

SUMMER CSA Newsletter, WEEK 6



What's in your box?

Beets

~Red Ace (deep red) or Chioggia Beets (striped center) ~

Okra

~Fry it, stew it, store it, put it in a gumbo. It's a cajun delicacy!~

Carrots

~Balelo storage carrots. Best for cooking. ~

Sweet Potato Greens

~One of my favorite cooking greens. Mild, indistinct flavor. Great for

sautee and soups. The stems are eatable as well. I like to chop the stems and sautee them first to soften, then add greens.~

Time to Register for the Fall CSA

Good afternoon!! If you didn't know, this is Stephen writing your weekly CSA Newsletter.

I've been with Inglewood Farm for almost 5 years, and I am so proud of the strides this farm has made, and will continue to make. I will be moving on in a couple months to a new farm in Richmond, Texas. I will be helping them accomplish the same things that we've been able to here in Louisiana. I'm excited for the opportunity, but also sad to leave my home and life here in Cenla. Thank you all for your support, from the bottom of my heart. You have been a blessing to me, Inglewood Farm and my family. Your support of our CSA program has furthered the success of all organic local farms in our State. We couldn't change food culture without you.

That leads me to my next point. Only 2 weeks left in the Summer Share, that means it's time to register for Fall. The Fall is one of our large seasons, filled with a bit of almost everything we can grow year round. Register now, and get an early jump on the Fall Season. Below are the details.

Oct. 14th - Jan. 4th

12 weeks @ \$27/week = \$324.00

Egg Share Add On Available \$72 (\$6/week)

What to Expect:

Tomatoes, Squash, Zucchini, Cucumbers, Kale, Kalettes, Cabbage, Bok Choy, Spinach, Sweet Potatoes, Potatoes, Beets, Carrots, Radish, Head Lettuce, Salad Mix, Arugula, Green Onions, Green Garlic, Mustard, Collards, Cauliflower, Chicories, Broccoli, Broccolini, Rainbow Chard, Herbs, Pumpkins, Winter Squash, Okra, Satsumas, Sugar Cane, Kohlrabi....so much more!

Pickup Locations:

Lafayette Horse Farm Sat

Alexandria Harvest Barn Market Sat

Lake Charles Cash and Carry Tues

Fort Polk / DeRidder Tues

West Monroe For His Temple Tues

Natchitoches Wed

Alex Harvest Barn Market Thurs

New Orleans (Algiers Crossfit, Spirit Wine,
Nola CoOp Thurs

Baton Rouge through Indie Plate

Storage of Produce:

[SAVE this Proper Handling Manual](#)

Roots: Remove roots from stems and leaves right above the root flesh. Store separately in containers or plastic bags in you refrigerator.

Greens: Remove rubber bands, wrap in plastic bag or store in container in your refrigerator.

Bagged Greens: Remove from plastic bags, dry with paper towel, insert back into plastic bag including a square of a dry paper towel, seal and keep in refrigerator's crisper.

Tomatoes/Winter Squash/Onions: Store these summer items on your counter, not in the refrigerator

Let us know if you have any questions or comments. Thank you!

Recipes of the Week:

Okra - [Okra Stew](#)

Sweet Potato Greens - [Delicious Sweet Potato Greens](#)

Beets and Carrots - [Summer Beet and Carrot Salad](#)

Bon Appétit!!