



Sogn Valley Farm

CSA Newsletter Oct. 24-25, 2017

www.sognvalleyfarm.com

Greetings,

At long last, it looks like fall is *really* upon us. Nighttime lows in the upper 20s are in the forecast with no sign of letting up. This stint will be fatal for the peppers, so we'll be scurrying out to harvest a bunch for the next week of farmers' markets. It's also time to drain garden hoses, blow the water out of our greenhouse sprinkler lines, and otherwise "winterize" the farm.

Other projects for the week include bulk harvesting cabbage—we're expecting to go into November with 10,000+ lbs in the cooler—and taking down the caterpillar tunnels. Hopefully we'll find a calm day so we can remove the plastic covering without it flying away. The last major task will be bulk harvest of carrots, which involves "undercutting" the carrots with a tractor-drawn implement, then pulling them out of the ground and twisting off the tops for storage. We hope to get a stretch of dry weather before doing this, as dry soil makes this process much easier and the carrots easier to wash later on.

I'm feeling pretty good about where we are with end-of-season field cleanup, especially compared with last year. We have most of the irrigation lines coiled up and put in storage, 75% of the drip tape and plastic mulch pulled out of the field, and seeded nearly all fallow fields to cover crop, which will protect soil from erosion this winter and next spring.

In non-farm news, Karin and I are starting to feel the urgency of preparing for our new baby. The growing season is so all-consuming that it's been difficult to spend a lot of focused time on baby matters, such as reading parenting books, researching and purchasing supplies, and getting the nursery ready.

What's in the box?

Scallions: Use both white and green portions of these bunching onions as garnish for tacos, eggs, salads, and in this week's sweet potato recipe.

Cilantro: This last cilantro of the season pairs well with scallions and is used in this week's recipe. We've bagged it to keep the aroma contained and give you maximum shelf life in the fridge.

Red and green bell peppers: Likely the last bell peppers of the year given the freezing temperatures that are coming our way at the end of the week.

Carrots: These carrots are tender and fairly sweet (getting sweeter by the week), good for snacking, stir fries, steaming, and salads.

Sweet potatoes: Sweet potatoes can be baked whole for a simple, no-frills side for your meal, or chopped and roasted with a variety of different seasonings. Most of the sweet potatoes in boxes are cured, so should be sweet and have good shelf life. Never store sweet potatoes below 50 degrees—a cool, dark cupboard is a good place. This week's recipe came to us from a farmers' market customer last weekend.

Acorn squash: The best way to prepare this is to cut it in half lengthwise, scoop out the seeds, and bake with a bit of water in the pan. The flesh can be scooped out and amended with butter, sweetener of choice, and a bit of salt. Also great for stuffing.

Purple fingerling potatoes: These beautiful little spuds are great roasted or pan-fried. Some potatoes have skin-deep greyish scabbing, so peeling these may be a good idea. But most of them are nice and purple and fine to eat without peeling, if you prefer.

Yellow onions: These are your all-around versatile cooking onions, cured and fine for long-term storage.

Arugula: Bunched arugula is mature and full of arugula flavor and spice. Can be eaten raw—I suggest as "zest" to a lettuce- or spinach-dominated salad—but I recommend lightly sautéing it or making a pesto out of it. It cooks down like spinach and the spiciness will be diminished. Because we're bunching these in the field prior to dunking in a wash tank, we don't have the chance to look for and sort out the occasional yellow or blemished leaf the way we do with loose/bagged greens. If you find a yellow leaf or two within the bunch, simply sort it out before eating. I recommend removing the rubber band and rinsing leaves thoroughly prior to eating.

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.

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.

Broccoli — Cabbage — Turnips — Celeriac — Cipollini onions

Salad mix or spinach

So, as farmwork mellows out a bit, I'm finding myself increasingly occupied by baby prep. I had no idea the amount of "stuff" we would need, and the number of considerations that go into deciding what stuff to buy. I never thought I'd find myself watching "how to choose a diaper" videos on YouTube! And believe me, there are a lot of them out there...

All in all, things are going well with the pregnancy. Karin is a trooper, dealing with the physical and mental weight she is carrying around every day despite the inevitable discomforts that having a small person inside you entails. We're both excited to meet our child, but also glad we have at least a few more weeks to prepare!

Have a good week,

-Dana

Honey-roasted Sweet Potatoes with Cilantro-Lime Dressing

This one came to us from a regular farmers' market customer just last weekend, and turned out to be a perfect fit for this week's CSA share.

Ingredients

~3 pounds sweet potatoes, cut into 3/4" x 2" chunks (or thereabouts)
2 Tbsp honey
1 Tbsp red pepper flakes
3 Tbs extra-virgin olive oil, divided
Salt and pepper
1/2 C plain Greek yogurt
4 Tbsp lime juice, about 2 limes
2 Tbsp finely chopped cilantro leaves
2 scallions, green and white parts, thinly sliced

Directions

1. Preheat oven to 425°. Toss sweet potatoes with honey, 2 Tbsp oil, 1/2 Tbsp red pepper flakes, and salt and pepper to taste. Let this sit for 10 minutes before transferring to a baking sheet (lined with foil if you want easier cleanup).
2. Bake until the potatoes are soft inside and deeply caramelized around the edges, 45-55 minutes.
3. Meanwhile, whisk together yogurt, lime juice, cilantro, and remaining oil. Season with salt and pepper.
4. When sweet potatoes are done, drizzle with yogurt dressing and garnish with the remaining red pepper flakes and scallions.

Recipe courtesy of Ruth Murphy