

# CSA Newsletter



**Week 18:**  
**10/3/17 & 10/5/17**

## Box contents

### **Small share:**

3-4 lb. butternut squash  
1-2 leeks  
1 ½ lb. Carola potatoes  
1 green cabbage  
Tomato medley  
2 colored bell/frying peppers  
1 bunch beets  
1 bunch collard greens  
1 yellow onion  
1 head garlic  
1 bunch sage  
2 jalapeños      ½ pt. raspberries (GHC only)  
(**Next up**... pie pumpkin, sweet potatoes, Brussels sprouts, shallots, celeriac, broccoli)

### **Regular share**

#### **additional items:**

1/3 lb. bag spinach  
Extra 2 lb. butternut squash

## Farm News

We have just three weeks left of the CSA and lots of goodies for you! Some cooler weather favorites like spinach and broccoli will be returning, and we'll have some end-of-season storage staples like butternut squash, pie pumpkins, and sweet potatoes. While we have still been enjoying some nice days, the nighttime temperatures are dropping, and we had our first patchy frost over the weekend. We're closing our hoop house at night and covering some frost-sensitive crops like peppers to prolong our harvest for as long as we can.

We also spend a lot of time this time of year preserving the abundance from the growing season so we can enjoy the fruits of our labor year-round. This means cooking down our tomatoes into sauces to freeze, dicing and freezing bell peppers, blanching and freezing kale and spinach, and canning anything we have the energy for. We'll also set up our "root cellar" in the basement, where we'll store squash, potatoes, onions, and garlic for months to come. We're looking forward to our fall event on Sat., Oct. 14, from 2-5pm, and hope many of you can join us for cider, seasonal snacks, pumpkins, and a nice walk on the farm. Please email Chelsea (chelsea@plowsharesandprairie.com) to RSVP if you can make it.

## Recipes & Storage Tips

### **Collard Green Enchiladas**

*Sauce:*      1 T. olive oil      ½ med. onion, diced  
3 c. tomato, diced (reserve 1 c.)

2 garlic cloves, minced      ¼ tsp. oregano 1 tsp. cumin  
¼-½ tsp. chipotle powder

1 tsp. red wine or apple cider vinegar

*Wraps:*      1 bunch collard greens      1 T. olive oil  
½ med. onion, diced

2 jalapeños, diced (substitute 1 bell pepper if you want the dish to be mild)

2 cups butternut squash      1 garlic clove, minced

*Protein:* 1 can black beans, drained and rinsed or ¾ lb. ground turkey, beef, or meat alternative

*Salt & pepper to taste      1 cup grated cheese*

Heat olive oil in a pan on med. to med.-high heat.

Add onion, 2 c. tomato, garlic, oregano, cumin, and chipotle. Cook until liquid evaporates, 15–25 min.

Transfer to a blender (or use an immersion blender), add vinegar, and reserved, diced tomatoes as needed

to thin sauce to a pasta-sauce thickness. Steam collards for 2-4 min. depending on thickness. Once

leaves have turned bright green and are wilted, place in ice water to stop cooking. Remove ribs on

leaves, and cut in half. Heat a pan on med.-med.

high. Add 1 T. olive oil. Cook squash for 10 min., add onion and cook for 3 min., then add the rest of

the filling ingredients (except beans). Cook filling until done (ground meat or alternative is browned,

veggies are cooked through, 7–10 min.). Remove from heat. If using beans as the protein, mix into

filling now. Preheat oven to 400°F. Oil an 11"x7" or 9"x9" baking dish. Assemble enchiladas: Place

several spoonfuls of filling in leaves and roll,

placing them in the oiled baking dish. Cover rolled leaves with sauce. Bake for 20–25 min. Top with

cheese when there is 10–12 min. left to bake.

**Tips:** *Butternut squash:* Store at room temp. for a

month, or in a cool, dry place for several. Has a nutty taste and can be roasted, pureed, or used in

soups. *Sage:* Add to salads, soups, omelets,

marinades, sausage, breads, and stuffing. Pairs well

with winter squash like butternut. To dry, hang leaves on the stem, then store in an airtight

container. Makes a great tea (with honey & lemon).