop beans out into mouth, making sure to get a taste of salt with the bean.