

CSA Newsletter



Week 15:
9/11/18 & 9/13/18

Box contents

Small share:

Tomato medley
1 shallot
1 yellow onion
1 bag carrots
1 bunch mint
1 red bell or frying pepper
1 green bell or frying pepper
1 bag lettuce mix or 1 head lettuce (whichever you didn't get last week)
1 ½ lb. Magic Molly (purple) potatoes
1 baby (decorative) pumpkin
Melons – still rotating in
(**Next up...**delicatas, tomatoes, potatoes, leeks)

Regular share additional items:

1 bunch collard greens
1 bunch thyme
½ pint raspberries (rotating them in)
1 cantaloupe (rotating in)

Farm News

While we've been luckier than many farms who have had even more inches of rain than us, the cumulative amount of wet is starting to cause some crop damage. We will still have tomatoes for a while, but the abundance will certainly decrease as even in the hoop house we've seen some standing water. This means extra cracking (from the rapid growth of the tomatoes when they suck up all that water) and some less happy waterlogged plants. Similarly, our melon season will likely be abbreviated due to cracking. The good news is that we'll still have some of these summer crops for a while, and our fall crops are looking marvelous. We just started harvesting some winter squash this past weekend. Delicata squash will be the first winter squash in the boxes next week. The baby pumpkins are just for fun and to get everyone in the mood for fall! The white variety is called Casperita and the orange is Jack Be Little. How cute is that? Brussels sprouts, cabbage, cauliflower, rutabaga and more are loving these slightly cooler temps, and honestly we are too! Aside from the resurgence of mosquitos due to all the recent rain, it has been quite pleasant working in the field lately after a hot, muggy stretch. We're at the ¾ mark of the 20-week CSA, with another 5 weeks of tasty abundance to go!

Recipes & Storage Tips

Grilled Carrots with Mint & Avocado

½ tsp. cumin 2 T. lemon juice
1 tsp. honey 4 T. olive oil, divided
1 chili pepper, thinly sliced (optional)
1 1-in. piece ginger, peeled, finely grated
1 bag carrots, halved lengthwise, tops trimmed
Salt, to taste 1 avocado, cut into large pieces
¼ cup mint leaves

Heat a grill to medium heat. Mix cumin, lemon juice, and honey in a bowl. Whisk in 2 T. oil until combined; stir in chili and ginger. Toss carrots with remaining 2 T. oil on a baking sheet; season with salt to taste. Grill carrots, turning periodically, until tender and lightly charred in spots (14–18 minutes). Transfer carrots to bowl with sauce. Toss to coat and season with salt. Arrange avocado and carrots on a platter, drizzle any remaining sauce on top, and top with mint leaves. Serve warm or at room temp.

Roasted Purple Potatoes with Lemon-Dijon-Thyme Dressing

1 ½ lb. purple potatoes, cut in 1" chunks
1 T. olive oil Salt and pepper, to taste

For the dressing:

¼ cup olive oil 1 T. dijon mustard
2 T. lemon juice 2 tsp. chopped fresh thyme
1 clove garlic, minced Salt and pepper, to taste

Preheat oven to 400°F. Place potatoes in an even layer on a baking pan, toss with olive oil, and add salt and pepper to taste. Roast until fork tender and browned (~40 minutes, flipping halfway through). Meanwhile, whisk together all dressing ingredients. Spoon over potatoes to serve.

Tips: *Mint:* Store in a glass of water in the refrigerator. Pairs nicely with peas, chicken, pork, eggplant, cucumbers, potatoes, carrots, beans, fruit salad, and much more. Or try a [mojito](#) or [mint granita](#). *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. *Peppers:* Refrigerate in the hydrator drawer for a couple weeks. For longer-term storage, dice and freeze in an airtight bag.