



Sogn Valley Farm

CSA Newsletter Oct. 11-12, 2016

www.sognvalleyfarm.com

Greetings,

And so begins the first week of our fall CSA program. To those who weren't members for the summer season: welcome! This weekly newsletter is provided with each share and includes this section—an update from the farm, with occasional ramblings on topics tangentially related to food and farming—along with the description of box contents (at right) and a recipe or two that uses some of the veggies included in the share (on the back). All the newsletters are archived on our website under the CSA Program 2016 tab.

It's mid-October and finally feeling like it. After a warmer-than-usual start to autumn, we got our first two frosts this past weekend. The remaining warm-season crops out in the field—peppers, beans, and a sorghum-sudangrass cover crop—were hit pretty hard. But many of the other, cool-season crops only get better after a few light frosts (check out the Week 17 newsletter to learn why this is the case). Our carrots, beets, spinach, broccoli, and other crops improve in quality as we move into the fall and the weather turns chilly.

We continue to observe the benefits of growing tomatoes in a high tunnel (and unheated and passively ventilated greenhouse, for those unfamiliar with the term). Not only has it greatly improved the productivity of the plants and quality of the fruit, but these recent light frosts didn't cause any visible damage to the leaves. Without a doubt, tomatoes grow much more slowly when nighttime temperatures drop, but they're still alive and kicking.

To prove it, a story: We had a bit of a scare two weeks ago when I noticed the wood-framed endwall on the greenhouse—to which the wires supporting the weight of all

What's in the box?

Baby spinach: This tender spinach is great in salads, such as this week's Autumn Salad recipe. In a couple of weeks, you'll likely see some bulkier, more mature spinach that is better suited for cooking.

Sweet potatoes: Sweet potatoes work really well with warm spices and in combination with chickpeas in this week's recipe. The original recipe calls for peeling, but we'll leave it up to you. The skins on these young sweet potatoes is fairly tender (and nutritious) so you may choose to leave them unpeeled. Store at room temperature.

Broccoli: I so appreciate fall broccoli—it matures more slowly than summer broccoli (so we don't have to harvest it as often) and it's much sweeter. Broccoli can be cooked in many ways—steamed, roasted, grilled—just try not to overcook it. We like it to retain a bit of crunch.

Salad mix: This is a blend of eight different baby leaf lettuces, our standard salad mix. We triple wash it to remove as much soil as possible. Most people find it ready-to-eat, but we can't promise you won't find a grain of sand or two...

Slicing tomatoes: These slicing tomatoes were grown in our high tunnel and were somewhat protected from the recent frosts. Add them to your salad or make a little fresh salsa with onions, garlic, and peppers in this unusually late provision of summer veggies.

Red onions: These red storage onions add some tanginess to this week's Autumn Salad recipe.

Garlic: This 'Majestic' hardneck garlic is large-cloved and relatively mild flavored. This would complement your broccoli nicely and is used in this week's recipe.

'Corno di Toro' sweet peppers: These Italian heirloom peppers—often termed "frying peppers"—are sweet, like bell peppers, but also have just the faintest hint of spice.

Watermelon radishes: Watermelon radishes are quite unique, with bright pink flesh inside. They are crispy and slightly sweet, with none of the spiciness associated with spring, round radishes. The fibrous skin should be removed with a paring knife until the solid pink interior is reached. Try adding these to your salad or a veggie platter, with or without dip. These will store for weeks, or even months, in the crisper drawer of your refrigerator.

On Deck

Some of the items you'll likely see in the next week or two..

Butternut squash — Potatoes — Yellow onions — Lettuce — Savoy cabbage — Carrots — Cauliflower

the tomato plants are attached—had slightly buckled in. The sheer biomass of the tomatoes at this point in the season was sufficient to cause some of the 4x4” posts to crack and start to give way. I was able to halt the impending disaster by chaining the tractor to the endwall and pulling it back out long enough to reinforce the posts. But I don’t consider myself in the clear, and if I plan to grow such vigorous tomato plants in there in future years, I’ll have consider something more drastic, like building the whole end-wall out of steel... A good problem to have, I guess.

Have a nice week!

Dana

Autumn Salad with Spicy Roasted Chickpeas

Roasted, spiced chickpeas and sweet potatoes are spectacular in this festive salad. Use spinach, sweet potatoes, red onions, and garlic included in this week’s box.

Ingredients

Dressing

- 1/2 teaspoon Dijon mustard
- 1/4 cup olive oil
- 1/2 teaspoon lemon juice
- 1 teaspoons sherry vinegar
- 1/2 tablespoon finely chopped fresh mint

Salad

- 1 12-ounce can chickpeas, rinsed and drained
- 4 tablespoons olive oil, divided
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon cayenne
- 1 tablespoon minced garlic
- 1 1/2 teaspoons sea salt, divided
- 1-1.5 lbs sweet potatoes (about 1 large or 2 small), peeled
- 1/2 teaspoon black pepper
- 1 bag spinach (about 8 oz)
- 1/3 cup sliced almonds
- 1/3 cup dried cranberries
- 1/3 cup thinly sliced red onion
- 3 ounces crumbled goat cheese (optional)

Directions

1. Heat oven to 400°F. While the oven heats, whisk together the mustard, olive oil, lemon juice and vinegar. Add the mint; season with salt and pepper to taste.
2. Line two sheet pans with parchment paper. Toss chickpeas with 2 tablespoons olive oil, spices, garlic and 1/2 teaspoon salt; pour onto a sheet pan and roast in the oven for 20 minutes.
3. While the chickpeas roast, halve the sweet potatoes and cut crosswise into half-moons. Toss with remaining olive oil, salt and black pepper. Spread onto the second pan. Set timer for an additional 20 minutes and roast until potatoes are done and chickpeas are crisp.
4. Arrange spinach on a platter; top with prepared veggies, chickpeas, almonds and cranberries, and sprinkle with goat cheese if desired.

Recipe source: <http://strongertogether.coop/recipes/autumn-salad-spicy-chickpeas>