



SUNSHINE IN A BOX



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 CSA Week 18

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Farm Updates

As we wrap up this season, I am glad to share with you some veggies to roast or stew whose flavors will warm you right up! The popcorn and butternut squash were lovingly grown in a three sister's garden format in a grid, and combines three crops in one growing area. These crops (corn, beans and squash) create synergies that help each other grow successfully—beans provide nitrogen, squash shades the soil and holds in moisture, and corn provides a trellis for the beans. It is a beautiful garden that is full of peace and wonder! I look forward to continuing to learn more about this indigenous farming method.

This week I will finish planting garlic and start on field clean up and preparations for next year. It is a little late to plant cover crops, but I will still try to get some seeded if I can.

This winter, I plan to continue working with the Sustainable Farming Association as president of the Crow River Chapter, and in other capacities. I also look forward to relaxing, reading/researching permaculture and no till growing, black walnut cracking, cooking, crafting, and planning for the 2021 season. Look for sign up info coming in February!

Connection

This season solidified our bond as CSA members and a community of individuals brought together around food, and I am inspired by each of you to keep bringing veggies into the world. As our society's problems become more complex and seemingly insurmountable, it is a stubborn optimism that keeps me going. We must try to envision a world where there is good, and be stubborn in our attempts to keep at it when the going gets tough. It is our unique perspectives and attributes that make the world an interesting and rich place to live, and we can find ways to unite and come together by celebrating these differences along with our similarities in our humanity.

In a farming system, diversity is key in creating meaningful and productive connections. Just as in the three sister's garden, it is our differences that allow for beauty and synergy to occur. As we move into winter, please keep in touch to help maintain these connections! I will be available with some produce and eggs if you need a trip out to the farm. Thank you for joining me on this journey and see you soon.



Week 18 Vegetables

Cathy's Butternut Squash: This squash was grown in my three sister's garden along with corn and beans. Butternut squash stores well and gets sweeter with age. It can be used in place of pumpkin for pie, in soup, roasted, as a pasta filling, added to bread or biscuits, and even as a pizza topping!

Dakota Black Popcorn: Corn seeds can be popped but don't forget to save some seeds along with the squash to plant your own three sister's garden in the spring. See popping instructions below. Popcorn pops better when dry, so you can enjoy the corn as décor and admire the beautiful seed pattern on the cob.

Yellow onion: One final large yellow onion to accompany root veggies. Sunshine in a box!

Garlic: Next year's garlic will be planted tomorrow! A special crop that I enjoy growing as much as eating.

Celeriac: Add in with other roasted veggies for roasting, or add into a butternut squash soup. This root veggie stores well.

Mixed Greens: A final fresh salad from the garden—thanks to rains over the last few days it is nice and crisp.

Green and ripe tomatoes: The last of the tomatoes—a ripe and a green. Green tomatoes can be battered and fried, or made into a spiced pickle relish.

Swiss Chard: Would pair well with squash for a pizza topping
Parsley:

Carrots: These carrots have been sweetened by the frost. Yellow carrots are called Jaune de Daubs and are a French heirloom variety. A great addition to mixed roasted veggies.

Full shares also receive a Crenshaw melon, red onion, and radishes

Recipes

Stove Top Dakota Black Popcorn

- 1) Start by removing kernels from the cob with your fingers. It is best to wait a few weeks or months until the corn is completely dry. Don't forget to save a few seeds from the middle of the cob to plant if desired.
- 2) In a heavy stock pot or dutch oven, heat 2-4 tablespoons sunflower oil (or other oil) over medium high heat.
- 3) Add 2-4 kernels of corn to the pot and cover. Continue to heat the pot, raising the heat slightly if needed, until the first kernels pop. The oil will be very hot and smoky.
- 4) Once the test kernels pop, add the rest of the popcorn and swirl the pot to coat with oil and remove from the heat for 1 minute to "prime" the corn. This will help the oil from burning.
- 5) Return the pot to the stove and swirl occasionally. The corn will pop quickly at first and then slow down. Once the popping slows down, remove from heat promptly to prevent burning. Resist the temptation to keep popping the remaining un-popped kernels.
- 6) Enjoy!

Roasted Fall Vegetables

1/2 butternut squash (stem half)
1/2 yellow onion
1 lb carrots
1 celeriac root

1-2 cloves garlic
2 Tablespoons chopped fresh parsley
2 Tablespoons sunflower oil
2 Tablespoons white vinegar

Preheat oven to 400 degrees F. Oil a 9x13 baking dish and set aside.

Prepare the vegetables. Butternut squash: Cut in half where the seed pod meets the neck. Cut the round seed pod in half and scoop out seeds (save the seeds to plant in the spring). Set aside for another recipe (this can be roasted and used for soup or pie). With the top half, cut off the stem end. Peel with a knife and dice into 1 inch pieces. Celeriac: trim off the stem and root ends. Peel the outside with a knife and dice into 1 inch pieces. Carrots: trim off the stem and root ends and slice in half lengthwise. Garlic: finely mince by slicing across and then down, and then chopping. Parsley: Remove from stem. Bunch up against knife and then chop. Continue chopping until finely minced.

Add vegetables to baking dish, toss to coat with oil (adding more oil if needed) and season with salt and pepper. Cover with aluminum foil and bake for 30-40 minutes. Take care removing foil (steam will be hot!) and stir, and bake for another 10-15 minutes until vegetables are soft and caramelized. Sprinkle with parsley, salt and pepper and a few dashes of white vinegar.