



SUNSHINE IN A BOX



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Autumnal Equinox

Farm Updates

Next week will be the final CSA deliver of the 2018 season and it is always a bittersweet time of year. With the frost coming early, peppers, tomatoes, zucchini and summer itself are officially over. Signs of disease are present in tomatoes anyway—a mild outbreak of late blight—which impacts the flavor and texture. Tomato plants will be removed and destroyed to try and prevent disease for next season, but overall it is not a major concern.

The transition to fall is a beautiful time of year but the shorter day lengths and cold temperatures combined with rain and overcast skies can sometimes create a melancholy atmosphere at the farm. Despite this, there are still many cold hearty crops remaining for the final boxes, and we can look forward to this more contemplative and restful time of year.

Now is a great time to visit one of the many beautiful orchards around the state and reap the benefits of our rich agricultural resources. Apples and other crops are well in season will store deep into winter. Look for some winter crops in next week's box as well.

The wheels are already turning for next season as I prepare the garden for winter. CSA shares will be available for 2019 in February so keep an eye out for info coming around then. If you are planning on signing up again next season and feel inclined to let me know now, that can be helpful for planning this winter.

Over the last couple seasons I have taken an interest in growing tea for herbs and plan to expand growing these crops. I would like to make these available this winter and during the season next year. Please let me know if you are interested in a product list which also includes canned goods available for sale.

Recipes

Rainbow Chard with Dried Apricots and Pine Nuts

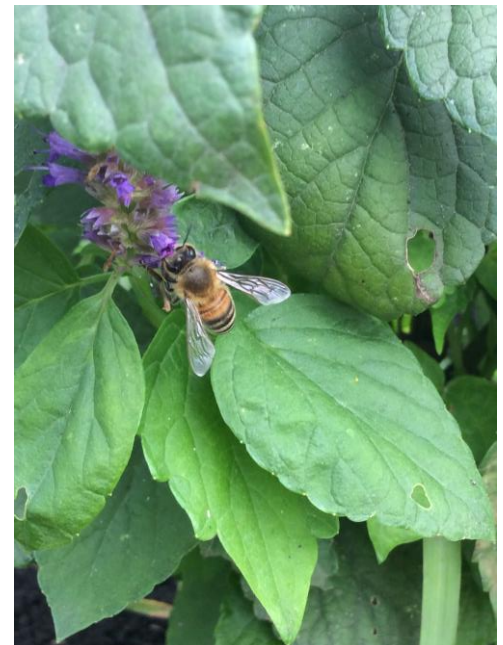
Chorizo and Fennel Omelet

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Week 17 Produce

Fall has arrived!

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Week 17 Produce

Fennel: According to the Minnesota Department of Agriculture CSA survey, this is not the most favorite vegetable for most CSA members however it is delicious and useful in many ways. The licorice flavor is both sweet and savory which brings an unexpected element to any dish. Think of fennel like an herb—the fronds can be finely chopped and used to season fish, seafood, or even in a tea to calm the stomach. The bulb can be eaten both raw and cooked. Remove the root end and try slicing very thinly and tossing with sliced apple, sliced kohlrabi, walnuts, lemon juice, olive oil, and blue cheese. Or fennel can be roasted along with other vegetables.

Kohlrabi: This is another vegetable that can be underappreciated because of its alien appearance and tough outer skin. Once this outer skin is removed, the inside is sweet, crispy, and juicy. Try it raw with the fennel or apples, or just slice it and eat it as a snack. Kohlrabi can also be cut into matchsticks (a slicer is nice for this) and then made into a slaw.

Storage Onion: Yellow onions from the garden are pungent and flavorful. Dice or mince tomato to use as a flavor base in any dish—especially soup—and be sure to cook on low heat until other ingredients are added.

Parsley: Adding this nutrient powerhouse to your meals is an easy way to boost the vitamins and minerals. Curly parsley is often overlooked as a garnish but it has wonderful flavor and will bring any soup to the next level. Roasted meats and vegetables this time of year are begging for a sprinkle of fresh “green stuff” to keep us healthy into the winter.

Tomato: Even with the arrival of the first frost, there are still a few tomatoes left to enjoy. See you next season, tomatoes.

Swiss Chard: Leafy greens like swiss chard are so helpful in keeping our digestion healthy and getting the nutrients we need. Swiss chard works great with savory flavors like bacon or red meat. If you can't get to it right away and it becomes wilted, do not worry. Chard is still edible as long as there is no spoilage even if it has become limp.

Full shares also receive radishes and broccoli

Recipes

Rainbow Chard with Dried Apricots and Pine Nuts

2 tablespoons extra virgin olive oil	Zest of 1 small orange
2 medium onions, cut in half and thinly sliced lengthwise	Salt
1 ½ lbs rainbow chard	Pepper
1 ½ oz dried apricots, cut crosswise into thin strips about 1/8 inch wide	1/3 cup pine nuts, toasted

Heat the oil in a large skillet over medium to medium low heat. Add the onions and cook, stirring occasionally, until the onions are caramelized, 30-35 minutes. Transfer them to a bowl and set aside at room temperature. Reserve the skillet for cooking the chard.

Rinse the chard and cut the ribs of the leaves. Cut the ribs crosswise into ¼ inch thick slices and set aside. Stack the leaves and cut them crosswise into ½ inch strips. Set aside separately.

Place the chard stems in a large skillet that has a tight-fitting lid. Add ¼ cup water. Cover the pan and steam over medium heat until the stems are crisp-tender, about 5 minutes. Add the chard leaves and 2 tbsp water. Cover and cook, stirring occasionally, until the chard is tender and the water has evaporated. If the water evaporates before the chard is tender, add an additional splash of water.

Remove the lid and add the caramelized onions, apricots, and orange zest. Stir to combine, and season with salt and pepper. Serve topped with pine nuts. (Goodman, 2014)

Chorizo and Fennel Omelet

2 tbsp. olive oil	4 free-range eggs, lightly mixed together
½ cup chorizo pieces	Salt and Pepper
1 fennel bulb, finely sliced	Fennel leaves, chopped

Heat 1 tbsp. olive oil in a large skillet and sauté the chorizo over a medium heat until it is slightly browned. Remove, then add the sliced fennel bulb, sautéing it until it is soft but not browned. Remove and place with the chorizo to one side.

Clean the skillet with paper towels, then add a little more oil and set it on the heat. Season the eggs well with salt and pepper and add them to the skillet (they will immediately start bubbling).

Lift the cooked edges of the omelet with a spatula and tilt the pan so that the uncooked egg runs beneath the lifted edge. Repeat the process around the skillet for about 1 minute or until no liquid egg remains, but do not overcook.

Distribute the cooked chorizo and fennel evenly over the omelet, then fold it in half and transfer it to a hot plate. Serve garnished with chopped fennel leaves. (Cornell, 2014)

