



CSA Newsletter

Week 16 ~ October 8th, 2015

Full Weekly &

Week B Every-Other Week Members

STEEP CREEK WEEKLY

This is the final Summer CSA Share of 2015

RED BEETS

MINI BUTTERNUT SQUASH ~ THE
SKIN IS GREENISH ORANGE.

RAINBOW CARROTS

KENNEBEC POTATOES

GARLIC

CAULIFLOWER ~ WE GROW PURPLE,
GREEN AS WELL AS CLASSIC WHITE
CAULIFLOWER.

HEAD LETTUCE ~ RED LEAF OR
ROMAINE

STONEHEAD CABBAGE

FLAT LEAF PARSLEY

SUGAR PIE PUMPKIN

RAINBOW CHARD

The shares are packed full again this week with some excellent fall crops. The beauty of many of these crops is they will store for several weeks. As long as the beets and carrots are kept in a plastic bag, they will store for a couple of months at least. I love bumping into CSA folks after the holidays and hearing about how they used some of their CSA veggies in their holiday recipes!

The potatoes you are receiving this week are superb for baking. Try sauteing onions, garlic and parsley and topping them on a baked kennebec potato...yummy. Making a pumpkin pie from scratch is a lot easier than you may think. Simply cut the pumpkin in half, clean out the seeds, and bake cut side down on a sheet with a bit of water for about 45 minutes or until soft. Puree or blend the cooled pumpkin and proceed with your favorite recipe! It's well worth the extra effort.

This final week of summer CSA is a bittersweet time of year for me. I have to say goodbye to not only the rhythm of the season, but to all the fantastic people who helped keep the rhythm smooth. I will miss being surrounded by all of you who have helped make this season a

great and memorable one. Thanks for all your love, support and hard work throughout this season! I appreciate each and every one of you.

And a gigantic thank you to all CSA Members! Without your support and dedication to eating locally sourced food, this year would not have happened. I hope you have enjoyed the fruits of our labor and have learned new and exciting ways to eat with the seasons!

TO SEE THIS WEEK'S

RECIPES,

**LOGIN TO LOCAL
THYME HERE**

HAVEN'T MADE AN ACCOUNT YET? LOOK AT

THE WEEK 1 NEWSLETTER TO SEE HOW!

Take Care & Enjoy Your Veggies!

THANKS FOR GETTING FRESH WITH US,

MEG, EMMET, JASPER & CALVIN



Happy 10th Birthday Calvin & Jasper!

Born 10/10/05