



The Weekly Weeder

A weekly publication for CSA members

SEPTEMBER 30, 2009—BOX #16

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Box Contents & Storage Tips

This box is somewhat smaller as we were under pressure to get our (and your) squash harvested before the predicted frost on Tuesday night. There is not much remaining leaf cover to give them protection. However, we still have a very nice box of produce for you, your friends and your family.

Broccoli— store in a plastic bag in crisper. Use this up quickly since you'll notice some black dots appearing on the florets. The heavy late season dews help spread the fungal spores of *Alternaria* leaf spot. The origin of the disease is not known, but we've seen ideal growing conditions. What this means for many of our late season cole crops (cauliflower, broccoli, Brussels sprouts, kales, cabbage) is still unknown.

Eggplant (half shares only) - The last.

Peppers: We've harvested the last of our peppers, which you'll be receiving in this box and the next:

- Red Italian Roasting Peppers
- Pablano Peppers
- Red Bell
- Jalapeño
- Red Chile

Spinach

Sautee Mix-

You may find some small soybean leaves/plants in the mix (fuzzy stems on leaf clusters) - the result of following our failed edamame crop with this planting. The soybeans should add some extra flavor when braised or sautéed, but are chalky when eaten raw.

Acorn Squash— All winter squash store best at a dry 50-55 degrees

Sweet Dumpling Squash

Announcements:

Pork Butcher Date is September 29, 2009.

People who have reserved a bundle will receive details in early October. If you did not reserve a bundle and you are still interested contact the farm to be placed on the waiting list. After the final weights are in there may be some additional pork for sale.

Fall Beef Butcher Date is October 15, 2009.

There are still beef bundles available. Contact the farm if interested.

Pumpkin Party is Sunday October 11, 2009 Please, Please RSVP by Friday Oct 2, 2009

11:00 Farm Tour

12:30 Potluck Lunch

Ridgeland Harvest Raised Chicken will be provided

1:30 Pumpkin Pick

Bringing in the harvest- 13 bins of squash with one more in the field!



Coming Soon

more broccoli , kale, lettuce, spinach, cabbage, rutabaga
celery root, scallions, leeks.....

Recipes! Recipes! Recipes!

Roasted Pumpkin Seeds

1 1/2 cups pumpkin seeds
2 teaspoons melted butter or melted oil (olive oil or vegetable oil work well)
salt
garlic powder (optional)
cayenne pepper (optional)
seasoning salt (optional)
cajun seasoning (optional)
Preheat oven to 300° F.
While it's OK to leave some strings and pulp on your seeds (it adds flavor) clean off any major chunks.
Toss pumpkin seeds in a bowl with the melted butter or oil and seasonings of your choice.
Spread pumpkin seeds in a single layer on baking sheet.
Bake for about 45 minutes, stirring occasionally, until golden brown.

Pumpkin Posole

<http://www.recipezaar.com>

1 tablespoon vegetable oil
1 lb boneless skinless chicken breast, cut into 1 inch pieces
1 cup chopped onion
1/2 cup sliced carrot
1 cup sliced celery
1/2 chopped red bell pepper
1 3/4 cups solid pack pumpkin
1 3/4 cups chicken broth
1 1/4 cups hominy
1/2 cup sour cream (I prefer fat free)
3 tablespoons chopped fresh cilantro (Parsley may be substituted)
1/2 teaspoon salt
1/2 teaspoon ground black pepper (I prefer freshly ground)
1/2 teaspoon dried oregano, crushed
1/2 teaspoon ground cumin
1/8 teaspoon ground nutmeg (I promise this is good)
HEAT oil in a large saucepan over medium-high heat.
Add chicken, onion and carrot; cook for 3 to 4 minutes or until chicken is no longer pink.
Add celery and bell pepper; cook for 3 to 4 minutes or until vegetables are crisp-tender.
STIR in pumpkin, broth, hominy, sour cream, cilantro, salt, pepper, oregano, cumin, and nutmeg.
Reduce heat to low; cook, stirring occasionally, for 10 to 15 minutes or until flavors are blended.

Quick Sauté Mix Pasta Dinner

Sauté five cloves of garlic in olive oil until they soften; turn the heat to high and toss in the greens mix until it wilts. Sprinkle with red wine vinegar and stir until it disappears. Serve over pasta.

To vary, add a handful of pinenuts and raisins or 2 tsp. honey 1 T Dijon mustard and some chopped walnuts or pecans .

ROASTED RED PEPPER PASTA SAUCE from COOKS.COM

1 tablespoon butter
1 green onion
1 small onion or shallot
2 garlic cloves
1/2 red pepper
2 tablespoon Philadelphia roasted red pepper cream cheese
2 tablespoon flour
2 cups milk
1 teaspoon crushed chili peppers
1 tablespoon Parmesan cheese
1 teaspoon salt
1/2 teaspoon pepper
dash paprika
dash oregano
dash basil
chopped parsley

Dice onions, garlic and red pepper. Sauté onions, red peppers and garlic in butter until soft and tender. Add flour and stir. Slowly add milk and melt in Parmesan and cream cheese. Add spices to taste. Top with fresh chopped parsley.
Sauce will thicken upon standing. Add less milk or more flour for a thicker sauce.

While we take great care to provide the cleanest and safest food possible, yet all produce should be washed prior to eating.