

# CSA Newsletter



**Week 20:  
10/17/17 & 10/19/17**

## Box contents

### **Small share:**

1 spaghetti squash  
1 butternut squash  
1 lb. bag carrots  
1 or 2 med. leeks  
1 head red cabbage  
1 head cauliflower  
1 head broccoli  
2 colored bell peppers  
Tomato medley  
1 yellow onion  
1 red onion  
1 head garlic  
1/3 lb. bag spinach  
Brussels sprouts (Tues.) OR 1 rutabaga (Thurs.)

### **Regular share additional items:**

1 bag amara mustard  
greens  
Extra head garlic

## Farm News

**This is the last week of the CSA.** This has been a particularly busy year for us between growing fresh fruits and veggies for the CSA and markets, barn renovation, wedding, off-farm jobs, and first growing season with a puppy. We're looking forward to some rest, recreation, and eating some stored/frozen/canned veggies in hearty dinners by the wood stove this winter. Looking back on all we have accomplished this year, we are so grateful to our community. **Thank you** for investing in our farm, learning about new veggies and trying out new recipes, and making our work on the farm so rewarding. We really enjoyed chatting with many friends and CSA members at the fall cider event this past weekend. Despite some mud and a bit of rain, we had a great time showing off the fields and barn, drinking hot cider, and having interesting conversations. We're glad to keep some deliveries going for the next few weeks for those who signed up for the **extended CSA and/or storage share**. **We do still have a few spaces available**, so please email Chelsea if you're still interested in doing an add-on. Finally, we'd love to hear your thoughts on what we did well this season and what we could improve for next year. Please fill out this brief (10-question), anonymous end-of-season survey: <https://www.surveymonkey.com/r/DPK5BC2>.

## Recipes & Storage Tips

### **Roasted Beer & Lime Cauliflower Tacos with Cilantro Coleslaw ("Cauliflacos")**

1 head cauliflower (~1 lb.)  
3/4 cup beer  
1 T. lime juice  
1 1/2 T. hot sauce  
1 1/2 tsp. chili powder  
1/4 tsp. ground cumin  
Pinch of salt  
1/2 yellow onion, chopped  
6 corn tortillas  
1 avocado, sliced

1/4 cup vegetable broth  
1/2 tsp. soy sauce  
2 cloves garlic, sliced  
1 tsp. paprika  
1/4 tsp. garlic powder  
1 T. olive oil

*Quick Lime and Cilantro Slaw – see below!*  
*Salsa*

Preheat oven to 400°F. Chop cauliflower into small florets. In a saucepan, heat beer, broth, lime juice, soy sauce, hot sauce, and garlic over medium heat. Add cauliflower and simmer for 2 minutes. Drain. Toss spices, salt, and olive oil in a large bowl. Add cauliflower and onion and stir until coated. Put on a baking sheet and bake until browned (~20 minutes). Warm tortillas in oven or microwave and fill with cauliflower filling, avocado slices, slaw, and salsa.

### **Quick Lime & Cilantro Slaw**

1/2 head cabbage (~1/2 lb.)  
2 T. lime juice  
1 tsp. olive oil  
1 carrot  
2 T. rice vinegar  
1/8 tsp. salt  
1/3 cup chopped cilantro (or substitute parsley)

Slice cabbage into very thin strips, no longer than 2 inches. Chop carrot into thin matchsticks of the same length. In a small bowl, mix lime juice, vinegar, oil, and salt. Add dressing right before eating and toss well. Add cilantro and serve.

**Tips:** *Cauliflower:* Great roasted (with garlic and/or cheese), steamed, sautéed, pureed (as a soup base or thickener) or eaten raw with a dip. *Rutabaga & Brussels sprouts:* See last week's (week 19) newsletter. *Amara mustard:* See week 2 newsletter for a recipe. *Winter squash:* Stores at room temperature for a month, or in a cool (50-55°F), dry place for several months. Roast spaghetti squash and scrape out flesh to serve like pasta. See our [winter squash page](#) for more tips and recipes.