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Marty Strange

## News from the Farm

**Welcome to week 14.** We are trying our best to dry out after quite the harvest day. It ranks as the hardest harvest day we have had over the past 9 years! We are amazed we were able to get out such a nice box although few things like cherry tomatoes were unpickable (they would have cracked immediately due to moisture). Please make sure to refrigerate most of your veggies (not tomatoes or potatoes) because many had to be washed several times and were packed wet. We had small rivers running through the fields and were happy that cover crops, veggies, weeds and pastured cover all of our soil. Thank you to our wonderful farm crew. In other weather news we are expecting a frost Friday night but would be happy to avoid one! We are not posting u-pick times because we are unsure of if we will have tomatoes so please call or email. If we do not have a frost we will have the same times as last week. Happy birthday to Jill our wonderful Westside dropsite host!

The fall crops are coming! The fall carrots are mostly weeded, turnips, rutabaga, celeriac, storage onions, squash and potatoes in higher volumes are on their way! Cabbage and Cauliflower are almost ready again as are some fun fall greens like radicchio. There are still tickets left for the farm to fork dinner on the 20th. See last week's newsletter for details. Our final event with River Flow Yoga is this Sunday from 10-1. We will be roasting veggies, looking at fall roots and much more! Contact Heather at River flow for details - <http://riverflowyoga.net>  
**Have a delicious week- Kat, Tony, Riley, Ted and Maple**

## In Your Box

- **Tomatoes** – beefsteaks heirlooms
- **Tomatillos**
- **Kale**
- **Sweet peppers** -green, red, white, chocolate or purple
- **Basil**
- **Potatoes** – reds, white, or yellow. See the potato guide for details.
- **Carrots**
- **Baby daikon radishes** (white, purple or white with greens)
- **Snap and romano beans** – purple, red and dragons tongue (fulls only)
- **Cucumbers (halves only)**
- **Small fall lettuce heads**- a mix of colors and types of mini lettuces.

## Next Week's Best Guess:

cauliflower, radicchio, peppers, tomatoes, swiss chard, turnips, leeks, garlic, salad mix

Pizza specials of the week – **5 Veggie**– kale, basil, peppers, tomatoes and garlic; First Taste of Fall – Squash sauce, apples, blue cheese and ham; Really Red- tomatoes, red peppers, caramelized red onions, radicchio, and sausage

## Kat's Kitchen

**Daikon radishes an intro** – you will have daikons as well as several other fall radishes in your box over the next 6 weeks. These are usually a bit milder than spring radishes and are perfect raw or cooked. The greens can be used like turnip or kale greens in cooked dishes and the roots are nice thinly sliced and marinated, grated or roasted. Daikons are part of many Korean soup dishes and pickles. These will give you a small taste before the big fall roots arrive!

**Fall veggie potato bar** – not a recipe per se but something that goes over well here. Cheddar cheese, sour cream, finely chopped or caramelized onions, beans steamed and cut into ¼ inch slices, fresh basil, chopped lettuce, roasted peppers, fresh tomatoes roasted and pureed tomatillos. This week's box and those that will follow for the next month are ideal for making dress your own potato bars. Meat can be added (we made a wonderful kimchi and pork roast for this last night).

**Kale and Potato Soup** – there are many versions of this soup but kielbasa or other smoked sausage is usually the base (a veggie version using white beans works too). We like this one. 5 cups of kale chopped, 1 cup white wine, ¼ lb sausage, 1 lb potatoes cut into slices, 2.5 cups broth, ½ onion, 2-3 cloves garlic. Sauté sausage in pieces with ½ onion and garlic and 1 tbs olive oil. Add potatoes and brown then add broth and wine and simmer until potatoes are tender add kale and cook for 2-3 minutes. Serve with crusty bread and hard cheese.

## 2014 Potato Guide

First and foremost there is no good reason to peel potatoes unless you are doing something very specific like making potato dumplings or flour. Specific types of potatoes do have certain characteristics that make them more or less ideal for certain dishes but reds make great baked potatoes, carola (see below) is better for most dishes that call for yucon gold) and many potatoes you know are grown just because they do well in industrial production and have been marketed. That said we still like reds for roasting and Superiors for baking.

Our main varieties are as follows but we will also feature some experimental varieties later in the season.

**All Blue** A medium to small oblong potato with deep blue skin and a colorful blue flesh with white streaks. It is a good choice for baking or frying and is excellent for making colorful chips. It stores well.

**Carola** This is our favorite yellow flesh/yellow skin variety. Plant Carola at wider spacing (10-12 inches), narrow spacing gives all small size potatoes. A moist flavorful potato.

**Dark Red Norland** The organic growers choice for the early red. Excellent flavor. Red skin and white flesh. Produces both boiler and baker size spuds.

**Kennebec** A great baker sized potato. White flesh and skin. Capable of high yields and large spuds. Excellent flavor. Will "green" easily if exposed to light.

**Peter Wilcox** A newer variety developed by the USDA breeding program. It has medium purple skin color and a medium to dark yellow flesh.. It was bred for nutritional qualities; the carotenoid content is 15% higher than Yukon Gold; and it has a high Vitamin C content. Also known as Purple Sun and Blue Gold.

**Red Maria** A later maturing red skin/white flesh potato. This round potato sizes up large, has a smooth skin and holds very well in storage. It emerges very slowly after planting.

**Superior** An early maturing white skin/white flesh potato. This is an older Wisconsin bred variety.

## How to avoid CSA fatigue – Roasting and Souping your way into fall

As your farmers we like to believe that CSA fatigue is early to fix. Just make another stir fry, right? But we understand that as the school year starts, fall gets busy and canning seems less novel veggies can start to pile up.

Super easy meal ideas – **roasted veggie soup** (Thanks Katie Kalish) - roasted 3-5 cups of veggies in olive oil, add to cream based or broth base and puree! Serve with cheese and crusty bread; Roasted veggies and steamed greens for the week – if you have a lot of veggies set aside 30 minutes to chop, coat with olive oil and roast or for greens wash, chop and steam or sautee. Stick them in the fridge and add to eggs, pasta or other dishes throughout the week or throw into labeled freezer bags for winter. Roasted veggies fit easily into most meals and can be flavored with chilies for tacos, with paprika for stews, with salt and pepper for eggs etc.

Preservation made easy – it is soup season make big pots of stew and soup and freeze half. Trina Tiffany, a CSA member in Athens, makes soups throughout late summer and fall and freezes them for lunches and dinners in the winter. Trust her and us when we say that kale and chicken soup in February is a treat! Epicurious.com and the new York times both have pretty amazing searchable databases for soups of all sorts!