

Week 18
B Week

Volume 2, Issue 18

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**TUESDAY
SHARES**

Kale– Lacianato (skinny dark green), Red Russian (flat leaf red tint), or Scotch Blue (curly ruffled).

Winter Squash– Delicata (skinny striped), Carnival (colored acorn type), Acorn, Butternut, Trombicino (butternut with a very long neck), or Pie Pumpkin.

Collard Greens, Mustard Greens, Pac Choy, and/or Tatsoi

A little bit of this!

A few things are starting and a few things are ending. There isn't enough for everyone, so I might have thrown it in your bag!

Bunching Onions

Sweet Potatoes

Garlic

Leek– you will see more of these, so read the leek info and recipe on the back to learn how to make the most of them!

Peppers– Green or Red Bell or Italian Frying and Jalapeños

Herb: Thyme and Sage

Farmer's Field Notes

For the final few weeks, you will be receiving some produce that will keep well for you into winter if you take care of it properly. If you are unsure of how to store something, please let me know. For those of you with half shares, you will be given extra on your last delivery to ensure you get your fall veggies. Don't worry, they keep a good long time. Please take a few moments to fill out an evaluation on this past season. The survey will help me better understand what I can do to make sure our CSA members keep com-

ing back. You can bring it with you on your next share pickup or mail it in. Most of the garden is cleaned out and we are sure to get a killing frost soon and that means most of the crops outside will come to an end. Speaking of endings, the last week for shares will be the week of October 19th. We will still be delivering your share on your assigned day, unless you are planning on coming to our Harvest Dinner and prefer to pick up your last share while here.

Dayna

Harvest Dinner with Dayna (CSA members)

Thursday, October 22, 6:30pm - 8:00pm

Join us for a bountiful feast and pick up your last CSA share of the season. Reflect on the season, share input and suggestions for next year.

Suggested Donation \$20 per person. Please RSVP by Friday, October 17h.

Storing Into Winter

Your share in the coming weeks will include some things that can store for a few weeks or more. Curing improves the flavor and storage life of many veggies and I have taken the time to cure some of the produce for you. With any stored produce, check for signs of rot as often as you can and discard or use at any sign of reduced quality. Taking the time to learn about the best storage methods can ensure you are eating garden fresh for a bit longer.

Some varieties of squash can keep months in good storage conditions. The rind must be kept from injury when storing winter squash and others, as this invites pests and infection into the fruit. The squash keep longer if you can slow the respiration rate by lowering the temperature. Keeping winter squash in a temperature of 50 to 55 F. is the optimum range for most squash. Good ventilation is a necessary part of how to keep squash. It helps prevent rot and maintain uniform temperatures and humidity in the storage area. The length of time the fruit will keep varies by variety: Delicatas and Acorn type squash will keep for five to eight weeks, Butternut squash are good for two to three months.

Potatoes: Do not wash before storage. Lay two sheets of newspaper in the bottom of a cardboard box. Punch holes the side of the box for ventilation. Place one layer of potatoes in the bottom of the box. Do not crowd the potatoes and leave space in between them. Lay a sheet of newspaper over each new layer of potatoes. Store your tubers in a cold, dark environment (not in the fridge) with moderate humidity. Light will turn them green and make them unfit for table use. Discard potatoes with an excessive amount of greening.

Onions: Mild onions are typically large and juicy with thick rings and thin, papery skins that peel easily. Pungent onions are usually smaller in size, have thinner rings, tighter skins and make your eyes sting when you cut them. The sulfurous compounds that draw tears inhibit rot, so the more pungent the onion the longer it will store. Keep the onions as cool as possible (35 to 40 degrees F.) and away from light. A good storage onion kept in a cold, dark place will keep for several months.

Leeks are root vegetables that look quite similar to onions, to which they are related. Their flavor is onion-like but much milder. People who avoid this vegetable because they don't like onions should try them — their flavor is mellow and not overpowering, and many onion-haters enjoy them.

Unlike onions, leeks don't form much of a bulb on the end of the root. Instead, they remain cylindrical, with perhaps a slight bulge at the end. The part of that is under ground remains tender and white, while the part exposed to the sunlight becomes tough and fibrous and not very good for eating. To maximize the edible part of the plant, farmers mound the dirt up around the sprouting plant; this keeps more of it underground and white, but also means that dirt often gets between the layers, so leeks need careful cleaning before cooking. Julienne (long thin strips) and deep-fry them in a tempura like batter. Crumble them and use them as a topping on soups and salads, like bacon bits.

Freeze them to add when you're making soup stock.

Enclose herbs in a green leek blade and tie into a packet for a bouquet garni.

Add them to a stir-fry. The tough green leaves can withstand the high heat of this method, but must be stirred constantly and cooked briefly.

Use them as a "rack" under roasted meat or chicken. It adds a little flavor to the drippings and raises the meat slightly from the pan. Discard them before using the drippings for gravy.

Add them to the bottom of a bamboo steamer to impart flavor to lean fish and chicken.

Use to make a Leek Tart.

Taken From : <http://www.wisageek.org/what-are-leeks.htm#didyouknowout>

And

<http://www.mnn.com/food/recipes/blogs/7-uses-for-leftover-leek-leaves-0#ixzz3n9kwhe3R>

2 cups vegetable stock
1 cup long grain brown rice
1 bay leaf
1 bunch collards (don't be afraid to use the other greens in your share)
2 tablespoons olive oil
1 leek, halved lengthwise and thinly sliced crosswise (about 1 ½ cups)
1 garlic clove, minced
1/2 c. toasted pumpkin seeds, coarsely chopped
1 tablespoon tamari soy sauce
1/8 teaspoon cayenne pepper
¼ teaspoon salt
Freshly ground black pepper

In a saucepan, bring 2 cups vegetable stock to a boil. Add the rice and bay leaf, cover and return to a boil. Reduce heat to very low and cook, covered, 30 to 40 minutes, or until liquid has been absorbed. Let sit 10 minutes and fluff with a fork.

Stack the collard leaves on top of each other, with the leaf tips all at the same end. Roll the stack tightly in a long tube and slice the collards chiffonade style.

In a large skillet with a lid, heat oil over medium heat and sauté leeks until tender, about 5 minutes. Stir in the minced garlic. Add a cup of water to the leeks and garlic. Stir in the collard strands and a pinch of salt. Cover the skillet. Cook over 15 minutes, until the collards are just tender. Transfer to a colander and drain well and Chop into pieces. Stir everything into the rice.

Adapted From: <http://www.letyskitchen.com/2014/09/26/dirty-rice-collards-leeks->

Dirty rice with Collards

Sweet Potato, Kale, and Quinoa Fritters

1 lg or 2 med sweet potatoes steamed and pureed about 3 cups
2 cups cooked Quinoa
2 cups kale finely chopped
2 eggs
½ c. panko or plain bread crumbs
3 teaspoons cornstarch
1 teaspoon grated ginger
1 pinch paprika or smoked paprika
1 teaspoon fresh ground pepper
1 teaspoon kosher salt

For Frying

4-6 tablespoons grape seed oil, peanut oil, or coconut oil

Dipping Sauce

¼ cup Greek yogurt
1 teaspoon freshly grated ginger
pinch of salt
pinch of pepper
mix all ingredients and chill.

Devein the kale, make it into a tight roll and chop chiffonade style. In a medium bowl, place all ingredients and mix well. In a medium size pan heat up about 4-6 tablespoons of grape seed oil, peanut oil or coconut oil. With a small ice cream scooper scoop about 6 patties into the pan and slightly flatten the tops. Cook for about 3-4 minutes on each side or until golden brown. Cool them on a rack. Serve warm or at room temperature, with the sauce on the side and some hot sauce of your preference.

Baked Version: Baked them at 375F on a sheet pan lined with parchment. Brush each patty with some grape seed oil and bake for 15-20 minutes flipping them half way. The results: Texture is more firm and they hold up more like a patty, where the inside is a little more dense, but not really a fritter at all since they have no crispy outside texture.

Adapted From: <http://yes-moreplease.com/2013/11/sweet-potato-kale-and-quinoa/>

Stuffed Carnival Squash

1 Carnival Squash (or any winter squash)
2 tsp. Ghee or Butter
Garlic Salt
Black Pepper

Stuffing

2 Strips Bacon
1/2 lb. Ground Beef
1/4 Medium Yellow Onion
5oz. Frozen Spinach, Thawed & Drained (why not try a fresh green???)
1 Clove Garlic, Crushed
1 tsp. Celtic Sea Salt
1/2 tsp. Black Pepper

Cut squash in half. With a spoon, scoop out stringy flesh and seeds. Add a pat of butter to the cavity of each squash half and with the back of teaspoon coat evenly. Sprinkle with garlic salt and pepper. Roast, cut side up, on baking sheet at 400° F for 60 minutes.

In skillet fry up bacon, reserve fat and transfer bacon to cutting board. Cut bacon into chunks and set aside. Dice onion and add to skillet along with beef. Cook on medium-high until browned and onion is soft. Add spinach, garlic, salt and pepper.

Heat through and then turn to medium-low until squash is done. Fill each roasted squash half with beef and top with bacon.

Serve & enjoy!

Adapted From: <http://healthylivinghowto.com/1/post/2012/09/getting-squashed-2.html>