

FALL CSA NEWSLETTER, WEEK 7



Kohlrabi

Bok Choy

Head Lettuce, New Red Fire

Tatsoi

Mustard Greens

Sweet Peppers

Watermelon Radish

Broccoli or Chinese Broccoli (subject to availability)

Dill

We hope your kitchens have been centers of sauté and fluffy salads so far this fall. New veggies this week: Chinese Broccoli, Watermelon Radish, & Dill. Other veggies to expect in the coming weeks are Red Cabbage, Cauliflower, Cilantro, Rapini, Spinach, Beets and squeezing in at the end of the session will be the Carrots. We have been trying to get carrots to your plate for a while but a few things have prevented this winter star from shining. After a failed planting we were sweating bullets, but it seems we are on track now and they are growing strong. Our dates are set for the Winter CSA Season we welcome you to sign up now. The season will begin January 10th and will be a ten-week season and each week you will receive 4-6 items. The total cost for the CSA Share is \$200 and an additional \$45 for the egg add-on.

When the herbs and broccoli start to come in, I know we are near the holiday season. Dill is super versatile and a staple for a kitchen. From pickles to roasted roots, dill can be used fresh or dry and keeps fairly well. So when your dill starts to look weepy just cut the stems and hang it upside down or in your dehydrator to dry.

Getting ready for the holiday season can be stressful but we want to help you stay on schedule. Most people think of 12 pound turkeys around this time or year and wonder what they will do with that much bird. But, if you have a small family and want something a little smaller, we are raising some birds that should be ready for the occasion. We will be offering a variety special for the

holidays so you can get your chicken and a little pork too. Check out the specials when you pick up your box.

Fall Stir Fry

1-2 TBSP vegetable oil
1-2 carrots – cut into julienne strips
1 small onion – sliced
1 bok choy – stems sliced like celery and leaves sliced into thin strips
1 kohlrabi – medium diced
Broccoli/chinese broccoli – cut into pieces
Sweet peppers or bell peppers – cut into strips
Tat soi
Sesame seeds or sunflower seeds
Prepared brown rice

Optional: a protein such as chicken steak or pork sliced thin or cubed tofu

Sauce:

2TBSP rice vinegar or white wine vinegar
1TBSP soy sauce
1TBSP sugar
1/2TSP ginger powder
1 clove diced garlic
Whisk all ingredients together until smooth

Heat 1-2tbsp oil in a large skillet or wok and quickly stir fry your protein until cooked through. Add kohlrabi, carrot, onion, bok choy stems, broccoli, peppers and tatsoi and bok choy leaves in this order stir frying each for a few moments before adding the next ingredient (if you wish you can even strip the greens off the stalks of the kohlrabi and add them with the bok choy, yummy!) Pour sauce over stir-fry and stir to coat

Serve over brown rice with sesame or sunflower seed sprinkled on top

Mustard, tat soi and watermelon radish salad

Mustard greens
Tatsoi
1 medium/large lemon
1 clove garlic – minced
3/4 c pecan oil
White wine vinegar
Watermelon radishes – sliced thin
Salt and pepper

Take several strips of zest from the rind of the lemon and chop finely
Juice the lemon; add garlic and lemon zest then macerate and let sit for 20 minutes
Whisk olive oil into lemon juice mixture, season with salt and pepper and add a splash of vinegar

Put greens in a large bowl, add radish slices and toss with dressing

You may also add sliced fennel, dill, sliced onion, green onion, or scallions to add variety and extra flavor!