



This evidence is overwhelming at this point. You eat more plants, you eat less other stuff, you live longer.

-Mark Bittman

### In Your Box

- **Purple, green, and red peppers**  
Last week for these!
- **Hot wax peppers**- yellow & red.
- **Tomatillos**- halves only (last week!)
- **Leeks** -
- **Tomatoes** – Fulls only
- **Pie Pumpkins** – three varieties all great for cooking!
- **Potatoes** – half shares only
- **Broccoli and/or cauliflower** – Full shares only
- **Kohlrabi**- Half shares only
- **Cabbage**- Full shares only
- **Swiss Chard**
- **Daikon Radish** – these huge white tubes are great in pickles, grated in slaws, or roasted, added to soups and more!
- **Turnips** – both green and purple topped varieties.

## News from the Farm

Welcome to CSA week 18. The backside of this week's newsletter includes our annual survey. There are several vegetables like rutabaga that are on the list that you have not yet received but will. If you missed last week's newsletter it contained the discounted sign up form for CSA members for the 2014 season. You can print it off the website if needed – half shares save \$35 and fulls \$10 by signing up early.

We had a phenomenal amount of rain between Thursday and Sunday! Friday alone we probably topped 4 inches with another 3-4 on Saturday... very very rainy. This has thrown a loop into some later season harvest plans like getting the potatoes in, so we have been working on fall clean up of black plastic mulch, getting irrigation lines out of the field and getting a jump on non root crop harvests. We hand dug some potatoes and plan to do more this week. We did delay our carrot harvest until next week and we have really had wonderful fall weather. We can certainly feel the seasons changing!

We fired up the wood gasification system for the first time this week. The house and packshed are working well and the greenhouse will be working later in the fall. And in family news we celebrated Tony's 34<sup>th</sup> Birthday on Tuesday!

*Have a delicious week - Kat, Tony, Riley, and Ted*

**Next Week's Best Guess:** rutabaga, winter radish, tomatoes, sweet potatoes, sunchokes, garlic, onion, kale, cranberry shelling beans.

Pizzas of the week – An Autumn Evening: A winter squash sauce with apple, sage and bacon; 5 veggie: peppers, tomatoes, onions, garlic, kale; Sweet potato pie: Poblano peppers, bacon, sweet potatoes

## Kat's Kitchen

Daikon carrot pickle - Adapted from "Into the Vietnamese Kitchen" by Andrea Nguyen (Ten Speed Press, 2006)

Time: 15 minutes, plus 1 hour's marinating - 1 large carrot, peeled and cut into thick matchsticks 1 pound daikon radishes, peeled and cut into thick matchsticks, 1 teaspoon salt, 2 teaspoons plus 1/2 cup sugar, 1 1/4 cups distilled white vinegar. Place carrot and daikon in a bowl and sprinkle with salt and 2 teaspoons sugar. Knead vegetables for about 3 minutes, expelling water from them (this will keep them crisp). Drain in a colander and rinse under cold running water, then press gently to expel extra water. Return vegetables to bowl, or transfer to a glass container for longer storage. In a bowl, combine 1/2 cup sugar, the vinegar and 1 cup lukewarm water, and stir to dissolve sugar. Pour over vegetables. Let marinate at least 1 hour before eating

Pumpkin chili- a homegrown recipe from Shahara Lefey

½-1 pie pumpkin cut in half and roasted, 1 sweet pepper diced, 1 hot pepper seeded and sliced (or more for more heat), 1-2 tomatoes diced, 2 cans or equivalent black beans, 1 onion diced, 2-3 carrots diced (optional). Combine all ingredients in a stock pot with 2-3 cups water, stock or tomato juice and simmer. Add 1-2 Tbs chili powder, and ¼ cup of other mixed chili spices including paprika, adobo seasoning, taco seasoning. Cook until veggies are soft and add salt to taste.

1-2 lbs turnips, peeled and cut into 3/4-inch dice (10 cups), 3 Tbs. vegetable oil, Kosher salt, 1 oz. (2 Tbs.) unsalted butter, 3 Tbs. pure maple syrup, 1/4 tsp. pure vanilla extract, Generous pinch crushed red pepper flakes, 1/4 tsp. ground coriander, 1/8 tsp. ground cardamom, 1 tsp. fresh lemon juice. Position racks in the top and bottom thirds of the oven and heat the oven to 475°F. Line two large, heavy-duty rimmed baking sheets with foil. In a mixing bowl, combine the turnips, oil, and 1 1/2 tsp. salt. Toss to coat well. Divide the turnips between the two pans and spread evenly in one layer. Roast for 20 minutes. With a large spatula, flip the turnips. Swap the pans' positions and roast until tender and nicely browned on a few sides, 15 to 20 minutes. (The turnips on the lower rack may be done sooner than those on the upper rack.) Meanwhile, melt the butter in a small saucepan over low heat. Whisk in the maple syrup, vanilla, and red pepper flakes, and then the coriander and cardamom, until the sauce is heated, 30 seconds. Remove the pan from the heat. Transfer the turnips to a large mixing bowl. Gently reheat the sauce, if necessary, and stir in the lemon juice. With a heatproof spatula, toss the sauce with the turnips.

# CSA End of the Season Survey

**Please fill this out and return in at your drop site in the next two weeks**

**We need feedback to make the CSA better!**

## **Farm Events (pancake b-fast, barn dance, pumpkin pick, cooking classes)**

Did you attend any of the farm events (please list which ones)?

What would you change about farm events for next year, can you suggest an additional event?

## **U-Pick options:** Did you harvest any u-pick vegetables please list?

Are there other crops which would be better u-pick options? What would you change about how we organize the u-pick option for the farm.

## **Produce Amounts:**

How many people ate from your share? Adults \_\_\_\_\_ Children \_\_\_\_\_

## **Weekly amount of produce was:**

the right amount \_\_\_\_\_; too much \_\_\_\_\_; not enough \_\_\_\_\_.

If too much or not enough, why/comments/your share size was?

## **Vegetable/produce Feedback**

Circle the 5 vegetables (listed in the sidebar) you enjoyed the most. A few are yet to come in the last two weeks.

Which vegetables would you like more/less of (please also include any vegetables you would like us to deliver which were not in the boxes this year)?

What was your experience with the quality of the produce? Please explain if there were quality problems, if it was consistent or one time for which crops.

**Please let us know at least one thing that can make the CSA better for you (newsletter topics, new different farm events, ways we can improve the produce? )**

Basil  
Brazing mix  
Snap Beans  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Celeriac  
Cucumbers  
Daikon Radish  
Eggplant  
Garlic  
Garlic Scapes  
Kale  
Kohlrabi  
Leeks  
Lettuce  
Maple Syrup  
Mushrooms  
Muskmelons  
Onions  
Peppers- Bell  
Peppers-hot  
Pie Pumpkin  
Potatoes  
Radish  
Salad Mix  
Scallions  
Spinach  
Strawberries  
Sweet potatoes  
Swiss Chard  
Sunchokes  
Tomatoes  
Tomato-cherry  
Turnips  
Watermelon  
Winter Squash  
Zucchini/summer squash  
Other:  
Other:  
Other:  
Other: