

October 16th and 18th

Hard to believe that it is our second to last week for the summer CSA and the farmer’s market. This week we made more progress with our new field—seeding cover crop, but leaving a space for our fall planting of garlic for next year. We want to invite all of you to our first annual garlic planting party Saturday, November 2nd.  We’ll start planting at ten a.m., we'll break for a potluck lunch and go until all the garlic is planted and mulched.  Wear clothes you don't mind getting dirty and bring gloves and a dish for lunch.  We'll have hot drinks available.  The Rain date will be Sunday the 3rd. The garlic is going in to our new upper field, so RSVP for directions. We hope to see you there!

This week’s share has the first brussel sprouts of the season! We’ve been waiting for a frost to make them sweeter—but given that there are only two weeks left of the CSA, we decided we would just start picking them—and they are delicious even without the frost.

* Kale or Bok Choi
* Potatoes (Katahdin, Yukon Gold, and Russet)
* Head Lettuce
* Baby Beets and Beet Greens—Beet greens are a delicious cooking green, like a mix between chard and spinach—don’t forget to chop off the roots and store them separately if not eating right away
* Brussel Sprouts
* Eggplant or Zucchini (Full and Half shares only)
* Gilfeather Turnip
* Bleu de Solaize Leeks
* Carrots (Full share only)

Recipe of the Week: Roasted Brussel Sprouts

 Preheat oven to 400. Use as many brussel sprouts in this recipe as you would like to eat. Rinse sprouts and mix in a bowl with a drizzle of olive oil (enough to coat), a pinch of kosher salt, and some pepper. Spread out on a sheet pan and bake for 35 to 40 minutes – stirring every ten minutes or so to ensure even cooking-- until crisp on the outside and tender on the inside. Sprinkle another pinch of salt and serve immediately.

Optional: add some peeled cloves of garlic for the last 15 minutes of baking, or sprinkle with parmesan cheese just before serving.