

IN THE SHARE

- Winter Squash
- Garlic
- Greens Choices
- Roots Choices
- Summer Choices

PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

RED

Lovage, Oregano, Chives
Tarragon, German Thyme,
Peppermint, Spearmint,
Lavender, Russian Sage,
Marigolds, Dill, Jasmine-
Scented Nicotiana

ORANGE

Sorrel, French Thyme,
Gomphrena, Sunflowers,
Orlaya, Celosia, Tithonia,
Snapdragons, Calendula,
Lamb's Ear, Cosmos

PINK

Parsley, Zinnias,
Sunflowers, Statice,
Basil (lemon/Thai/Italian),
Cilantro, Strawflower, Dill,
Pincushions, Cosmos

BROWN

Verbena
Fennel
Black-Eyed Susans

YELLOW

Lemon Balm
Sage

Need help finding or using the flowers and herbs in the PYO? Just ask a RWCF staff member or volunteer!



Compost Crew Tour

Friday, Sept 27th @ 4 pm

[REGISTER NOW](#)

tour @ Butler's Orchard, followed by happy hour at Doc Waters Ciderly

FARM UPDATES

This week's share is illustrative of why the Fall CSA session (and the Fall season in general) is my favorite. It's like a compacted version of the whole growing season, right here in one share! You get a little taste of summer—the last gasps of tomatoes, squash, eggplant and peppers; a little taste of spring—greens, radishes, turnips; and then the fall staples that are going to hold on until winter—garlic, sweet potatoes, winter squash. Plus, the weather is lovely. The humidity is mostly gone, the heat has tempered, and even when it's raining, at least the rain isn't cold yet!

The share also mirrors what's happening in the fields. We're finishing up the summer beds—pulling out tomato plants, clearing summer squash fields, planting cover crop; and at the same time, we're weeding rows of kale, thinning choy beds, harvesting winter squash, and tending our root crops. This time of change and transition is both comfortably familiar and thrillingly new each year. We hope you find this week's share to be the same for you—savoring the last of your summer favorites, while rediscovering the delicious array of flavors that Fall brings to your plate.

PYO HIGHLIGHT: Cosmos

By Clare Carillo [additional information by Rachel Armistead]



Cosmos are native to Mexico [and in the same family as sunflowers]. Cosmos [refers to the genus, and is also] the scientific name [of the common flowering plant we have in the PYO]. The two major species are *Cosmos bipinnatus* and *Cosmos sulphureus*. Garden cosmos are *C. bipinnatus*, which is a large plant with lacy foliage [and flowers in shades of pink, purple and white] and *C. sulphureus* with smaller flowers in yellow, orange and warm red. These cosmos are annuals which are tender, but grow easily from seed in well-drained soil in full sun and can get very tall. One type, called Klondike, is an old-fashioned variety which can grow to over 6 feet tall! Smaller types of cosmos can be used as bedding plants. Sonata, which is a [bedding type] cosmo won a Fleuroselect Gold Medal in 1992 for its [beautiful white flowers] and wind-resistant growth habit. I chose cosmos because I get to harvest them at the farm and they come in pretty colors.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Stuffed Acorn Squash **GF DF Veg**

I love winter squash of all kinds and prepared in all sorts of ways. But it doesn't get much easier (or more delicious) than throwing a bunch of stuff in the hole you just scooped the seeds out of and popping it in the oven! Here's a fun version of that from the [CSA Recipe Index](#)—an easy and hearty vegetarian meal from the Fall of 2020.

INGREDIENTS

- **1 large or 2 small acorn squash, halved and seeded**
- 3 tbsp plus 1 tsp extra virgin olive oil, divided
- Coarse salt & fresh ground black pepper
- 1 diced large onion
- **1 tsp chopped fresh sage**
- **1 tsp fresh thyme**
- ½ cup cooked white beans
- ½ cup cooked quinoa
- **1 cup chopped kale (or any green you like)**
- 2 tbsp chopped toasted hazelnuts, divided
- 1 lemon, or lemon juice



DIRECTIONS

1. Heat oven to 400 degrees. Brush squash with 1 tsp oil and season with salt and pepper.
2. Roast cut side down until tender, about 30 minutes. Remove from the oven and set aside.
3. Heat 1 tbsp in a medium skillet over medium heat. Add onion and cook, stirring, until tender, about 6 minutes. Add sage, thyme, beans, quinoa, and kale. Cook, stirring, until greens wilt, about 2 minutes. Season with salt and pepper.
4. Divide stuffing between squash halves and roast until golden, 15-20 minutes. For each serving, sprinkle with hazelnuts, drizzle with the remaining oil, and finish with a squeeze of lemon. Garnish with parsley, pomegranate seeds, and slivered almonds if you're feeling fancy!

Creamed Shishito Peppers **GF Veg**

I love blistered shishitos as a fun appetizer, but anything can get boring if you only do it one way all the time. That's why I was intrigued by this recipe one of our CSA members sent me. If you don't like heat of shishitos, I suspect you could do this with any flavorful pepper and get similarly delicious results!

INGREDIENTS

- 1 tablespoon olive oil
- **8 ounces shishito peppers, stemmed and sliced into rounds**
- 2 medium shallots, thinly sliced
- **2 garlic cloves, thinly sliced**
- Kosher salt and freshly ground black pepper
- 1 cup heavy cream
- 1 ounce grated Parmigiano-Reggiano
- Pinch freshly ground or grated nutmeg



DIRECTIONS

1. In a medium skillet, heat oil over medium heat until shimmering. Add shishitos, shallots, and garlic, season with salt and pepper, and cook, stirring frequently, until vegetables are softened but not browned and shishitos are still bright green, 5 to 7 minutes.
2. Add heavy cream and bring to a rapid simmer. Continue to cook, stirring frequently to keep vegetables from sticking and cream from scorching on the sides of the pan, until cream is reduced to a saucy consistency, 5 to 7 minutes.
3. Remove from heat, add grated cheese and nutmeg, and season with salt and pepper to taste. Serve over steak, on tacos, on eggs, on pizza—anywhere you want a combo of spicy and creamy!