

CSA Newsletter



**Week 16:
9/19/17 & 9/21/17**

Box contents

Small share:

1 lb. green beans
Tomato medley
1 onion
1 head garlic
1 bunch kale
3 banana peppers
2 colored bell peppers
½ pint raspberries (this week or next)
(**Next up**...potatoes, acorn squash)

Regular share additional items:

1 bunch rainbow
chard
1 green bell pepper
Extra tomatoes

Farm News

We're enjoying the new and improved gravel path out to the field, which has now passed its first rain test. The scrape has also been tested by the resident fauna...at least if our water-loving pup counts. Hopefully ducks will be next! However, we're not happy about all the fauna around our produce fields. We saw some hoof prints near our beet patch one morning and decided it's time to electrify our fence again to deter the deer. We have a solar charger and electric fence around the deer's favorite crops, which we've learned are beets, chard, and lettuce. We had stopped turning it on for a couple-month stretch when the deer appeared to be off enjoying the summer bounty elsewhere. We have been harvesting a lot of green beans and tomatoes recently. We're starting to pick winter squash which we're letting cure. We're getting excited for what looks like a great fall harvest of more squash, beautiful Brussels sprouts and broccoli, and sweet potatoes. We also planted some fall cover crops last weekend – mostly oats and clover. Despite the little heat wave we've been having, it is looking more like fall around the farm. The walnuts are crashing down from the trees (making the walk between our house and barn a bit dicey), and leaves on the walnut trees are starting to turn yellow. The leaves on different types of trees change at different times, and it will still be a little while before the aspens and oaks on the farm burst into color. We adopted our dog last fall, and her name, Senna, was inspired by the autumn colors, or more specifically, [plant senescence](#).

Recipes & Storage Tips

Green Bean Casserole with Crispy Onions

1 med. onion, halved & thinly sliced
¼ c. flour 2 T. breadcrumbs ½ tsp. salt
Pepper High-heat oil, for deep-frying
3 T. butter 12 oz. mushrooms, thinly sliced
Dash nutmeg (optional)
Pepper ¾ tsp. salt 2 garlic cloves, minced
3 T. flour 1 ½ cup vegetable or chicken broth
½ cup heavy cream

1 lb. green beans, trimmed and halved
Toss onion with flour, breadcrumbs, salt & pepper. Heat ½ in. oil in a skillet. Add onions a handful at a time in a single layer; fry until light golden brown. Remove with a slotted spoon and drain on paper towels. Repeat with remaining onions. Heat oven to 400°F. Blanch green beans for 5 min.; drain and set aside. Melt butter in a skillet on med-high heat. Add mushrooms, salt & pepper; sauté until they release liquid (3-5 min). Add garlic; sauté for 1 min. Add flour and stir until coated. Add broth, ¼ cup at a time, while stirring. Simmer mixture for 1 min.; add cream and simmer (while stirring) until sauce thickens (5-6 min.). Add beans and stir until coated; sprinkle onions on top. Bake for 15 min.

Green Juice

1 bunch kale 1 lemon 1 lime
1 inch ginger, peeled 3 apples
Quarter apple and remove seeds, remove skin from citrus and ginger. Put all ingredients in a juicer. Serve immediately or store in an airtight jar in the fridge for up to a few days.

Pickled Banana Peppers

1 lb. banana peppers 1 ½ cups cider vinegar (5%)
1/3 cup water 1 ½ tsp. salt
½ T. celery seed ¾ T. mustard seed
Wash peppers, remove stem end, and slice into ¼-in rings. In a saucepan, combine vinegar, water, and salt, & heat to boiling. Place celery seed & mustard in a jar, fill with peppers, and pour pickling liquid over the top. Store in refrigerator, and start eating after a few days. Enjoy on sandwiches, pizza, etc.

Tips: *Raspberries:* Store in fridge for a few days. Eat them quickly, plain or over vanilla ice cream.