



In your share:

Kale
Collards
Tatsoi / Pac Choi
Head Lettuce
Sweet Peppers /
Eggplant
Hot Peppers
Turnips (Hakerei)
Sweet Potatoes /
Winter Squash
Onions / Garlic

In the PYO:

Dill
Cilantro
Snap Peas
Winter Savory
Mint
Lavender
Lovage
Cosmos
Zinnias
Nasturtiums
Wildflowers

Welcome to the Fall CSA season!

We are delighted to have you with us for our fall season CSA! A few reminders for those of you joining us for the first time this year:

- Wash your veggies and greens! The best way to refresh veggies and greens after they have sat in the fridge is to wash them thoroughly in cool water just before enjoying them.
- Check out the CSA Member Handbook for answers to your logistical questions (find it on the website CSA newsletter page)
- We are here to answer your questions and help in any way that we can. Please use us!

Pick Your Own

Both the upper PYO (inside the deer fence) and the lower PYO (between the barn and the program building) still have lots of beautiful blooms and fragrant herbs ready for you to harvest and enjoy. Make a soothing tea with our lavender and mint, or flavor a soup with dill and winter savory! Our flowers, including purple sedum and bright yellow goldenrod, make a pretty fall bouquet.

Check in with the volunteers and staff buzzing around for advice on how to select, cut, and use the plantings marked with a blue flag- these are ready to harvest. Also, you are welcome to cut anything you see blooming on the farm- just ask if you are unsure!

Sharing the Fall Bounty

Our fall greens and vegetables are in full swing, while our late summer crops (including eggplant, sweet peppers, and hot peppers) are still producing strongly. This means we are overflowing with fresh and nutritious produce! Last week, we delivered a total of 536 pounds of produce (including kale, turnips, and sweet potatoes) to 63 group homes around Montgomery County. Check out our blog for photos of our Growers making these deliveries!

We have also enjoyed visits from a variety of groups over the past few weeks. Honest Tea spent a morning pulling tomato plants, stakes, and plastic out of the fields; Norwood School visited on a rainy day and made beautiful Sweet Annie wreaths to hang in our barn. Thanks to all the groups who have come to visit and volunteer!

Fall Stir-Fry with Pac Choi, Tatsoi, and Hakerei Turnips

Adapted from BBC Food

3 tbsp sesame oil (or other oil if sesame not available)
1 onion
2-3 cloves garlic
1 hot pepper, finely chopped (optional)
2 eggplant and/or 2 sweet peppers, sliced lengthwise
3-4 Hakerei turnips, thinly sliced
1 bunch tatsoi and/or pac choi
2 cups chicken, firm tofu, or other protein (optional)
3 tbsp soy sauce

1. In a large frying pan or wok, heat the oil over a medium heat.
2. Add the onion and garlic, and hot pepper (if desired), and cook for 1-2 minutes.
3. Add strips of chicken, cubes of firm tofu, or any other protein, if desired. Cook for 3-4 minutes.
4. Add the remaining vegetables and stir-fry for another 5-6 minutes until they are all lightly browned.
5. Finish with the soy sauce. Stir together briefly and serve immediately.

Roasted Sweet Potatoes and Garlic with Winter Savory*

**Winter savory is an herb very similar to rosemary, and is blooming in the upper PYO area!*

1 1/2 pounds sweet potatoes (4 medium), peeled and cut into 1/2-inch thick slices
6 garlic cloves
2 tablespoons olive oil
1 tablespoon unsalted butter
2 teaspoons minced fresh winter savory, or 1 teaspoon dried, crumbled
Salt and freshly ground black pepper

1. Preheat oven to 425 degrees.
2. Arrange the sweet potatoes and garlic in a shallow flameproof baking dish large enough to hold them in a single layer.
3. Melt oil and butter together in a small pan, then add to sweet potatoes. Also add rosemary, salt and pepper to sweet potatoes, and toss to coat.
4. Roast sweet potatoes on the lowest rack of the oven, turning them occasionally, for 30 to 35 minutes, or until golden brown. Transfer to a serving bowl and serve at once.