

## THIS WEEK'S HARVEST

- Acorn Squash
- Carrots
- Cucumbers
- Garlic
- Kohlrabi
- Kale
- Leeks
- Red Onions
- Sage
- Sweet Peppers
- Yellow Potatoes
- Yellow Sweet Onions



## Carrot Cashew Curry from The Enchanted Broccoli Forest

Serves 6

Preliminary: put up some rice to cook before you begin. Use 3 cups water to 2 cups rice. Bring to a boil together have, cover, and turn heat to very low. White rice (plain or basmati) will be done 20 minutes later. Brown rice (plain or basmati) will be done 40-45 minutes later.

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|---|-----------------------------|
| 1 Tbsp canola or peanut oil             | 1 tsp ground coriander      |
| 1 Tbsp grated fresh ginger              | 1 tsp ground cumin          |
| 1 tsp mustard seeds                     | 1 tsp turmeric              |
| 1 tsp dill seeds                        | 4 large clove garlic, mined |
| 2 cups sliced red onion                 | 2 tsp salt                  |
| 2 medium-sized potatoes, thinly sliced  |                             |
| 5 large carrots, thinly sliced          |                             |
| 2 cups orange juice                     |                             |
| 1/4 tsp cayenne (to taste)              |                             |
| 1 medium red bell pepper, thinly sliced |                             |
| 1 cup yogurt                            |                             |
| 1 1/2 cups toasted cashews              |                             |
- Chutney (used as a topping, if available)

Heat a large, deep skillet or Dutch oven. Add oil, ginger, mustard seeds, and dill seeds, and sauté over medium heat for 3 to 5 minutes, or until the seeds begin to pop. Add the remaining spices, and the onion, garlic, salt, potatoes, and carrots. Sauté for another 5 minutes, then add the orange juice. Cover, turn the heat to medium-low, and simmer until the potatoes are tender (15 minutes).

Add the cayenne and bell pepper. Cover and let it stew another few minutes, until the peppers are just barely cooked. (At this point it can be set aside until shortly before serving time.)

Heat the curry just before serving, stirring in the yogurt at the very last minute. Serve over rice, topped with cashews and chutney.



**Acorn Squash:** Acorn are a medium skinned squash that can be tough to cut. They are good candidates for softening in the microwave or oven before cutting (be sure to pierce the skin first). If however, you have a sturdy knife and hand, you will be able to slice through your acorn. Medium-skinned squash have dry, starchy flesh with a fine texture and mild sweetness. Baking squash concentrates its flavor, while steaming give it a light texture and emphasizes sweetness. Steaming also dilutes the flavor a bit, so it's best for richly flavored varieties like buttercup and kabocha. **Store at room temperature. On your kitchen counter works well.**



## Very Much-Marinated Potatoes

from The Enchanted Broccoli Forest

Serves 6-8

The potatoes are cooked right in their marinade, which infuses them with intense flavor. The ingredients are not unusual, but somehow the result far surpasses the sum of its parts. If you have any of these potatoes left over, try adding them to a panful of sautéed onions and heating them up for breakfast. These just might be the best home fries you've ever had!

14 (2 1/2 inch diameter) potatoes, unpeeled and diced  
1 cup red wine vinegar  
5 cups water  
8 medium cloves garlic, peeled and sliced in half lengthwise  
2 tsp salt  
1 cup thinly sliced red onion  
Fresh black pepper to taste

### OPTIONAL ADDITIONS:

A drizzle of extra-virgin olive oil  
Small amounts of minced fresh parsley, basil, and/or chives  
Very thinly sliced bell pepper  
Small, pitted Greek olives - for the top  
Sliced cherry tomatoes - for the top

Place the potatoes, vinegar, water, garlic, and salt in a large pot. Bring to a boil, lower heat to a simmer, and cook uncovered until the potatoes are tender but not mushy (about 15 minutes). Drain and transfer to a medium-large bowl. Stir in the red onion while the potatoes are still hot, and season to taste with black pepper. Allow to cool to room temperature.

If desired, drizzle with extra-virgin olive oil to taste, and stir in some herbs and sliced bell pepper. Serve at room temperature or cold, plain or garnished with olives and/or cherry tomatoes.

**Leeks:** They're big, and they're ready for soup season! So far, these are the most impressive leeks we've grown. We have the rain to thank in large part, as members of the allium family (like onions and shallots) do well with lots of water. Timely cultivation and ample water made for some nice looking specimens. Handle them as you would smaller leeks, taking the time to peel back green parts to reveal hidden sand and soil. Rinse thoroughly, then slice into rings or half moons. **Store in the fridge wrapped in loose plastic, and use within 2 weeks.**



## Celebrating the Carrot, Lamenting the Lettuce

You win some, you lose some. We all know this saying of course, but sometimes our tendency is to focus on the losses more than the victories, as disappointments often feel pretty heavy. Every year and every season the farm and nature challenge us to balance out the wins and losses. And since no two seasons are alike, a victory one year can unexpectedly lead to a major flop the next! As farmers who still have so much to learn, navigating this tumultuous journey often feels rather frustrating. Let's take last season for example. Beets crops were a bust. Lettuce crops were robust. Cauliflower was plentiful. Onions were marginal. Then we moved into the current season, and I knew I needed to up the ante on beets and onions, but felt confident in my plans for lettuce and cauliflower. Well, the convergence of several factors (such as rain, deer, our experience level, and fertility issues in the soil) took me by surprise and left us without a cauliflower crop and very meager lettuce yields from mid-season on. *What the heck?!* I am asked week after week at the Farmer's Markets "will you have lettuce soon?", to which I have often answered "Yes. . . I hope so!" Alas, best laid plans do not always work out. After losses from deer, bolting and drowning have been counted, my lettuce crop for late summer/early fall is deemed a loss. This is a disappointment for many, but there is still a flip side. The good news is that our onions, potatoes, garlic, peppers, squash, carrots and broccoli have done beautifully this season. Good yields of attractive crops make up for the losses. A bag of carrots still cannot stand in for a nice, crisp head of lettuce, but chances are, next season will be better. We appreciate the support of our CSA members who realize that the challenges of farming bring about growth that strengthens the whole organism, making successes more likely in the seasons to come. So, we eat more carrots in the meantime and be glad! And for what it's worth, I should tell you that fall salad mix has officially germinated in the hoop house, bringing with each tiny seedling the hope of good yields for late season.

## Squash, White Bean and Kale Soup

from Farm Fresh and Fast

1 med onion  
2 Tbsp butter, coconut oil, ghee, or bacon fat  
2 cloves garlic, minced  
1 quart slightly undercooked white beans (2 cups dry or 2 [15-ounce] cans)  
1 medium winter squash, diced  
4 cups broth  
Salt to taste  
1 large bunch kale (about 12 medium to large leaves), stemmed and chopped  
1 small bunch fresh Sage (8-10 leaves) or a generous pinch dried Sage  
6 slices cooked bacon, chopped (optional)

In a large stockpot, sauté the onion in the fat until translucent, about 5 minutes. Add the garlic and cook for 1 minute more. Add the cooked white beans, squash, and broth. Stir, add salt, and bring to a simmer. Cook until the squash is tender, 15-25 minutes. Remove about 2 cups of the soup and purée until smooth. Return the purée to the pot, add the kale and Sage, and stir. Cover and simmer until the kale is tender, 5-10 minutes. Serve topped with bacon if desired.

**Sage:** Sage is an herb from an evergreen shrub that belongs to the mint family. It's long, grayish-green leaves take on a velvety, cotton-like texture when ground lightly and passed through a coarse sieve. Sage enhances meats, lamb, pork and sausage. Chopped leaves flavor salads, pickles and cheese, and they have an astringent but warm flavor. Crumble leaves for full flavor but use ground Sage sparingly, as foods absorb its flavor more readily than leaf Sage. It is a wonderful flavor enhance for seafood, vegetables, breadsticks, corn breads, muffins and other savory breads. Top swordfish, steaks, chicken, and turkey pieces with Sage-Lemon Butter. Rub Sage, ground black pepper, and garlic into pork tenderloin or chops before cooking. **Store in the crisper wrapped in loose plastic or a damp paper towel for up to one week.**

