



I would rather have a pumpkin, and have it all to myself, than be crowded on a velvet cushion.

Henry David Thoreau

The Broadcaster
Week 18– September 29th 2016

In Your Box

Potatoes- blue, red and/or russet

Yellow Onions

Buttercup squash

Cilantro

Mixed daikon radishes – purple, alpine and/or classic white. All great in salads and slaws (see recipes)

Garlic-

Carrot with their tops

French breakfast radishes – full shares

Lettuce heads – romaine or leaf.

Brusselini aka Belgian greens – these are the tops of brussel sprouts and taste like combination of tender kale and the sprouts. Wonderful sautéed in soups etc. see recipes!

Important Reminders

- ✓ Pumpkin Pick and Pie this Saturday afternoon rain or shine
- ✓ We will have signup forms available at Saturday's event and will have them on the back side of next week's CSA newsletter. We offer current CSA members a discount for signing up before January 1st. Be sure to take advantage of it.

News from the Farm

Welcome to Week 18! We are laboring mightily but reveling in the glory of the bounty for it is the season of the epic harvest. Sooooo much good food! We kicked it off last week with Kohlrabi. This week we bought 10 pallet bins; a new system for us that allow us to bulk harvest and move tonnage around with the skidsteer now that Kat's arms are where she wants them. They hold around forty bushels and we filled them all with winter squash. It is a proud moment to behold these heaping loads with various radiant colors and flavors. This year we planted our squash where we traditionally had our sunchoke a perennial root tuber native to North America. We had given up on them and had not had them in our box the past couple years, but committed to the area with fertility and mulch and the sunchoke thrived. They shaded our acorn squash a bit but we let them do their thing and after gathering the winter squash we came in Yesterday and easily harvested 24 bushels in 1/5 the time it would have normally taken us. Bonus! Look for them in your box next week. After the pack we harvested a beautiful bed of sweet potatoes. They sized up very well and we are on pace to harvest 240 bushels when last year we yielded only 100. Sweet Potatoes will be our big dig of the week, with more bounty to come. Should be a pretty picture Friday night for pizza. We've had beautiful nights the last couple weeks as the season has wound down. I tell ya, this tenth year has been a windfall! Have a delicious week – Kat, Tony, Ted, Riley and Maple

Next Week's Best Guess: winter squash, sweet potatoes, dill, onions, garlic, carrots, beets, turnips, kale, kohlrabi, spring radishes, sunchoke

Pizzas of the week- **Fall Feast** - Squash Sauce ham caramelized onions blue cheese and brusselini; **Stoney Supreme** - Sausage peppers onions mushrooms pesto

Recipes from Kat's Kitchen

Brusselini – Think kale or collards. These are the soft top greens of the Brussel sprout plant and can be used in any way you would use most brassica greens. Here are some semi focused recipes.

Greens and Beans – One bunch of brusselini shredded. One can of beans. Bacon ends (I'll let you decide how much) One teaspoon hot chile paste (optional) salt and pepper to taste.

Cook the bacon, remove the pieces from the pan leaving the grease throw in the brusselini cook for about two minutes on medium heat add the bacon and beans back in with the chili paste kick around for another two minutes flavoring with salt and pepper as you nibble.

Crisp Brussel Sprout leaves

1 pound brussels sprouts, trimmed, leaves separated , 1 tablespoon olive oil , 1 tablespoon grated lemon zest plus lemon wedges for serving , 1/4 cup walnuts, chopped , Salt and pepper, 1/4 cup grated Pecorino Romano (1 ounce) Preheat oven to 375 degrees. On a rimmed baking sheet, toss brussels sprout leaves with oil, zest, and walnuts. Season with salt and pepper. Roast until leaves are crisp and golden around edges, 10 to 12 minutes. Sprinkle with Pecorino and serve with lemon wedges. Martha Stewart wrote that last one in prison.

Daikon and Carrot Namasu Salad- Makes about 4 cups, enough to fill a large plastic container and last for a week or more. About 1 lb (to yield 3 cups when cut) 1 large carrot or 2 small carrots (to yield 1 cup when cut) 1 tablespoon salt (sea salt is preferred) , to 2 tablespoons sugar, tablespoons rice vinegar, 2 tablespoons lemon juice, peel daikons and julienne very finely, foolow by doing the same with carrots sprinkle with salt and let sit several minutes squeeze water out with hands. Add remaining ingredients. Great as a topping on burgers and as a pickle side dish too.

CSA End of the Season Survey

Please fill this out and return in at your dropsite by week 19 or via mail/email.
We need feedback to make the CSA better!

Farm Events (pancake b-fast, barn dance pumpkin pick, etc).

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 or alternate event(s)?

U-Pick options: Did you harvest any u-pick vegetables or glean - 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: What was your share size? Small Full (circle one)

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 three 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, different farm events, ways we can improve the produce, support systems etc.)

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