

IN THE SHARE

- Garlic
- Hot Peppers
- Sweet Peppers
- Radishes
- Beets
- Carrots
- Kohlrabi
- Butternut Squash

Choice

Choose 2: Cooking Greens

Choose 1: Leeks or Green Onions

Rosemary

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Dill, Chives, Marigolds

ORANGE: Zinnias, Sorrel, Leaf Fennel, Sunnhemp

PINK: Parsley, Salvia, Zinnias, Sunflowers, Tithonia, Gomphrena,

YELLOW: Sage, Lemon Balm, Winter Savory

Farm Notes

This is week 7 of our 9 week CSA, and we're getting close to the end of the season. However, we still have some new crops to introduce to the weekly pick-up. This is our first week with butternut squash! The squash spent 3 weeks curing in the greenhouse to improve flavor and storage life. Next we graded, sorted, and weighed the harvest. Now they're ready to be cooked and enjoyed, or to go into your pantry to store until the holidays.



We also had our first tatsoi harvest this week. Tatsoi, a relative of bok choy, has a mesmerizing rosette pattern and can be used in the same way as many other cooking greens. Use the whole plant by sautéing the crisp leaves and crunchy stems together with a bit of oil, garlic, and hot peppers for a quick and easy side dish.

Finally, there is a unique opportunity to pick some spinach this week. We have several raised beds of spinach in our education garden that need to be picked. The education garden is not a part of our certified organic farm plan, and is normally reserved for school groups to come plant, pick, and learn about farming and nutrition. Since we have not hosted schools on the farm this fall, there is spinach waiting to be picked. If you would like to pick your own spinach this week, bring an extra bag and make your way up to the raised beds at the top of the hill. Space is limited so please limit your picking to 10 minutes to make room for others.

Bunched and Ready: Rosemary

With high hopes and fingers crossed we attempted to grow rosemary this year. We planted one seedling for every fall CSA customer in the hopes that they would overwinter well and we would have rosemary for many seasons to come. While the plants did very well for their first year of growth, they are still too young for rigorous picking.

Instead we are going to carefully pick and portion rosemary for everyone to take this week. Pick-up your rosemary in the barn along with the rest of your share.



Crispy Apple and Kohlrabi Salad Veg, DF, GF

From CookieandKate.com

- 1 pound **kohlrabi**, peeled and cut into matchsticks about ¼" wide
- 1 large Honeycrisp apple, cored and cut into matchsticks about ¼" wide
- ¼ cup fresh tarragon leaves (or substitute marjoram or **dill**)
- 3 tablespoons toasted sunflower seeds*
- Lemon zest, to taste
- 1 to 2 tablespoons olive oil, to taste
- 1 to 2 tablespoons lemon juice, to taste
- Sea salt and freshly ground black pepper, to taste



In a large serving bowl, combine the kohlrabi and apple matchsticks. Add the tarragon leaves and sunflower seeds. Shave lemon zest liberally over the bowl (about half of a small lemon or more). Drizzle in 1 tablespoon olive oil and 1 tablespoon lemon juice, then sprinkle lightly with salt and black pepper. Use your hands to gently toss the salad, then add another drizzle of olive oil and lemon juice if the salad seems dry. Finish with another light sprinkle of salt and pepper and serve immediately.

Roasted Kohlrabi with Parmesan GF, Veg

Adapted from Food Network



- 1 pound **kohlrabi** peeled and cut into 1-inch wedges
- 1 Tablespoon olive oil
- Salt
- Cayenne Pepper
- 2 tablespoons Parmesan cheese
- 1 tablespoon chopped **parsley**

Toss kohlrabi wedges with olive oil, a large pinch of salt, and a pinch of cayenne pepper. Spread on a rimmed baking sheet. Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes. Toss with parmesan and chopped parsley. Enjoy

How to Roast a Butternut Squash

Preheat oven to 375 degrees F. Using a large, sturdy knife, cut your butternut squash in half lengthwise. Scoop out the seeds and stringy bits from each half and discard (or save for roasting). Transfer the butternut squash, cut-side up into a baking dish and brush with olive oil or melted butter, coating the entire surface of the squash. Season with salt and pepper and brown sugar (if desired). Roast in the oven for approximately 45 minutes, or until soft, and fork-tender. Remove from oven and allow to cool. Scoop flesh from the skin and enjoy plain or in your favorite recipes. (From theforkedspoon.com)