



Box contents

Small share:

- 1 head Red Express cabbage
- 1 ½ # Yukon Gold potatoes
- 1 bunch Parade spring onions
- 1 Marketmore cucumber
- 1 pint Gold Nugget tomatoes
- 1 bunch Italian Large Leaf basil
- 1 # green beans (Jade & Provider Bush)
- 1 # Napoli carrots
- 1 head Belstar broccoli

Regular share additional items:

- 1 head Snowcrown cauliflower
- 2 zucchini
- 3 shallots

Farm News

Thanks to all who did a rain dance for us – it worked, and the crops are very thankful for the water. And then there were the couple days that felt oddly like fall this past week (was anyone else walking around in a sweatshirt and scarf looking up at the trees and wondering where all the fall colors were?). The cooler weather slowed down some of our crops, like tomatoes. However, our gold nuggets are still going strong, cherry tomatoes are not far behind, and some of the larger tomatoes are also starting to turn red, like our romas and brandywine. The lower temperatures did help some of our cooler weather crops, and has kept our broccoli in great shape. We're continuing to fight to keep the raccoons out of the sweet corn, which is tassling; if all goes well, we're hoping we'll have some next week! Our first eggplants (both a smaller Little Finger eggplant and a larger Falcon) are a beautiful deep purple, and are nearly ready. Our bell peppers are still green, but are approaching harvestable size, so we'll have some green bell peppers soon, and will leave the rest on the plants to mature into red bell peppers. Our garlic has been curing for a couple of weeks now, so we'll start putting that in your box soon as well. We're looking forward to introducing folks to new varieties. Most of our hardneck varieties are a little smaller than what you typically get in the grocery store (which is generally a softneck variety called California White), but they tend to also have more flavor and spice, and sometimes a pretty red color.

Recipes & Storage Tips

The cabbage, carrots, and onions in this week's share just beg to be turned into coleslaw, so we're including a simple coleslaw recipe – feel free to substitute/embellish as you wish. (Have a favorite coleslaw recipe? Share it with us!) And, since we feel it's hard to beat the tomato/basil combo, we're including an easy bruchetta-like recipe that works well with the gold nuggets (and that we've been eating for lunch!).

Coleslaw

*Cabbage Carrots Green onion
Mayonnaise/yogurt dill dressing or vinaigrette*

Chop cabbage into bite-size pieces, then toss with shredded raw carrots and green onion. Dice or grate other raw vegetables and add as desired. Toss with a mayonnaise or yogurt dill dressing or vinaigrette.

Tomato Basil Cheesy Toast

An abbreviated (toaster-oven) version of bruschetta - makes a great appetizer or quick lunch.

Baguette or other fresh bread

*Small tomatoes (such as gold nugget), sliced in half
Cheese, sliced (cheddar, or favorite type)*

Basil leaves Pepper

Avocado (optional)

Simply slice bread and top with cheese and halved tomatoes, and toast for a few minutes until cheese melts and tomatoes soften. Top with pepper (and other spices as desired such as garlic powder or red pepper flakes), basil leaves, and avocado if using.

Tips: *Carrots:* To prolong storage, remove greens and refrigerate carrots in a plastic bag (carrots will last 2-4 weeks this way). Carrots can also be blanched and frozen for longer-term storage. Scrub carrot with a vegetable brush to remove dirt. Eat raw, steamed, juiced, in soups or sautés, pureed, baked, etc. Greens can be eaten in a salad or sauté. *Cauliflower:* Refrigerate cauliflower in a plastic bag; it should keep fresh for 1 week and remain usable for up to 2 weeks. Blanch and freeze cauliflower for longer-term storage. Soak head upside down in cold, salted water to remove any lingering field pests. Eat raw with a dip, steam entire head or florets, sauté, or roast (our favorite).