

## FALL CSA NEWSLETTER, WEEK 6



Green Cabbage  
Mustard Greens  
Tatsoi  
Beets  
Head Lettuce  
Root Vegetable Medley  
Peppers  
Kale  
Kohlrabi

Now that the holiday season is fast approaching, I would like to remind everyone that we are happy to accommodate schedule/pickup location changes. Please give us 48 hours advanced notice for any schedule changes. Our crew harvests and packs your share in good faith you will pick up on your scheduled day/location, allowing us to eliminate waste.

While we are on the subject of schedule changes - Thanksgiving is only a few weeks away. To ensure everyone gets his or her produce in time for Thursday's dinner preparations we will be making the following schedule changes.

If you normally receive your CSA on:

- **WEDNESDAY**, we will deliver on **TUESDAY**
- **THURSDAY**, we will deliver on **WEDNESDAY**

The time of day will be the same; only the day of the week is changing. We will also change Pineville and Leesville market on Wednesday afternoon, so if you need to pickup any last minute ingredients, we got you covered. If these schedule changes are not accommodating for your schedule and you would like to make other arrangements, please contact Elizabeth in the farm office at 318-442-6398 or send an email to [CSA@inglewoodfarm.com](mailto:CSA@inglewoodfarm.com).

Please feel free to contact us about anything regarding your CSA membership, anytime. Our goal is 100% satisfaction for all members, and your feedback is important to us. Please share your input and allows us to make good on our word.

This week brings us to the midway point of the Fall season and a good time for a progress report. How are we doing? What would you like to see in the upcoming weeks? Upcoming seasons? What's your favorite vegetable? What is our favorite recipe? We want to know!

## **CHIRSTY'S RECIPE**

*My great grandmother made what she always called gumbo verte (green gumbo). You can find it called Gumbo z'Herbes at the Gumbo Shop in New Orleans and sometimes in other spots, especially at New Years or during Lent. I always add high quality Andouille (for the smoky flavor) and heartiness, but this gumbo is easily revised and wonderful as a vegetarian version.*

### *Gumbo z'Herbes (Gumbo Verte)*

#### *Ingredients*

- 3 tablespoons rendered bacon fat
- 1 ham hock, about 2 pounds, with several 1/2-inch slits cut into it
- 2 cups chopped onions
- 2 tablespoons minced garlic
- 2 bay leaves
- 4 sprigs fresh thyme
- 1/2 teaspoon cayenne pepper
- 5 assorted bunches of greens, such as spinach, collards, mustard greens, turnip greens, watercress, chicory, beet tops, carrot tops, or radish tops, washed, rinsed and chopped
- 1 bunch parsley, chopped
- 1 bunch green onions, chopped
- 1/2 small green cabbage, chopped
- 2 quarts chicken broth or 2 quarts water
- Salt and pepper
- File powder (optional)
- Cooked white rice for serving with gumbo

#### *Directions*

In a stockpot or large saucepan, heat the bacon fat. Add the ham hock and onions and cook for 10 minutes, until onions are softened and slits in ham hock have begun to open up. Add garlic, bay leaves, thyme, and cayenne pepper and cook for 2 minutes, stirring occasionally. Add chopped greens, parsley, green onions and cabbage and cook for 10 to 15 minutes, stirring frequently, until greens are wilted. Add broth or water and increase heat to high. Bring to a boil, skim surface, and reduce heat to a simmer. Cook for 2 1/2 hours, until greens are very tender. Season with salt and pepper and add file', to taste, just before serving in large bowls over hot cooked white or brown rice.

Thank you CSA Member, Christy, for sharing this family recipe:

If this is your first CSA Rodeo you may be asking yourself "What is Kohlrabi?" Kohlrabi is a cabbage relative; with Kohl the German word for Cabbage, and is delicious raw or cooked just like its leafy cousin, head cabbage. The texture is similar to a turnip and can be peeled or not as a matter of preference. My favorite way to use kohlrabi is pureed with butter as a low carb substitute for mashed potatoes. Boil cubed kohlrabi and boil until fork tender. Puree with butter, cream or yogurt to desired consistency. The leaves are edible as well. So, be sure to chop and prepare using your favorite recipe for cooked greens.

A final note about root vegetables - Be sure to remove the greens from the roots when unpacking your box. This will prolong the storage life of your bounty.