

September 11th and 13th

 Despite the warm spell predicted by the weather reports, it truly feels like fall is coming. Here at the homestead that means that we’re trying to protect our crops from the cold weather with various coverings—harvesting all we can of the frost sensitive crops—and trying to get our cover crop seeded so we can build our soil fertility for next year. Sadly, (or happily, depending on which way you look at it) our tomatoes are on their way out—we’ve had our fill of tomatoes this year, and though we could always hope for a few more, we also feel a bit relieved to have a smaller harvest of all those fruits this weeks.

* Tomatoes
* Danvers and Nantes Carrots
* Kale (Rainbow Lacinato, Red Russian, Curly)
* Onions (Copra, Rossa di Milano, Cippolini)
* Arugula
* Sweet Peppers (Green Bell, Yellow, Jimmy Nardellos, Purple)
* Cauliflower or Broccoli or Purple Kohlrabi
* Purple Sun Potatoes
* Zucchini (Full shares only)
* Radishes (Full shares only)

Recipe of the Week: Sweet Pepper and Brassica Stir-fry

 Peel and cut two onions in half and then in thin slices. Saute on medium-high heat in a large frying pan or wok with ~ 2 tablespoons olive oil. While onions cook, wash 1-2 sweet peppers, cut in half and remove seeds, then slice into thin slices. Wash and cut brassica of choice (broccoli, cauliflower, or kohlrabi) into bite size pieces. Mince two cloves of garlic. When onions have become translucent, add peppers, brassica, and garlic to the pan. In a small bowl, mix 1-2 tablespoons soy sauce, 1 tablespoon honey, maple syrup, or brown sugar and 1-2 tablespoons rice or apple cider vinegar. Add this mixture to the veggies and continue cooking on medium-high heat, stirring frequently, until brassicas are tender but not mushy (~5 minutes). Turn off the heat, and drizzle with sesame oil to taste. Add a pinch of salt, pepper, and hot pepper flakes, if desired. Serve alone or with rice. \*Optional: add a tablespoon or two of peanut butter to the soy sauce mixture and mix well for a peanut sauce version of this recipe.