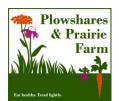
CSA Newsletter



Week 20: 10/14/14 & 10/16/14

Box contents

Small share:

bunch daikon radishes
bunch carrots
bunch beets
lb. bag spinach
bunch chives
bunch kale

Regular share additional items: 1 pie pumpkin 1 butternut squash 2 lb. All Red potatoes

- 1 kabocha squash (small share only)
- 2 onions (yellow & red)
- 2 shallots

1 ¹/₂ lb. Carola potatoes (small share only) 1 kohlrabi (Thurs. only this week)

Farm News

As our 2014 CSA season draws to a close, we want to express our gratitude for your membership this year. Sharing our produce with our members is the most rewarding part of the CSA and we have enjoyed exchanging knowledge and getting to know you over these last twenty weeks. It has been incredibly satisfying hearing from members about items of the box and aspects of the CSA they have liked, and we sincerely hope everyone enjoyed the experience as much as us. With that in mind, we'd like to make a couple notes. First, if you'd like to join us for another two weeks of CSA deliveries, please email or call to let us know and leave a check (\$40 for two small size boxes) in your final box this week. (Note: You can also find us Thursdays through the end of October at the Fitchburg farmers' market.) Second, we are always seeking to make our CSA experience the best it can be for our members. We carefully reviewed the feedback provided via the mid-season survey, and have **put** together another survey to give you all the opportunity to reflect on the season as a whole and solicit any additional thoughts you'd like to share. Thank you in advance for your time and insights as we continue to develop and improve our CSA at Plowshares & Prairie Farm. We hope to see some of you at the farm event on Sunday from 2-5pm! We wish you all a healthy, tasty, and happy fall & winter, and look forward to seeing you back next spring! ~ Chelsea & Scott

Recipes & Storage Tips

Do Chua (Vietnamese Daikon & Carrot Pickles)

 $\frac{1}{2}$ lb. carrots, peeled & cut into thick matchsticks 1 lb. daikons, peeled & cut into thick matchsticks 1 tsp. salt 2 tsp. + $\frac{1}{2}$ cup sugar 1 $\frac{1}{4}$ cups distilled white vinegar

1 cup lukewarm water

Put carrot & daikon matchsticks in a bowl; sprinkle with salt and 2 tsp. sugar. Mix veggetables for a few minutes, allowing them to release water. They should be able to bend without snapping. Drain in a colander, rinse with cold water, and return to bowl. To make the brine, combine the ½ cup sugar, water, and vinegar; stir to dissolve. Pour over veggies to cover. Let marinate for at least 1 hr., & store in refrigerator for up to a month. (Note: Recipe can be altered to taste. Try different ratios of carrot to daikon, or add shallots, garlic, and/or hot pepper.) Add these pickles to <u>banh mi</u> sandwiches!

Roasted Kabocha Squash Spinach Salad

1 kabocha squash 1 ¹/₂ T. coconut oil, melted *Salt & pepper, to taste* Spinach, washed & dried 2 pears, thinly sliced **Pistachios** Feta or goat cheese Orange Honey Pistachio Vinaigrette: ¹/₄ cup orange juice ¹/₄ cup olive oil *3 T. unsalted pistachios 3 T. apple cider vinegar* $1 \frac{1}{2}$ T. honey 1 ¹/₂ T. orange zest 1 tsp. minced garlic $\frac{1}{4}$ tsp. salt 1/8 tsp. pepper Preheat oven to 400°F. Quarter kabocha and cut into ¹/₂-in. slices. Place on a pan, pour coconut oil, salt and pepper on top. Rub to coat and place in a single layer. Roast for 35 minutes, flipping halfway. Let cool and remove skins. While roasting, combine dressing ingredients in blender until smooth. Assemble salad with spinach, pears, squash, pistachios, cheese, and dressing.

Tips: *Daikon radishes:* Remove greens and store in hydrator drawer of fridge for a couple weeks. Try pan fried daikon cakes, pickles, or do chua / banh mi (see recipe above). *Kabocha squash / pie pumpkin:* Stores at room temperature for up to a month, or in a cool (50-55°F), dry place for several months. Try roasted, cubed, pureed, in soups, etc.