

CSA Newsletter



Week 22:
10/30/18 & 11/1/18

Box contents

Extended CSA share:

2 ½ lbs. Magic Molly (purple) potatoes
1 butternut squash
1 spaghetti squash
1 ½ lb. beets
1 lb. carrots
1 bunch thyme
1 bunch parsley
1 head garlic
3 onions (2 yellow, 1 red)
(Next up...Storage share!)

Farm News

We're almost to the end of the 2018 season with just the storage share delivery to go after this last extended CSA week. It's not the most fun to plunge our hands into freezing cold water when it's 40 degrees out to clean off veggies, so it's nice that many of the items in this week's box are already picked and ready in the barn (squash, alliums, etc.). But we do have a few last goodies for you picked fresh from the field too.

While farmers are lucky to be able to spend so much time outside during the summer, life on a small farm doesn't allow for a ton of free time during the busy growing season. Now that the season is winding down, we're looking forward to having more time to relax, read by the wood stove, cook all the veggies we've stored/frozen/canned, and spend time with friends and family. We got started with a nice hike in Governor Dodge State Park with some friends last weekend. Of course we'll also be planning and prepping for next year's CSA, finishing up our house remodel, and preparing for the baby's arrival in late winter. So don't worry, we won't be bored.

If you signed up for a storage share, remember that all deliveries will be next Thursday (and don't forget to vote on Tuesday!). We'll have a pack list for each box but not a newsletter. Thanks again for another great season. We hope everyone enjoys lots of shared meals made with Plowshares & Prairie produce this winter. Take care!

Recipes & Storage Tips

“Healthy” Beet/Carrot Cake

1/3 cup cocoa
¾ cup oil
1 tsp. vanilla extract
1 1/3 cup flour
1 cup sugar
1 tsp. baking soda
½ tsp. salt
2 eggs, beaten
2/3 cup cooked beets, mashed
1/3 cup carrots, grated
2/3 cup nuts, chopped, divided (optional)
1/3 cup chocolate chips (optional)

Preheat oven to 350°F. Mix cocoa, oil, and vanilla in a bowl. In another bowl, mix flour, sugar, baking soda, and salt. Add to cocoa mixture. Blend in eggs, beets, and carrots. Beat for 2 minutes with a mixer. Stir in half of the nuts if using. Grease a 9"x9" pan and pour mixture in. Bake for 25-35 minutes (test with a toothpick). Top with remaining nuts and chocolate chips (optional) while baking.

Garlic & Thyme Roasted Butternut Squash

2 T. fresh thyme, chopped
2 T. olive oil
1 tsp. salt
1 butternut squash, peeled and cubed
1 head garlic

Preheat oven to 425°F. Separate garlic into cloves, remove skins, and cut off tough end. Combine all ingredients on a baking sheet and toss well to coat squash in oil and spices. Bake for 30 minutes, stirring half way. Mash garlic with a fork, and toss with squash.

Tips: *Thyme:* Store in a plastic bag in the refrigerator. Don't wash sprigs until ready to use. To dry, bunch with a string or rubber band and hang in a cool, dark spot. *Parsley:* Store in a damp paper towel in the refrigerator, or place stems in a cup of water in the refrigerator (like a bouquet of flowers). Parsley is best used fresh, but will last for up to a week. Parsley can also be dried for longer-term storage.