



Sogn Valley Farm

CSA Newsletter Oct. 17-18, 2017

www.sognvalleyfarm.com

Greetings,

Looks like we were granted another week of good growing weather. Last week's light frost did no significant damage to peppers and eggplant, and made our cool-season crops, such as the watermelon radishes in this week's box, noticeably sweeter. Now we have what looks like a week of sunny and seasonably warm weather headed our way. This gives us more time to harvest frost-tender crops and get storage crops out of the ground before freeze-up.

It's also a great gift to our carrot crop, which is behind it's usual growth stage this time of year (thus the slender carrots in last week's box). Hopefully those will bulk up over the next week or two, leading to sweeter carrots that are quicker to harvest and have a longer storage life.

But the truth is I'm actually ok with letting the summer fade out and fall take hold. Last year at this time, I was out there picking mostly-green tomatoes to ripen off the plants, hoping to stretch tomato season into November. This year, while I'm saddened that we won't be eating fresh tomatoes until next July, I'm embracing fall. We're making our last large wholesale pepper deliveries this week, and wrapping that up will simplify our weekly agenda and free up some time for end-of-season activities like field cleanup, caterpillar tunnel deconstruction, and garlic planting, which we hope to do at the end of this week.

I'm sure part of what's driving this sentiment is the reality that we need to be pretty much done with farming by the end of November. Those of you who weren't summer CSA members may not have heard the news that Karin and I are expecting our first child, who is due in late November. I suspect I won't have the luxury I did last season of finishing up these tasks in December...

Have a good week,

-Dana

What's in the box?

Lacinato/dinosaur kale: Darker green with a bumpy texture, lacinato is our preferred kale. Use it as you would green kale, in stir-fries, soups, egg bakes, and green smoothies. Transfer into a plastic bag to keep it from drying out in the fridge.

Watermelon radishes: These are slightly sweet, long-storing radishes with minimal heat. They get their name due to the pink interior. Use as a topping to your salad, or cut into planks and eat with hummus or guacamole. The greenish white rind is fibrous, so peel these with a paring knife before eating.

Broccoli: Fall is the best season for broccoli. Heads tend to mature evenly and increased sugar production within the plant leads to sweeter taste. We enjoy simply steaming and dressing with olive oil, salt, peppers, and sometimes pressed garlic.

Red leaf lettuce: Time for fall salads! Remove leaves from the head and rinse to remove the soil the invariably gets stuck at the base of some outer leaves, then transfer to a plastic bag. Top your salad with watermelon radish, red onion, and raw or lightly steamed broccoli. Due to continued deer herbivory, this may be the last head lettuce of the season. Hopefully we'll be able to dole out salad mix another time or two.

Watermelon: 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). We've been eating and enjoying these, but they may not be quite as sweet and crunchy as they were in late August. But for mid-October watermelon, I'm not complaining. Store at room temperature until you cut it open.

Delicata squash: Delicata squash is our sweetest winter squash and has edible skin. You can simply halve, scrape out the seeds, and bake, or try out this week's roasted squash recipe. These should store fine for a few more weeks, but don't generally store as well as butternut or kabocha squash varieties.

Cauliflower: We enjoy roasting cauliflower, but also frequently add it to soups and stews. Recently, we made a cauliflower/chickpea/kale curry, which was delicious.

Red onions: A good choice to slice thinly to top a salad or BLT, but also great cooked. Recent studies have shown that red onions have anti-cancer properties, so eat up!

Curly parsley: Use this nutritious and aromatic herb in this week's recipe or as a garnish to a fall soup.

Garlic: Fall meals are made better with garlic. Mince or press and let it sit for ~15 minutes before cooking to trigger an enzymatic reaction that increases the healthy compounds in garlic. Use in this week's recipe.

On Deck

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.

Winter squash — Scallions — Sweet potatoes — Cilantro — Peppers
Potatoes — Carrots

Oven-roasted Delicata Squash with Garlic and Parsley

Roasted squash with some sort of herb—parsley, rosemary, sage—is one of our favorite fall/winter side dishes. This one uses delicata, which is quite sweet and can be eaten with or without the skin (in other words: peeling optional).

Ingredients

~3 pounds delicata squash, seeded and cut into 1-inch chunks
2 Tbsp extra-virgin olive oil
1 tsp salt or to taste
1/4 tsp freshly ground pepper
3 cloves garlic, minced
2 Tbsp finely-chopped curly parsley

Directions

1. Toss squash with 4 teaspoons oil, salt and ¼ teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, about 45 minutes.
2. Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning and serve.

Adapted from <http://www.eatingwell.com/recipe/249971/oven-roasted-squash-with-garlic-parsley/>