



SUNSHINE IN A BOX



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IN THIS ISSUE

Final CSA Delivery

Farm Updates

This week is the final pick up of the season—what a great day for the harvest! It has been a season with ups and downs, lots of precipitation and weed pressure, a late start with a cold spring, and a nice bounty of tomatoes, herbs, cucumbers, zucchini, garlic and other beautiful fresh veggies. We had a wonderful field day, the first eggs from the flock, and 18 weeks of building community through food. Thank you for joining the farm this year and showing your support for local food—it can be overwhelming to try and change the food system but your membership fortifies our local economy and food security and no one person can do it alone.

The people have spoken and the CSA will carry on next year for its 6th season—keep an eye out in February for sign up information about the 2020 season! Real change comes from grass roots efforts, and I hope that refocusing our collective priorities on food will create a

domino effect of positive change as it has in my own life.

This winter, I will be attending multiple farming conferences, working through my farming reading list and studying of permaculture and regenerative farming practices, and planning for next season. As always the goal is to get better, not bigger. This season was a very manageable size of the CSA and I look forward to continuing with a small and intimate membership, and I will continue to slowly build up the herbal offerings and egg components of the farm. I am always open to feedback on your experience and farm products you would like to see in the future!

Recipes

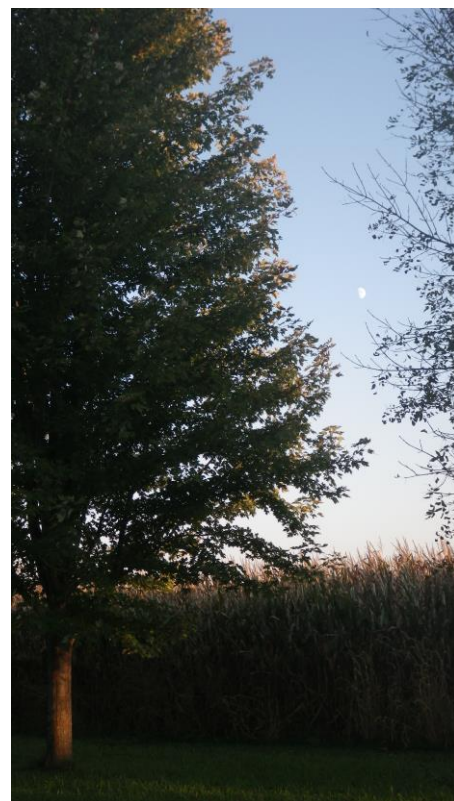
Flaky Squash Biscuits

Page 2

Week 18 Produce

A box of green vital energy

Page 2



Week 18 Produce

Butternut Squash: Fun fact—I have a 3 year old butternut squash that is still storage worthy! You will probably want to enjoy these before then though. To prepare, cut in half lengthwise, scoop out seeds, and place cut side down in a roasting pan or baking dish. Add 1 inch of water to the bottom of the pan. Bake at 375 until fork tender. Flip over for the last few minutes to help evaporate excess moisture. Once cooled, scoop out the pulp and use for pie, soup, mashed with a little brown sugar, or in a fall veggie hash with kale. Try sprinkling with fresh chopped parsley and a dash of your favorite vinegar to balance the sweet/starchyness of the squash. See one of my favorite squash recipes below for biscuits.

Cover Crop Mixed Greens: Greens including mustards, arugula, romaine, butterhead and more. This is perfect for a green salad with a simple vinigrette. Or add it to the top of a goat cheese fig pizza after taking it out of the oven.

Kale: Great with butternut squash. Now is the time to build up your immunity going into winter and fortify with leafy greens.

Onion: Wet, weedy conditions make for small onions, but the small onions seem to store longer and taste just as good. Pairs well with kale, broccoli, and squash.

Garlic: Another great spice to have on hand going into winter, garlic will help build immunity and ward off illness. If garlic is too harsh for your digestion, try making an infused oil—gently heat olive oil and garlic in a double boiler. Strain out garlic. Use oil in salad dressing, on pizza, or mixed into falafel or hummus.

Parsley: This large bunch of parsley can be made into a pesto-like sauce or dehydrated to preserve it. Green parsley powder makes a great natural green food colorant and can be added to smoothies or soup for an added vitamin boost. To make parsley powder—dehydrate parsley in the oven on the lowest possible temperature until totally dry but still green. Strip leaves from stems and grind in an herb grinder or dedicated coffee grinder.

Turnips: The white bulbs are nice but the greens are amazing! My favorite to add to soup. White bulbs can be thin sliced to top a salad, or try them in a roast—the turnips help tenderize the meat and vice versa. Texture is creamy and flavor is sweet.

Broccoli: Just in time for the last box. I love to grow broccoli despite the challenges.

Sage (Full Shares): A classic herb pairing with poultry and other fall flavors.



Recipes

Flaky Squash Biscuits

2 cups unbleached white flour or 1 cup unbleached
and 1 cup whole-wheat flour
3 tsp baking powder
½ tsp salt
1/3 cup cold butter

1 cup pureed squash
2 tsp honey
1-4 tbsp lowfat milk

Preheat oven to 400 degrees. In a large mixing bowl, stir together flour, baking powder, and salt. Cut butter into small pieces and work into flour mixture with a pastry cutter until it's the size of small peas.

Mix honey into pureed squash, then stir into flour mixture. Add enough milk to make a soft dough. Turn out dough onto a lightly floured surface. With your hands, flatten it out to about a ½ inch thickness. Fold the dough in half as you would close a book. Rotate dough 90 degrees, pat it out, and fold it again. Repeat this twice, dusting with flour as necessary to prevent the dough from sticking to your fingers. Work quickly to prevent the butter from becoming overly soft. After the last folding, roll out dough to about 1/2 inch thickness. Cut into 1 ½ inch rounds. To shape the biscuits, form your thumb and first finger into a "C" shape. Hold the biscuit upright in this "C" with your fingers curled around the cut edges. Rotate and gently squeeze the biscuit to give it more height.

Note: Shaping makes a marked difference in the lightness of the biscuits. If you simply cut them and place them on a baking sheet, they'll still work, but they won't be as good.

Place the biscuits closely together in a 9-inch square baking pan. Bake until puffed and very lightly browned, 18 to 20 minutes. Serve piping hot. Makes 20-24 biscuits. (Association, 2005)