

## IN THE SHARE

- Garlic
- Hot Peppers
- Radishes
- Beets
- Carrots
- Kale
- Collards
- Leeks

## Choices

Cooking Greens

Squash or Sweet Potatoes

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Dill, Chives, Marigolds

ORANGE: Sorrel, Leaf Fennel, Sunnhemp,

PINK: Parsley, Gomphrena, Salvia

YELLOW: Sage, Lemon Balm, Winter Savory

GREEN: Dill, Cilantro

## Farm Notes

We had a cold weekend but our greens made it through! We're loading everyone up with greens this week just in case we have a damaging frost before the end of the season. Our other cold hardy vegetables such as beets and carrots seemed to make it through the frost just fine, and we looking forward to another good harvest of those veggies towards the end of the week.

For this week's pickup everyone will have an opportunity to take home sweet potatoes, butternut squash, or a mix of both. In order to keep the line moving we will set up a separate area for you to choose and weigh your own sweet potatoes or squash. Staff will be close by to help answer questions.

## In the PYO: Cold Weather Herbs & Flowers

The temperature drop finally took out the last of the basil and a few flowers as well. Still, there are a few herbs that endure and even seem to thrive in this chilly fall weather. Check out different spots of the PYO to find these cold hardy herbs



### FENNEL

Use these feather-light anise flavored fronds in dressings and salads, or pair with mushrooms and onions in a simple sauté. Find the fennel patch in the orange pick-your-own next to the formerly flowering marigolds.

### SAGE

Commonly used in sausage and holiday stuffing, sage also thrives in the cold. A few leaves goes a long way, so there's no need to pick a lot. Sage leaves dry easily. Make a tiny bundle of leaves and leave hanging upside-down in a dark and dry place such as a cabinet or pantry. Find the sage in the yellow pick-your-own.



### SALVIA

The salvia at the top of the hill is also doing very well, though it may be its last week. To find it use the tractor aisle between the pink and yellow pick-your-own gardens, and walk towards the shed at the top of the hill. Salvia is also a great dried flower, so you may want to pair some with gomphrena for a small bouquet in a dry vase (no water necessary). It is best to keep dried bouquets out of direct sunlight to prevent color from fading.

# Recipes

**Veg- Vegetarian** **DF- Dairy Free** **GF- Gluten Free**

## Gumbo z'Herbes **Veg, DF, GF**

Want to use a lot of greens quickly? This recipe from The Washington Post uses all types of greens. Finished gumbo can be refrigerated for up to 1 week or frozen for up to 3 months. (Makes 12 servings)

3lbs **greens** (any combination of **mustard, kale, collard, or beet** greens)  
8 cups vegetable broth  
Water, as needed  
1/2 cup vegetable oil  
1/2 cup flour  
1 large onion, finely chopped (2 cups)  
2 medium bell peppers, seeded and finely chopped (2 cups)  
3 ribs celery, finely chopped (1 cup)  
6 cloves **garlic**, finely chopped  
2 teaspoons ground cayenne pepper  
2 teaspoons smoked paprika  
2 teaspoons fine sea salt, plus more as needed  
1 teaspoon freshly ground black pepper, plus more as needed  
12 cups cooked white or brown rice



After washing the greens remove any tough stems and chop leaves into 1-inch pieces. Place greens in a large pot, cover with the broth, adding water (if needed) to cover the leaves. Bring to a boil over high heat, then reduce the heat to medium so that the liquid is barely bubbling. Cook the greens until very tender, about 40 min. Remove from heat.

While the greens are cooking, make a roux. Heat the oil in a large heavy pot over medium heat. Once the oil shimmers, whisk in the flour until smooth. Reduce the heat to medium-low; cook, stirring constantly, until the mixture turns a light brown color, 10 to 20 minutes. Stir in the onion, bell peppers, celery, garlic, cayenne pepper, paprika, salt and pepper. Cover and cook, stirring occasionally, until the vegetables are very tender, about 20 minutes.

Drain the cooked greens, reserving the liquid. Transfer the greens to the pot of vegetables. Measure the reserved cooking liquid and add 8 cups of it to the pot. Increase the heat to bring it to a boil, then reduce the heat until the liquid is barely bubbling. Cook for 10 minutes, just to incorporate all the flavors. Taste, and add salt and pepper as needed. Divide the rice among serving bowls, and ladle a cup of hot gumbo over each portion. Garnish with chopped chives or scallions.

## Sage and Fennel Finishing Salt **Veg, DF, GF**

This combo of herbs goes well with dishes featuring white beans, mushrooms, or pork. Roughly chop a small bunch of **sage** and a medium bunch of **fennel**. Next, use a food processor to grind the herbs along with a ¼ cup of coarse salt. Use in place of salt in recipes or sprinkle sparingly onto the top of a dish just before serving.