



Sogn Valley Farm

CSA Newsletter Sept. 19-20, 2017

www.sognvalleyfarm.com

Greetings,

We're at Week 16, technically the last box of the summer, with the fall equinox arriving this Friday. And I bet you can feel the shift in this week's box—radishes, broccoli, arugula, winter squash, and red onion. Fall foods. But two more boxes remain before the summer CSA ends and the fall CSA begins.

We've shifted to the time of year when our non-harvest-wash-pack days (i.e. not preparing for CSA or farmers' market) are consumed not by planting, weeding, and trellising, but with...harvest. Bulk harvest of storage crops, to be precise. Over the next week or 10 days, we're hoping to harvest the remainder of the winter squash, potatoes, celeriac, and turnips. Carrots are still quite slender, but with any luck the last box of the season will contain some young carrots.

We also plan to harvest some sweet potatoes to put in the final summer CSA box. These likely won't be cured (a process that thickens the skin, heals wounds from harvest, and converts starch to sugar within the tuber, leading to a sweeter potato). Sweet potatoes require a long growing season and we typically harvest them JUST before the first frost in the fall, which often lies outside of summer CSA season. It's just the reality of trying to grow a heat-loving southern crop in Minnesota.

Within the next two weeks, we'll be pulling some of the cherry tomato plants out of the high tunnel, removing the landscape fabric currently covering the ground, and amend and till the soil to prepare for a planting of salad mix and spinach. By transplanting in a high tunnel in mid-late September, these hardy greens should reach full size by late October and then hold well into the winter if covered with a frost blanket. Our goal is to have plenty of fresh spinach and salad mix in November for fall CSA shares and farmers'

What's in the box?

Red radishes: As a root that grows well in cooler conditions, we welcome the radish back this fall. Crispy and somewhat spicy, these can be added to a salad (with arugula or other green of choice), served fresh with dip, or sautéed in butter over low heat.

Broccoli: After a little hiatus, we're glad to have broccoli back in the cooler. Steam, sauté, and stir-fry are among our favorite ways to prepare broccoli. In case you forgot, store in a plastic bag in your fridge to keep broccoli fresh.

Bunched arugula: This arugula is larger and little heartier than what you received two weeks ago, and is suitable for both light sautéing and fresh eating. Try it in the quinoa salad in this week's recipe.

Green beans: The final bean planting of the season is now ready and kicking out beautiful beans. You're getting a hefty portion of these in this week's box. Try blanching and then sautéing with red pepper, onion, and a bit of finely chopped Anaheim pepper and then seasoning with sesame oil, salt, and pepper.

Watermelon: With a cool August comes late-bearing watermelons. We had the season's biggest harvest this week and are glad to be able to put another one in boxes. As before, some of you are receiving a seeded, 'Crimson Sweet' watermelon (light green striped skin, lighter pink flesh) while others are receiving a seedless, 'Sorbet' watermelon (dark green skin). For an outside-the-box way to eat this, try making watermelon salsa: 2C seeded and chopped watermelon mixed with 2 Tbsp chopped onion, 3 Tbsp chopped Anaheim pepper, and 1 minced garlic clove, seasoned with 2 Tbsp balsamic vinegar, salt, and pepper. Marinate in the refrigerator at least an hour before eating.

Delicata winter squash: A sure sign fall is nearly here, the winter squash is now coming in. Delicata squash is a sweet, thin-skinned winter squash bearing the unique quality of having edible skin. Go simple by roasting and topping with a bit of salt, butter, and maple syrup, or get a bit fancier by trying out this week's recipe.

Anaheim peppers: Anaheims are one of the mildest "hot" peppers we grow. These large peppers are a New Mexico-type chile often roasted and used in enchiladas. They can also be added to stir-fries or any other meal you want to spice up. Try using them in the aforementioned watermelon salsa. Moderate heat by removing some or all of the seeds and membrane before eating.

Red onion: Use in this week's recipe.

Ripe bell peppers: Sauté with green beans, as described above, or roast with Anaheims to balance their heat with sweetness. A small portion of peppers have some small splits in the skin on the shoulders of the pepper. This is due to heavy rain we received on Monday after a long dry period. Keep in the fridge and this shouldn't be a problem.

On Deck (for the last two summer CSA boxes)

Each week, we'll give some hints about what new items may show up CSA shares in the next 1-2 weeks. Please note, this is not a guarantee, but our attempt to give you an idea of what's coming up.

Brussels spouts — More winter squash — Broccoli — Spinach — Cauliflower — Cabbage — Garlic — Uncured sweet potatoes — Potatoes — Turnips — Beets — Kale — Celeriac

markets. Many “four season farms” grow winter greens this way and harvest them all winter, and we may do it sometime in the future. But with a baby coming into our lives around Thanksgiving, we’re thinking it wise not to take on any additional winter projects this year...

Starting to see oak leaves on the ground and colors changing in ash and maple trees. These are indicators of a growing season waning, a bittersweet time to cherish our the last remnants of summer while embracing the coming fall.

Have a good week,

–Dana

Roasted Delicata Squash with Quinoa Salad

Lots of flavors come together in this fun dish. Could be a nice side to serve with poultry, but we ate this by itself as a light dinner.

Ingredients

2 Delicata squash, halved lengthwise and seeded
2 tablespoons extra-virgin olive oil
Salt and freshly ground pepper
1 cup quinoa
2 tablespoons golden raisins (or regular red raisins)
1 tablespoon apple cider vinegar
1 teaspoon honey or maple syrup
1 apple, finely diced
1/4 C red onion, minced
1 garlic clove, minced
2 tablespoons chopped parsley
2 tablespoons chopped mint (optional)
4 C loosely packed chopped arugula, thick stems removed
Parmesan cheese (optional)

Directions

1. Preheat the oven to 350°. Brush the cut sides of the squash with 1 teaspoon of the olive oil and season the cavities with salt and pepper. Place the squash cut side down on a baking sheet and roast for about 45 minutes, until tender.
2. Meanwhile, in a saucepan, bring 2 cups of lightly salted water to a boil. Add the quinoa, cover and simmer for 10 minutes. Stir in the raisins and simmer, covered, until the water is absorbed, about 5 minutes. Transfer the quinoa to a large bowl and stir in arugula while still hot to wilt the arugula.
3. In a small bowl, whisk the vinegar and honey with the remaining 1 tablespoon plus 2 teaspoons of olive oil and season with salt and pepper. Add the dressing to the quinoa along with the apple, red onion, garlic, parsley, and mint (if using) and toss well.
4. Set the squash halves on plates. Fill with the salad, top with shredded parmesan cheese, and serve.

Adapted from: <http://www.foodandwine.com/recipes/roasted-delicata-squash-quinoa-salad>