



SUNSHINE IN A BOX



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Final CSA Delivery

Thank You!

This week marks the final CSA delivery of the 2018 season and I hope the produce has brought you as much fulfillment as it did me. This year has been full of interesting challenges, most notably the late spring and early first frost. Living in the Great North, we really learn to appreciate the summer fruits and winter storage crops. While we might not have some of the challenges faced by, for example, coastal regions subject to flooding or deserts subject to drought, it is clear that changing farming practices, climate extremes and social tension are all impacting our food web. As the future of our food supply becomes more and more uncertain, I am encouraged and inspired by the support small farmers are getting from customers in our local community. More than ever these little steps we take in our everyday life are so important, and the grassroots efforts of each individual will send a clear message about how we want our world to be. Cooking dinner is the first step we can all take to heal.

Farm Updates

Cold rainy weather has been a daily reality at the farm lately and some progress has been made toward fall clean up, but muscles are a

little more stiff and slow to get moving. I am hoping for a few nice days to get some projects wrapped up.

A few crops remain in the fields but this time of year growth is pretty much at a standstill. I will possibly offer a storage share again this season depending on product availability—please let me know if you are interested as supply will be limited. This is offered at a discounted rate and includes canned goods and produce (some fresh and some storage crops).

If you have any feedback on the season please let me know—I am always looking for ways to improve the farm and CSA!

CSA Box Disposal

CSA boxes are not recyclable but are compostable. I do not need back your last box, but if you would like to return it to me let me know and I can make arrangements to get it. You can save it and use it for your own projects if you wish!

Recipes

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Final Week of the CSA

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Week 18 Produce

Carrots: Despite the poor performance of carrots this season, there are a few to share this last week of the CSA. Dicing up carrot finely and then sweating in a small amount of oil is a good first step in many recipes, especially for sauces and soups.

Winter Squash: Assorted winter squash will store for several weeks and even months. Varieties include butternut, honeynut, acorn, carnival, delicata, red kuri, and spaghetti squash.

Turnips: These white roots with green tops are edible in their entirety. Remove greens about ¼ inch from the root and store separately. Use as a braising green. Roots can be eaten raw and become even sweeter if roasted.

Baby Bok Choi: These small green heads are loaded with vitamins and minerals. Slice lengthwise leaving the stem in tact. Soak in cold water to remove any remaining dirt. Grill or sear cut side down and continue to stir fry as desired. Leaves can also be chopped and added to stir fry or kimchee.

Cilantro: This tasty little herb has survived the cold and wet weather. Remove rubberband and soak in water to allow dirt to fall to the bottom. Dry in a salad spinner or on a towel. Even the stems can be chopped up and added to food.

Garlic: A couple bulbs of garlic will last into the winter. I will soon be planting next year's garlic crop as soon as the ground dries out enough.

Purple Storage Radish: Prepare the radish similarly to the turnip by removing the tops for storage and reserve for cooking if desired. Radish can be thin sliced and eaten raw or can be added to roasted veggies.

Green Pepper: These peppers also survived the light frost even if they are not enjoying this weather.

Recipes

Orecchiette with Turnip Greens

1 ¼ lb dried orecchiette (little ears pasta)
1-2 tbsp olive oil
4-5 salted anchovies
1 clove garlic, crushed

Dried red chili flakes
1 ¼ lbs turnip greens well washed with stems removed
Pecorino cheese, grated or in slivers

Cook the orecchiette in a large pot of boiling, salted water, according to the package instructions, until al dente.

Meanwhile, heat the oil in another large pot and saute the anchovies, garlic, and chili flakes for 2-3 minutes without browning them. Then add the turnip greens and cook further 3-4 minutes, or until the turnip greens are tender and wilted. Season well with sea salt and black pepper.

Drain the orecchiette and add to the pot with the turnip greens, mixing well to coat. Spoon onto plates and serve with a little pecorino cheese sprinkled over. (Cornell, 2014)