



Box contents

Extended share:

- 1 head cauliflower
- 1 bunch kale
- 1 small lettuce head
- 1 shallot
- 2 leeks
- 1 yellow onion
- 1 head garlic
- Tomato medley
- 3 colored bell peppers
- 1 pint shishito peppers
- 1 bag beets
- 1 ½ lb. Magic Molly purple potatoes
- 1 or 2 sm. spaghetti squash

Farm News

Welcome to the extended CSA! We still have quite a few goodies growing in the field and stored in the barn, and we're happy we can continue to share the bounty with you for a little longer.

We're picking the last of our frost-sensitive crops this week given the shift to cooler weather. We had a good stretch, and between closing the hoop house and covering some rows outdoors we were able to extend the flavors of summer for a bit longer. Some of our other veggies, like Brussels sprouts, actually can get a little sweeter with a frost. We plan to put some in the boxes next week so you can let us know what you think! We have been working on some end-of-season clean-up projects, and are planting rye and vetch as cover crops. We have also been separating garlic cloves from some of the larger heads to plant soon for next summer. We'll be planting our garlic in a field that we were renting to our neighbors this year for organic hay, just north of where we grew our fall brassicas and winter squash. Motivated by the loss of some of our early brassicas in our lowest field this summer with all the rain we got, we've decided to shift some of our production to this higher location. It's a change that should make us a little more resilient to wet weather. We can always water crops on higher land but we can't do much to drain when there's too much water sitting in the field.

Recipes & Storage Tips

Beet Burgers

- 1 T. coconut oil
- ½ onion, diced
- 1 cup beets, grated
- ¼ cup sunflower seeds
- 1 cup red beans (cooked)
- 1 egg
- ¼ cup oat flour
- ¼ tsp. cumin
- ¼ tsp. garlic powder
- Salt and pepper, to taste
- ¼ cup Rolled oats

Preheat oven to 400°F. Sauté onions in coconut oil for 3 minutes. Add beets, and cook over low heat for another 5 minutes. Let cool, and add to a food processor along with the sunflower seeds, beans, egg, oat flour (pulse rolled oats until a flour-like consistency is reached), and spices. Pulse until everything is well mixed and thick/pasty. Mix in rolled oats. Make 4 patties, and let sit for 20 minutes to firm up. Bake in the oven for 10-12 minutes, until crisp and browned. Eat on a bun (top with lettuce, sliced onion, and tomatoes) and serve with purple fries (see below).

Purple Oven Fries

- 1 ½ lb. purple potatoes, cut into ½" thick sticks
- 4 cloves garlic, minced
- Olive oil
- Salt and pepper, to taste

Preheat oven to 400°F. Arrange potatoes in a single layer on a baking sheet. Add minced garlic. Drizzle generously with olive oil, and add salt and pepper to taste. Mix well to coat. Bake for 20 minutes, flip, and bake for another 20 minutes.

Tips: *Cauliflower:* Great roasted (with garlic and/or cheese), steamed, sautéed, pureed (as a soup base or thickener) or eaten raw with a dip. *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. *Shishito pepper:* Sweet with an occasional tinge of heat. Store in a paper bag in the warmest part of the fridge for up to a week.