

## FALL CSA NEWSLETTER, WEEK 3



Kale, Dino  
Salad Mix  
Arugula  
Beets, Red Ace  
Turnips, Hakurei  
D'Avignon, French Breakfast Radish  
Green Bell Peppers  
Italian Large Leaf Basil

The mountains of salad greens and kale are upon us. The mild weather and showers have helped everything really explode in the field. Steady transplanting and seeding in the field can be taxing but the work is worth it. We have full beds of broccoli, kale, carrots, and fennel? growing and it's truly amazing. A couple of crops being planted this month are strawberries and garlic. We have to wait a while to harvest (you won't see any fruits in your box this season) but these two are top requests from market goers and staff alike. We will use an implement we call "the transplanter" to speed up the planting process. This gives our backs a break and gets the job done in half the time. So if you see us in the field sitting down, we are working, we just don't want to break our backs. ☺

One of my favorite leafy greens, Dino Kale, has made it into your box this week! Kale has been an all-star in our vegetable patch over the last several seasons. This green keeps well (as long as you remove the rubber band) and can be used for almost any meal. Eat it raw in a slaw or smoothie or even cook it into your favorite stew or curry. You name it, I've probably tried it. Kale gets a bad rap for being bitter or plain but it just needs a good belly to call home.

Kale seed has been scarce due to a seed crop failure this year. This has put fear into the hearts of farmers all over the country. I was told a story recently of some farm friends sharing seed because of the shortage. Needless to say I am glad we kept some seed from last season.

Beets. I have to say are another top tier veggie on my list. These globes of deep red with stain everything if you're not careful but the Vitamin A & C in these guys is certainly worth the trouble. Raw is my favorite way to eat these guys. Pickled is the most common introduction to these roots and will sometime stain your taste buds, but just give these roots a try. Let us know how you cook them. We want to share your recipes with other members. This week you will see a fellow CSA member's recipe! We want to include your favorites too. So send them to Elizabeth ([csa@inglewoodfarm.com](mailto:csa@inglewoodfarm.com)) so we can include a member recipe each week.

## RECIPES

### Fall Slaw

4 cups shredded veggies (kale, hakurei turnips, radish, beets)  
5 scallions chopped

Dressing:

3/4 cup yogurt or 1/2 cup mayonnaise  
2 Tbs. lime juice  
2 Tbs. cider vinegar  
1 Tbs. honey  
1/4 cup dill  
1 tsp. salt  
3 cloves of garlic, minced

Blend dressing and toss with veggies. If time, let chill and stir occasionally so the dressing can soak into the veggies.

### Turnip Green Pesto

1 head garlic  
1 1/4 ozs. Almonds, toasted and roughly chopped  
(1/4 cup) Extra-virgin olive oil  
1 oz. Parmesan cheese, grated, (1/3 cup)  
1 large bunch Turnip greens, stems discarded, roughly chopped (about 4 cups)  
coarse salt and freshly ground pepper

Preheat oven to 375. Trim off tops of garlic heads, drizzle garlic with oil and wrap in foil. Roast until flesh is completely tender, about 1 hour. Let cool completely. Squeeze garlic from skins, discarding skins.

Pulse garlic, almonds, cheese, Turnip greens, salt & pepper to taste in a food processor until rough chopped. Add olive oil to mixture and process until desired consistency. Pesto can be refrigerated up to 3 days. This looks fabulous served in a hollowed out turnip.