



SUNSHINE IN A BOX



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# Welcome Fall

## Farm Updates

This week at the farm it is exciting to finally have some fresh greens ready. This planting of salad mix is from the location of cucumbers—since the cucumbers were done so early this year, I removed them and replanted a blend of seeds to cover the soil and keep living roots in the ground as food for the beneficial soil microbes. As an added bonus the cover crop is harvestable and delicious. More greens should still be coming from this successful experiment. It can be difficult to follow the soil health principles while still having short term successes. Using farming practices that maintain and build soil health are a long term investment that will help preserve the living ecosystem underground. Making little steps in finding ways to incorporate soil health principles is rewarding and challenging but should be worthwhile in the long run.



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Hopefully you enjoy tomatoes

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## Week 16 Produce

**Delicata Squash:** This thin skinned squash is sweet on its own roasted or even sauteed. Goes great in a stir fry with asian flavors, or roasted with maple and red onion. The skin is so tender it is edible. From our friends at Ruter Produce

**Mixed 'Cover Crop' Greens:** Salad greens comprised mostly of asian and mustard greens. Add a paper towel to the bag to absorb extra moisture. You may also want to wash greens again in a salad spinner before using fresh. This planting is a complex cover crop blend made of a selection of my old leftover seeds. More should be coming from this successful experiment. This salad blend can be cooked but is best enjoyed raw. Young greens are packed with the nutrition.

**Tomatoes:** A bountiful harvest! If you are having trouble eating all the tomatoes fresh, try laying them on a sheet pan with garlic and dry herbs with salt, pepper, and oil and roast until reduced by half. Transfer to a large saucepot and continue cooking until desired thickness. Transfer to storage containers and freeze or keep in fridge for up to one week.

**Parsley:** This celery-like herb is perfect to top roasted squash and/or tomatoes. To store, remove rubber band and place in zip lock bag with a moist paper towel. Stems can be added to stock/broth. See the parsley sauce recipe below for another idea to preserve parsley.

**Garlic:** An essential addition to fall dishes weather it's soup or roasted. Store away from other vegetables along with onions and potatoes in a cool dark location.

**Zucchini (Full shares):** Probably the last of the zucchini for the season.

## Recipes

### Parsley Sauce

2 cups parsley leaves  
1 tablespoon Dijon mustard  
3 cloves garlic

¼ cup red wine vinegar  
½ cup olive oil  
Salt and pepper to taste

Remove stems from parsley leaves and fill about 2 cups packed. In a food processor, combine parsley, garlic, mustard, red wine vinegar, salt and pepper and pulse until combined. Drizzle in olive oil while processor is running until you have a smooth sauce of the desired consistency. Store in the refrigerator for up to 2 weeks. Sauce can be drizzled over tomatoes, roasted veggies or meat, or can be used as a salad dressing or spread on a sandwich.