

# CSA Newsletter



**Week 16:**  
**9/18/18 & 9/20/18**

## Box contents

### **Small share:**

Tomato medley  
1 ½ lb. Oneida Gold potatoes  
1 delicata squash  
1 head garlic  
1 bunch parsley  
1 bunch kale  
1 lg. or 2 med. leeks  
1 red or yellow bell/frying pepper  
1 jalapeño pepper  
Melons – still rotating in  
(**Next up...**tomatoes, bell/frying peppers, shishito peppers, winter squash, radishes)

### **Regular share additional items:**

4 banana peppers  
Extra ½ lb. potatoes  
Extra tomatoes  
½ pint raspberries (rotating them in)  
1 cantaloupe (rotating in)

## Farm News

Last weekend was a busy one for us. We hosted a wedding on Saturday, which was the first wedding after ours that we've held in our 1885 restored barn. Everything went well, and we were pleased to be able to share more of our farm's beauty with a wonderful couple and their family and friends. We're looking forward to hosting more weddings and events in the future. If you have any friends or family looking for a rustic venue on a sustainably managed farm, we're taking bookings for 2019 and 2020, so please send them our way. Scott serves on the board of the Fairshare CSA Coalition and on Sunday he volunteered to help with Bike the Barns. It's an annual event that raises funds for Partner Shares, a program that helps to make CSA and healthy eating more affordable and accessible. It was a warm day, but the bikers who participated seemed to have a great time riding and touring the farms on the route.

It has been hot and buggy at the farm lately, so we're really looking forward to fall, which technically begins this weekend. And with that in mind, we have the first winter squash of the season in the boxes this week – delicata squash. We know there are many ways to eat it, but we never bother trying anything except baked rings (recipe at right) because they're so simple and delicious.

## Recipes & Storage Tips

### **Delicata Squash Rings**

*1 delicata squash   Olive oil   Salt & pepper*  
Preheat oven to 400°F. Scrub squash, cut off ends, and cut into ½-inch rounds. Using a paring knife, cut out a center circle containing the seeds to create rings. Lightly coat both sides of rings in olive oil on a pan, and season with salt and pepper. Bake for approx. 40 minutes, flipping half way through.

### **Potato & Leek Soup**

*2 T. butter or olive oil*  
*1 ½ lb. potatoes, peeled and cut into small cubes*  
*1-2 leek, white & lt. green parts, sliced in thin rings*  
*1 quart vegetable stock or water   Salt & pepper*  
*½-1 cup cream, sour cream, or yogurt*  
Heat butter or oil in a deep pan over medium heat. Add veggies, & salt and pepper. Cook, stirring, for 2-3 minutes. Add stock and cook until veggies are very tender (~20 minutes). Puree with an immersion blender. Stir in cream, sour cream, or yogurt and reheat gently (don't allow to boil if using yogurt). Add salt and pepper; garnish with parsley.

### **Pickled Banana Peppers**

*3 banana peppers   1 ½ cups cider vinegar (5%)*  
*1/3 cup water   1 ½ tsp. salt*  
*½ T. celery seed   ¾ T. mustard seed*

Wash peppers, remove stem end, and slice into ¼-in rings. In a saucepan, combine vinegar, water, and salt, & heat to boiling. Place celery seed & mustard in a jar, fill with peppers, and pour pickling liquid over the top. Store in refrigerator, and start eating after a few days. Enjoy on sandwiches, pizza, etc.

**Tips:** *Delicata squash:* Will store for 4-5 days at room temperature, or for 1-2 weeks at 40-45°F.

*Leeks:* Refrigerate unwashed for up to 2 weeks. To prepare, remove green tops to within 2 inches of the white section. Eat raw or in salads, steam, sauté with other veggies, or use in soups, casseroles, egg dishes, mashed potatoes, etc. *Banana pepper:* Store in the hydrator drawer of the refrigerator for 1-2 weeks. Try pickling the banana peppers to use on salads, sandwiches, or pizza.