

## CSA NEWSLETTER, FALL, WEEK 11



Carrots  
Turnip Greens  
Red Mustard Greens  
Tuscan Kale  
Head Lettuce, Farmer's Choice  
Dandelion Greens  
Collard Greens  
Chinese Broccoli  
Cutting Leaf Celery

This week is our Fall CSA Workshop, and we couldn't be happier to be offering this free workshop to our community. Some of you may be receiving your newsletter earlier than usual this week as we are sending it out earlier to encourage attendance at this week's event. Please join us (bring your friends, too), if you can for our Picking Workshop this Tuesday evening. We will have a pickling demonstration for two pickles, a quick pickle and a shelf stable pickle. You will go home with a sample of our work and recipes so that you may pickle your favorite CSA box items to preserve the harvest.

**What:** CSA Member Workshop Series, Pickling

**When:** Tuesday, Dec 9<sup>th</sup> 6:00 pm (Come early and check out our Farm stand, open 3-6 every Tuesday)

**Where:** Inglewood Harvest Barn

RSVP at our [Facebook Event](#) page or by emailing [CSA@inglewoodfarm.com](mailto:CSA@inglewoodfarm.com)

We really look forward to having you!!

We love thinking of ways to include our community in our farm life and so we have come up with a fun contest for our Winter CSA members. Everyone who signs up for a Winter CSA by January 10th (first day of the Winter CSA session) will be entered into a drawing for a farm stay (one night) at historic Matt's Cabin on the Inglewood Plantation! Everyone who has already enrolled for Winter CSA (THANK YOU!) will automatically be entered into the drawing.

To sign up, please visit our CSA [website](#) Add-on options include an egg share and the citrus sale (for a limited time).

We will be offering our Bulk Citrus Sale for a limited time, so please take advantage of this

great offer while you can. They are local Satsuma's and taste great; we pick out the very best ones for our online orders. \$5 gets you 5 pounds. You may order citrus [online](#) and pickup at your pickup location or market of choice. Simon Citrus Farm is a family farm located in South Louisiana.

For our Pork fans, we are still offering our [Holiday Meat Specials](#) including a whole hog (~250 pounds) for \$450! Any of these specials will make any holiday spread a delight.

## **RECIPES**

**Dandelion Greens** are one of the most nutritious leafy green at Inglewood Farm. Just one cup of raw dandelion greens has almost twice as much Iron and Calcium as a cup of raw broccoli and more than triple Vitamin A. It is a great liver cleanser so would aid in recuperation the morning after your companies holiday party. If you are a juicer, than this green is for you! Just be sure to add with caution, you may not want to over do it because of its bitter taste. It may be used in salad, cooked as any other green or added into soups and dishes. Not into the bitter greens? No worries, this corn bread recipe with sneak this super food into the mouths of the pickiest eaters:

### **Dandelion Corn Bread**

1 cup cornmeal  
1 cup white flour  
2 tsp baking powder  
1/2 tsp salt  
1 large egg  
1/4 cup sugar  
1 cup milk  
1 cup fresh Dandelion blossom petals  
2 tbsp bacon grease or butter

Mix dry ingredients together.

Add all the rest of the ingredients and blend until smooth.

Pour batter into a 9x9 pan, or 10-inch cast iron frying pan.

Bake at 375° for 25 minutes.

### **Carrots with greens are here!**

Be sure you remove the greens to store the carrots, but do not toss them – carrot greens are edible. They are great juiced, you can make pesto with them and my personal favorite is throwing them in the stockpot to make bone or veggie broth. You can store them in a freezer bag in the freezer until it is stock making time.

### **Asian Stir-fry**

1 Bunch Chinese Broccoli - chopped horizontally into squares

1 Bunch Carrots, chopped

1/4 Purple Onion- diced

1 tbsp of fresh ginger- grated

2 Cloves of Fresh Garlic- heavy dice

1 Kohlrabi- peeled and diced into squares

1/8 cup of Fish Sauce

\*\*Chicken Breast optional\*\*

1. Chop and dice all veggies

2. Sautee radish, onion, garlic and kohlrabi until tender

3. Incorporate Bok Choy and ginger and stir fry until stems of Bok Choy are transparent and tender

4. Add fish sauce and season to taste (salt and pepper)

\*\*If using chicken breast, pan sear separately then serve greens on top.

*Enjoy!*