

October 23rd and 25th

The last CSA pickup of the year! I always feel a mix of emotions putting the field to bed at the end of the growing season—excitement for the change in season, time to work on other projects and plan for next year, and sadness at the end of all the plant life, so many months to go until conditions will be right to start planting and growing again. We really want to thank all of you being a part of our CSA this year. Providing vegetables through our CSA is really our favorite way of getting our vegetables out there into world. We love getting to know you all through the season and we love trying to make your share as abundant, delicious, and interesting as possible from week to week. We love to hear suggestions and feedback about what you enjoyed and what you would hope for in the future. We hope you’ll join us again next year!

This week we have two fall treats—sweet potatoes and popcorn! The popcorn will have more “pop” if you leave it by the heater or wood stove for a while before trying to pop it. The kernels need to have a very low moisture content before they will really pop—so the longer you let the kernels dry out, the better the popcorn.

* Salad Mix or Arugula
* Spinach
* Kale or Chard
* Carrots
* Beets
* Copra Onions
* Potatoes (Yukon Gold, Russet and Adirondack Blue)
* Herb Choice (Fennel, Dill, or Cilantro)
* Sweet Potatoes
* Popcorn

\*\*Mark your calendar for our first annual garlic planting party Saturday, November 2nd\*\*

Recipe of the Week: Sweet Potato Fries

Preheat oven to 450. Wash and slice sweet potatoes into ¼ wide slices, then cut/slice into thin strips. Toss sweet potato slices with enough oil to coat in a large bowl. Sprinkle with coarse salt and black pepper (and a dash of paprika if desired). Spread in a single layer on a baking sheet. Bake until tender and lightly browned—turning every 5-10 minutes to ensure even crisping (total bake time about 20-30 minutes depending on how thinly you slice your potatoes).