

CSA Newsletter



Week 21:
10/23/18 & 10/25/18

Box contents

Extended CSA share:

2 ½ lbs. Oneida Gold potatoes
1 red kuri squash
2 leeks
2 delicata squash
2 bell/frying peppers
1 bunch kale
1 head garlic
1 yellow onion
1/3 lb. spinach
1 bunch sage
1 bunch mint
1 (decorative) baby pumpkin
(**Next up...** Magic Molly (purple) potatoes,
butternut squash, beets, carrots)

Farm News

Welcome to the extended CSA! We're glad you signed up to get a little extra end-of-season veggie goodness. Things are slowing down on the farm, but we have quite a few frost-tolerant veggies still growing strong in the field and lots of storable items indoors. We've had several frosts now, including a pretty hard one over the weekend. And it seems nobody was quite expecting those strong winds and brief snow showers on Saturday! We're already planning for next year, and are planting garlic for next season this week. We also have a lot of clean up to do in the field, like taking down tomato clips, the little bits of black plastic that we reuse, row cover, and fencing. And we're trying to do some food preservation for winter. Over the weekend we put away many jars of a Sriracha-like hot sauce and pickled banana peppers. We also made a big batch of one of our favorite fall comfort meals – butternut squash enchiladas. See the [week 19 newsletter](#) for the recipe if you still have some butternut squash to use! As we wind down for the year we're looking forward to celebrating the end of our sixth CSA season. This was a challenging one for us and many other farmers, and we're grateful to our supportive members who understand the ups and downs of farming and come along with us on the tasty ride!

Recipes & Storage Tips

Tortilla Española

¾ cup olive oil *6 eggs*
2 lb. potatoes, peeled, quartered, & thinly sliced
1 yellow onion, peeled, halved, and thinly sliced
Heat oil over medium-high heat in a 10" sauté pan. Add potatoes and onions. Cook, lifting and turning, until potatoes are soft but not brown (~20 minutes). Beat eggs in a bowl. Transfer sautéed potatoes and onions with a slotted spoon to bowl with eggs. Reserve oil. Heat 1 T. reserved oil in the same pan over medium heat. Add egg and potato mixture, and spread potatoes evenly in the pan. Cook until the bottom is lightly browned (~3 min.). Slide a spatula along edges and underneath tortilla. Place a large plate over the pan, and quickly flip plate & pan over so tortilla falls onto the plate. Add 1 tsp. reserved oil to pan and slide tortilla back in (uncooked side down). Cook over med. heat until eggs are just set (~3 min.). Cut into wedges and serve at room temp.

Kuri Curry with Kale

1 small onion, diced *2 cloves garlic, minced*
1 bunch kale, chopped into ½-inch pieces
1 red kuri squash *2 T. coconut oil (or olive oil)*
1 T. curry powder *1 tsp. ginger powder*
Salt and pepper, to taste *1 can coconut milk*
1 cup vegetable broth

Remove squash stem, cut in half, scoop out seeds. Cut into ½ to 1-inch cubes. In a large pot over med. heat, heat oil. Add onion & cook until translucent (5-8 min.). Add garlic, curry powder, ginger, salt, & pepper. Cook for 1 min. Add squash and stir until well coated. Add coconut milk and broth. Stir and bring to a boil. Reduce to a simmer and cook for 30-40 minutes until squash is very tender. Stir in kale and cook an additional 5 minutes. Serve over rice.

Tips: *Mint:* Store in a glass of water in the fridge. Pair w/ chicken, pork, potatoes, or fruit salad. Or try a [mojito](#) or [mint granita](#). *Sage:* Add to salads, soups, omelets, marinades, sausage, breads, and stuffing. [Pairs well with winter squash like butternut.](#) To dry, hang leaves on the stem, then store in an airtight container. Makes a great tea (with honey & lemon).