



Volume 6 issue 20
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 CSA Week 17

SUNSHINE IN A BOX

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Look and See

Farm Updates

From the beginning, this farming season has given me a renewed sense of purpose and increased solidarity with our CSA community. Last week when collecting your returned CSA boxes I felt overwhelmed with gratitude that you keep coming back week after week and year after year to support my little farm and our larger mission of strengthening the local food community.

In a few weeks I will have a chance to sit down and really look back at this season, get organized for continued education, and start planning for 2021, but in the meantime I will try to enjoy some of this year's successes. There were abundant spring peas, cherry tomatoes, basil, broccoli, garlic, and more! I better managed weeds using new tools, I provided two part-time jobs, expanded garden beds, grew a successful three sisters garden, recorded an educational video with the local extension, built a caterpillar tunnel, started a farm store, saved seeds, and grew a cut flower garden.

There were some more intangible advances as well—we have come together through this pandemic stronger as a CSA and thought more about food security (cont. p. 2)

Housekeeping

Next week, **Wednesday October 14th**, will be **the final pick up of the season**. You can keep the last CSA box, or find a way to get it back to me. Please note that the box is not recyclable but it can be composted. They make great storage or moving boxes, too!

Return customers always get first priority for next year's sign up which usually happens in early February—please keep an eye out for an email around then! If you plan to sign up again I suggest acting quickly, however I will send a second email letting everyone know if we are starting to fill up. This was the first year I had to turn customers away who tried to sign up later in the year and I do not want to do that again for any returning customers.

Member Fund—we supplied three CSA half shares for community members in need this season and I hope to at least double that for next year. Please keep this in mind as you think of anyone in our community that might like to participate for next year, and look for opportunities coming up to donate. Thank you for helping build more equity into our food system!

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Full and Half Egg Shares
Recipes

Ron's Kale Chips
Watermelon Radish Quick Pickles



Week 17 Vegetables

Watermelon Radish: This radish is surprisingly colorful on the inside—thin slice it as a garnish for a salad or make quick pickles. It can be cooked as well (similar to a turnip). Remove green tops for storage, which are also edible.

Arugula: This spicy salad green wakes up the pallet! Try it with a light vinaigrette, or wilt it into pasta or on top of pizza. Add a paper towel to the bag to help lengthen the storage life.

Cilantro: Known for its detoxifying abilities, cilantro is a flavorful herb used in all types of cooking. Remove the rubber band and store in a small zip top bag with a paper towel. You can use the leaf and stem.

Kale: Today is International Kale Day! Kale has been sweetened by the frost. Try the simple kale chip recipe below.

Garlic: It is almost time to plant garlic, but here is a smaller eating size bulb. The largest bulbs are reserved for planting. Pairs well with kale, or try making a cilantro garlic pesto.

Full shares also receive beets and a butternut squash

(Farm Updates from p. 1) and how to get it. I listened more closely to what the land needs in reciprocity, not just in terms of soil, plants, and animals but in terms of who has been shut out of land access and how agriculture done right heals. There is a groundswell movement of people and seeds making their way back to where they belong, and I hope to support this movement as best as I can. It is clearly up to individuals at this point to build an agrarian movement that includes diverse knowledge and solutions. This work of breaking down artificial obstacles is a marathon and takes time and energy, which is why we cannot expect marginalized communities to do it alone.

As humans, our existence takes place in the narrow layer of atmosphere where the sky meets the ground, and the elements combine in beautiful and amazing ways. We must fully participate in both the scientific and mystical happenings around us (in fact it's our privilege to do so!)—start by just thinking of the ground that supports each step and maybe even look closely at the soil and the plants that sprout up in your path. What gifts are you underutilizing? We have an innate knowledge of good and bad, but if modern life has made us forget we can always turn to ancestral teaching along with the clear-as-a-bell science. It is my hope that we can all unite through the power of food and mother earth.

Recipes

Ron's Kale Chips

Ron Finely is a guerrilla gardener in Los Angeles made famous in a TED talk inspiring urban gardeners. This is his suggestion for Kale

Remove stems and rip leaves into 2- inch pieces. Toss with olive oil and season to taste with salt, pepper, cayenne, or any other spice. Spread on a baking sheet lined with parchment paper and bake at 300 F for 15 to 20 minutes or until the edges of the leaves begin to brown.

Watermelon Radish Quick Pickle

1 large or 2 small watermelon radishes

¼ cup white vinegar

Salt and pepper to taste

Pinch of sugar

Scrub outside of roots but do not peel. Trim the stem and root ends, and then cut in half lengthwise. Slice thinly into half circles. In a bowl, combine the rest of the ingredients and add the watermelon radish slices. Toss to coat, and top off with more vinegar to cover the vegetables if needed. The pickled radishes make a great snack, or can be used as colorful garnish.