

FALL CSA NEWSLETTER, WEEK 8



Broccoli or Cauliflower

Kohlrabi

Head Lettuce

Tatsoi

Red Mustard Greens

Black Spanish Radish

Root Vegetable Medley

Red Cabbage

This past week is definitely one for the history books! Thankfully, it started off right, in good company with a wonderful meal; Chef Marc Krampe's 6-course seasonal menu was phenomenal! It was a pleasure to break bread with so many of our CSA members. We went to bed with full bellies and warm hearts. Waking up Monday morning to a barn fire causes some major setbacks, but that didn't slow our crew down. Everyone has kept a positive attitude and is working hard to keep the farm on track with what tools we have and were already able to replace. We love what we do and it shines the brightest when times may seem dim. As the week comes to a close we are preparing our fields by working together to protect our tender crops from cold temperatures and harsh winds we can't help but have smiles on our faces because of the community outreach and support we have received from our community. We will be sending updates and new developments as they come available and appreciate any suggestions and words of encouragement you want to send our way!

With Thanksgiving just two weeks away I want to remind everyone to make any schedule changes in advance so that we can eliminate any waste. Another option would be to donate your box. If your family will be gone during the holiday, you may donate your CSA box for that week and help provide fresh organic produce for area nonprofits. Just email CSA@inglewoodfarm.com and let us know you would like to donate your box, we will take care of the rest. We are also working to offer a bulk citrus sale allowing our CSA members access to locally grown citrus as an add-on to their weekly CSA box. We will start pre-ordering next week.

We have also set dates for our CSA member exclusive events for this season, so mark your calendar:

CSA Potluck Saturday, November 22nd, 5:00pm

Please bring a covered dish to share, lawn chairs or blankets, and the whole family to enjoy a fun movie in our pecan orchard.

Pickling Workshop, December 9th, 6:00pm – 8:00pm

Learn how to pickle root vegetables and cauliflower!

Recipes

Braised Red Cabbage (pairs nicely with pork!)

1 medium head red cabbage
6 thick slices bacon, cut into lardons ($\frac{1}{4} \times \frac{1}{4} \times \frac{3}{4}$ -inch cubes)
1 medium yellow onion, thinly sliced
2 tablespoons packed dark brown sugar
2 tablespoons Dijon mustard
 $\frac{1}{3}$ -cup apple cider vinegar
1-cup broth

Slice cabbage in half lengthwise. Use a sharp knife to cut a V-shaped notch around the white core and discard it. Slice both pieces in half again so you have 4 quarters; thinly slice each piece crosswise into $\frac{1}{4}$ -inch-thick strips. Set aside.

Place bacon in a large Dutch oven or other large, heavy-bottomed pot with a tightfitting lid over medium heat and cook, stirring occasionally, until browned and most of the fat has rendered.

Add onion and stir to coat in the bacon fat. Season with salt and freshly ground black pepper and cook until the onion softens and the edges begin to brown, about 4 to 5 minutes.

Add the reserved cabbage, stir to coat in bacon fat, and cook until the cabbage begins to wilt, about 4 minutes. Stir in the brown sugar and mustard.

Deglaze the pan with the cider vinegar, scraping up any browned bits from the bottom of the pan with a spatula. Add the chicken broth and season with a few pinches of salt and more freshly ground pepper. Bring to a simmer, then reduce the heat to medium low and cover the pan tightly. Simmer, stirring occasionally, until the cabbage is soft and soupy and the bacon is tender, about 45 minutes. If the cabbage begins to look dry, add more broth or water.

Sweet & Sour Black Radish Salad

2 T Pecan Oil or butter, divided use 2 small/medium black Spanish radishes, cut into $\frac{1}{4}$ inch dice 2 leeks trimmed and thinly sliced $\frac{1}{4}$ cup rice wine or white wine vinegar $\frac{1}{4}$ cup water about 2 teaspoons honey

Cook in 1 T of oil or butter over medium heat the leeks and radishes for about 3 minutes, until softened and beginning to brown. Add vinegar and water and cook, stirring often, until radishes are soft but still a little firm, about 5 more minutes. Add honey to taste. Season with salt and pepper.