



In your share:

Sweet potatoes /
Winter Squash
Tat Soi / Pac Choi
Kohlrabi / Turnips
Arugula / Mustard
Greens
Sweet Peppers
Hot Peppers
Beets / Carrots
Kale / Collards
Broccoli / Ginger

In the PYO:

Winter Savory
Mint
Lavender
Oregano
Sage
Thyme
Catnip

Notes from the Fields

We started harvesting broccoli this week! Because we are Certified Organic and haven't sprayed pesticides on our crops, you may notice green cabbage worms on the stalk or in the head of your broccoli. Here is how to get rid of them:

- Fill a large bowl or sink with cold water.
- Add about a 1/3 cup of salt to the water.
- Put broccoli in salted water and weigh down broccoli (with something like a plate), to make sure the broccoli is fully submerged.
- Wait 30 minutes.
- Take broccoli out of salted water and rinse with cold water while spot checking for any leftover worms.
- Prepare and enjoy your broccoli!

Veggie Spotlight: Bolero Carrots

We received lots of positive comments last week on the carrots we've been offering. These are called Bolero Carrots, and they are known for their sweetness, their bright orange coloring, and their suitability for snacking. These carrots also store for months and keep their flavor. We grow Bolero Carrots because they are a good fall crop—they are hardy in cold weather, can store before being distributed, and are a welcome break from all the fall greens!

Roasted Turnips, Kohlrabi, and Carrots

These three vegetables are perfect for roasting together, and are great paired with couscous, rice, or salad greens.

½ pound kohlrabi
½ pound turnips
1 bunch carrots
1 tbsp olive oil
2 tsp dried thyme or handful fresh thyme, chopped
Salt and pepper, to taste

1. Pre-heat oven to 400 degrees. Wash vegetables and chop into similarly sized chunks, about 1-inch squares. Mix with olive oil, salt, and pepper, and spread in one layer on a baking tray.
2. Bake for about 15 minutes, mix in thyme, and bake for another 15 minutes or until golden brown.

Sautéed Mustard Greens

You can substitute or combine any of this week's greens for this recipe, but mustard greens are the most flavorful by themselves and pair well with sesame oil.

- 1 bunch mustard greens
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped or minced
- 1 tbsp olive oil
- ½ cup vegetable or chicken stock (or water)
- Salt and pepper to taste
- 1 tbsp olive oil (optional)

1. In a large pan, cook onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.
2. Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil if desired. Season with salt and pepper.