



# The Weekly Weeder

A weekly publication for CSA members

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## THANK YOU!!!

The Pumpkin Party on Sunday was our best attended and most successful CSA event to date!! THANK YOU for all who could come and join us! While a crisp and breezy day, the sun kept us company (for the most part) as we toured the fields, munched on raspberries, picked out our favorite pumpkins, and talked about the CSA season. Meeting each other gives us all an understanding of what Community Supported Agriculture really means.

Even if you couldn't join us on Sunday, you'll be able to give us your feedback about the season in the coming weeks on our annual survey.

Again, thanks for coming out to see the farm. We're already talking about the Raspberry U-Pick that we'll be hosing next season! - Cate, Mat, Paul and John.



## Box Contents & Storage Tips

**Brussels Sprouts:** The alternaria is very evident (black spots). Peel outer layers, trim ends, and put an "x" on bottom of each sprout for proper cooking. Steam, boil, roast! These little cabbages are very sweet since we've now had several good hard frosts.

**Fennel:** The last treat with young tender bulbs and delicate fronds.

**Kale, Green Curly:** Store in plastic bag. Cut or rip leaf part away from the stem, then chop and cook. Our 2-year old loves it steamed as a side dish with a bit of butter (we do too!). Wonderful in taco fixings too (chop finely and precook, then add to bean or meat mixtures).

**Onion, Copra:** This variety is known as a 'good keeper'. Proper storage is 50-60 degrees and well ventilated.

**Peppers, Red Bell & Poblano:** Picked last Friday before the first hard frost...enjoy the last of the season! Good bye red peppers...we'll mix you!!

**Rutabaga:** Store in plastic bag in cold crisper. Add to a root stew or mashed with potatoes.

**Sweet Potatoes:** Our first season of growing these heat-loving vegetables only to find not much for heat this season! While good, they're not overly sweet since we didn't properly cure them (warm & high humidity for several days) This week's giving are the smaller "fingers" which are excellent peeled and steamed or oven roasted. In the week's to come we have the larger potatoes.

**Winter Squash, Butternut:** All winter squash store best at a dry 50-55 degrees.

## Absolutely Delicious Baked Root Vegetables

- 1 pound new potatoes, halved
- 1/2 large rutabaga, peeled and cubed
- 1 large sweet potato, peeled and cubed
- 2 large parsnips, peeled and cubed
- 2 large carrots, peeled and cubed
- 3 tablespoons olive oil
- 3 tablespoons sweet red chili sauce
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 tablespoon steak seasoning
- 1 teaspoon ground black pepper

### DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Toss potatoes, rutabaga, sweet potato, parsnips, and carrots with olive oil and chili sauce in a large bowl until coated. Season with onion powder, garlic powder, grill seasoning, and pepper. Toss again until evenly coated, then spread vegetables into a 9x13 in roasting pan.
3. Roast vegetables in preheated oven for 20 minutes, then stir, return to oven, and continue cooking until the vegetables are tender, about 20 minutes more.

## Recipes! Recipes! Reci-

### Red Pepper Hummus

CSA member Ann (thank you!)

1 (7 ounce) bottle roasted red bell peppers drained or can use your own roasted peppers

1 (16 oz) can garbanzo beans rinsed and drained

1 garlic clove (sometimes I use two)

1 teaspoon ground coriander

1/2 t ground red pepper

1/4 t salt

Place all ingredients in a food processor process until smooth

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

### Coming Soon

Beets, carrots, kale, spinach, savoy cabbage, celery root, winter radishes, sweet potatoes...

