



SUNSHINE IN A BOX



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 CSA Week 15

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Autumnal Equinox

Farm Updates

The Autumnal Equinox paired with a waxing crescent moon this week is like a countdown clock to the first frost, garlic planting and all the other tasks to accomplish before the ground freezes and the snow flies. **The last CSA pick up will be October 14th.** Thank you for being my "covid pod" this summer—this week off was a reminder of how important our community is to me.

Even though the fruiting crops like cucumber and tomato are slowing down, we can look forward to root vegetables, fall greens, and other surprises.

Over the break, I was able to work on some "big picture" projects, reflect, and took a day trip to the Jeffers Petroglyphs in the southwestern part of the state. I processed seeds for seed saving (including garlic with the help of friend and CSA member Christine). Saving seed is an increasingly important aspect of farm sustainability. Due to supply chain disruptions and unpredictable weather patterns, regional seed saving will help secure our food supply for future generations.

Seed saving was a timely activity before visiting the Jeffers Petroglyphs—the native

prairie was full of wildflower seed heads along with blooming goldenrod and prairie aster. The red stone outcropping has carvings made by people 5,000-7,000 years ago and depicted the hunt, kinship celebrations, animals, the thunderbird (above) and thousands of symbols we can only imagine their significance. The site even featured a beautiful three sister's garden and "buffalo rub" stone. I was inspired to see the native prairie and feel the peace of a place considered sacred by native people.

It is always good to come back to the farm after being away with new inspiration. I am already visioning what next season will look like and can't wait to plant these seeds and continue to develop the 3 acres of the farm into a community resource. Remember that CSA members receive \$5 off your first purchase at the farm store and \$2 dollars off every week after that. I will be open every Saturday in October and select events in November and December including a Marche de Noel themed holiday market. More info will be coming soon on those dates.

*Farm Updates
 Full and Half Egg Shares
 Recipes*

Swiss Chard and Potato Gratin



Week 15 Vegetables

Potatoes: From the sands of Princeton grown by my friend Ashley of the Green Hare Farm. On my break I was able to finally visit her farm and pick up the beautiful mixed potatoes she grows. Try them in the recipe below.

Onion: An aromatic flavoring to pair with roasted or fried potatoes. Small yellow onions can be added to cucumber salad as well.

Garlic: Garlic will keep for many months and can be saved for roasting with root vegetables, or used fresh in a cucumber salad.

Thyme: Remove rubber band for storage Try thyme tea with lemon and honey. Also dehydrates well just by hanging or laying flat. Fresh thyme can be used with potatoes or on a tomato tart. To prepare, strip tiny leaves off the stem and finely chop leaves.

Cucumbers: Any week might be the last for cucumbers as they slow down for the season. Try a quick pickle to savor some of the summer.

Cherry Tomatoes: Tomatoes are also slowing down but we should still have more coming.

Mixed Greens: Fall greens are back. A side salad is perfect to go with the Swiss chard gratin. You may want to place a paper towel in the bag with mixed greens to absorb excess moisture.

Swiss Chard: Try out the Chard and Potato gratin below—it is one of my favorite side dishes

Recipes

Swiss Chard Potato Gratin

1 bunch swiss chard
3 small potatoes
1 small onion
¼ cup half and half or heavy cream

4 Tablespoons butter
1 clove garlic, minced
1 teaspoon thyme, finely chopped
Salt and pepper to taste

Preheat the oven to 375. Grease a small casserole dish (8x8 inches). Slice potato and onion thinly into rounds. Tear swiss chard leaves from stem, wash, and dry thoroughly.

In the casserole dish, begin stacking potato, onion, and chard alternating across making about three rows. You will need to press the chard down in between layers of potato and onion, keeping the stack neat as you go.

Sprinkle the half and half over the top of the casserole with a spoon and dot with butter. Sprinkle the garlic evenly over top. Cover with aluminum foil and bake for 30 minutes. Remove the foil and bake for another 5-10 minutes until golden. Garnish with fresh chopped thyme.

