

CSA NEWSLETTER, FALL, WEEK 1



Baby Beet Greens
Braising Mix
Arugula
Salad Mix
Green Italian Basil
Red Rover Radishes
Peppers, Farmer's Choice

Welcome to the 2014 Fall CSA Season! Are you as psyched about the cooler weather as we are? We thought so...

Going to take care of general housekeeping in this week's newsletter and get everyone on the same page for the next 12 weeks.

Pickup Procedure

Tuesday, Thursday and Saturday Market pickups will all have a separate table for just CSA boxes and egg shares to be picked up. There'll be roll sheets on the table. Please remember to check your name off, attendance counts for half of your grade!

We ask that everyone picking up at farmers' markets make their best effort to leave the box. This means unpacking your box into bags that you get from us (good) or bring from home and reuse (even better). Everyone in previous sessions has made an honest effort to bring back their boxes but we've found that the return process can get complicated in a hurry and we'd like to keep the boxes around as long as we can, as we can reuse them up to ten times.

Changing your pickup day/time

We're willing to do anything we can to accommodate members when they have a need to make changes to their pickup day. If you want to permanently change your time and location just email us (css@inglewoodfarm.com) and we'll make the switch. No biggie. For temporary changes, like when you're out of town or have a rousing game of 6 year-old soccer to spectate on a Tuesday night, you're welcome to change your day for the week but we've got to know no later than the Thursday prior to the day you'd like to change. Just shoot us an email and we'll confirm the change as soon as we can.

Also, if you're running late and won't make it to your pickup or you realize that it's Tuesday evening and your supposed to grab your box but you're 2 hours away you can let us know (email/call) and arrange for us to hold your box in the cooler until you can come to the barn and grab it.

Unclaimed boxes belonging to members that we haven't heard from by the end of the pickup and made arrangements with will be donated. If you ever need to have someone else pick up that isn't a big deal, either. Just let them know that they've got to check you off and that's that.

Following these policies are going to ensure that we're able to maintain some flexibility with everyone's schedules and that as little food goes to waste as possible.

Egg Add-On

Here's how it works:

You prepay for a dozen eggs a week to be picked up when you grab your share. They're going to be \$4.50/dozen rather than the usual market price of \$5. So, \$55 for 12 weeks of our pasture-raised eggs. When you grab your box just look for the cooler under or next to the table and grab your eggs after checking your name off of the CSA roll sheet. The egg-share's a great way to save a little \$ and avoid the checkout line at market if you're the grab-your-box-and-go type and to ensure you will not miss out on eggs if you come late to market. Just let us know at market and we will add the egg share for you.

Payments

If you took advantage of our payments plan, your balance is due at pick-up. Let us know you need to pay your balance and we will get you squared.

Now for the eating...

Recipes:

Beet Greens, you ask? Don't toss 'em, they are delicious and nutritious! Not only are they great for juicing, they are a nice earthy addition to your plate. We included baby beetroots on the bunch so you could enjoy them on your salad greens, sooo good.

1 bunch beet greens, stems removed
Inglewood Pecan Oil, to taste
1 clove garlic, minced
1/4 teaspoon crushed red pepper flakes (optional)
salt to taste
freshly ground black pepper to taste
1 lemon, quartered

Bring a large pot of lightly salted water to a boil. Add the beet greens, and cook uncovered until tender, about 2 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the greens are cold, drain well, and coarsely chop.

Heat the olive oil in a large skillet over medium heat. Stir in the garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Stir in the greens until oil and garlic is evenly distributed. Season with salt and pepper. Cook just until greens are hot; serve with lemon wedges.

Pro Tips:

Be sure to remove rubber bands from all bunches to encourage airflow, also separating roots from the greens will prolong freshness.