# **CSA Newsletter**



# Week 21: 10/20/15 & 10/22/15

### **Box contents**

#### **Small share:**

1 lb. Brussels sprouts

3 leeks

2 heads broccoli

1 bunch collard greens

1 red onion

1 yellow onion

1 ½ lb. Magic Molly purple potatoes

1 bunch sage

1 acorn squash

1 buttercup squash

(Next up...butternut squash, leeks, lettuce)

### **Farm News**

Welcome to the extended season of the Plowshares & Prairie Farm CSA! We're glad you're continuing on with us for another couple weeks since we still have lots of good produce to share. We had a wonderful time at our end of season farm event last Saturday. It is always fun to chat with CSA members that we may only interact with via email or briefly at pick-up, and to show off what keeps us busy at the farm. After a frost overnight, it turned into a really beautiful sunny fall day which was great for touring the farm. Those of you who made it out saw that we lost our tomatoes and peppers to the aforementioned frost, which is always a little sad, but it was time and we still many other hearty fall produce options to enjoy. It has been a great year for our Brussels sprouts, so we're happy to offer more. Our fall brassicas also continue to do well, so enjoy some more broccoli and collards this week. We got most of our fall garlic planted last Friday evening, and will finish up with one last variety and some green garlic this week. There is still some work to do in the field to close down the season going into winter, such as unclipping tomatoes and taking down posts, harvesting and preserving veggies, and planting more cover crops – but we've made a lot of progress and we think the fields are looking in pretty good shape. Our anonymous 10-question end of season survey is still open if you would like to provide feedback and have not had a chance yet. Thanks!

### **Recipes & Storage Tips**

### Roasted Brussels Sprouts & Leeks with Quinoa

1 leek, washed, trimmed, sliced

1 lb. Brussels sprouts, washed, trimmed, halved

1/4 cup slivered blanched almonds

1/4 cup plump golden raisins, packed

4 T. olive oil 2 T. balsamic vinegar

Sea salt and pepper, to taste

1-2 garlic cloves, minced 2 tsp. dried dill
Preheat oven to 400°F. Toss the leek, Brussels
sprouts, almonds, and raisins in olive oil. Sprinkle
with balsamic vinegar, sea salt, garlic and dill; toss
to coat. Roast for 20-25 min., stirring at least once,
until sprouts are tender and slightly browned. While
sprouts roast, prepare a cup of quinoa. Remove pan
from oven, add fluffed cooked quinoa, and drizzle
with olive oil to taste. Add sea salt and ground
pepper, to taste. Gently toss to combine, and serve.

## Broccoli & Leek Soup

2 T. olive oil Salt & (white) pepper, to taste 2 leeks, including tender green parts, chopped 1 ½ lb. broccoli (florets & stalks), cut to 1-in. pieces 4 cups chicken or vegetable stock ½ cup sour cream or plain yogurt Warm olive oil in a saucepan over med. heat. Add leeks: sauté until softened (3-5 min.) Add broccoli

leeks; sauté until softened (3-5 min.). Add broccoli and sauté, stirring frequently for ~2 min. Add stock & bring to a simmer. Cover partially, and cook until veggies are tender (15-20 min.). Remove from heat. Using an immersion blender or transferring to a blender/food processor, puree soup until smooth. Reheat over med. heat; season with salt & pepper. Ladle into bowls, and garnish with sour cream or yogurt. Optional: Serve with garlic croutons.

**Tips:** *Buttercup squash:* Store at room temperature for a month, or in a cool (50-55°F), dry place for several months. Substitute in the Roasted Butternut Squash with Brown Butter & Sage recipe from the Week 18 newsletter. Cube and boil in water (adding ½ cup soy sauce and ¼ cup honey) for 10-15 minutes; drain and serve. *Sage:* Pairs well with squash, potatoes, chicken, white beans, and garlic. To dry, hang leaves in a bunch on the stem and store in an airtight container once dry.