

News from the farm: We're past the peak! All the busy work involved in starting: {preparing beds, filling seed flats, starting seeds, babysitting seed flats, slug patrol, shade cloth, temperature control, watering, transplanting, laying row fabric, cultivating, and repeating} ,which gets us feeling like we're on a roller coaster, is over!! Don't get me wrong, we're not kicked back in our easy chairs just yet, but the load feels slightly lighter and we'll take that!! Now we will contend with some 'rescue weeding' to knock out the vigorous competitors that are accompanying our fall crops and we'll harvest our hearts out. If you want to keep up with the action on the farm be sure to like us on Facebook and Instagram. The later is worth it just to see the great photos of the weekly CSA boxes thanks to our daughter, Kyler. Also, we are now offering CSA add-on items through our website--[link here](#)-- Find Bulk Green Beans, Bulk Garlic, a Pesto Kit, and more to come (like tomatoes, potatoes, raw oxen milk)! Email me with questions. ospreyhillfarm@yahoo.com Thanks and enjoy!

Here's what's in your box: Golden Beets, Collard Greens, Fresh Corn, Raspberries, New Potatoes, Sprouting Broccoli, & Parsley

Did you know? Zoodles are zucchini noodles? Yes, it's true. In fact, vegetable noodles made from any firm, round vegetable are incredibly trendy right now. There are lots of tools available to transform vegetables into pasta-like noodles. Take the [spiralizer](#) for example. These nutrient-rich pasta-imposters are a tremendous way to eat more vegetables – and, of course, they can help you cut down on calories and refined grains, if that's a goal. You don't need to invest in a large spiralizing machine. The less expensive julienne peelers work just fine. Some of the best vegetables to turn into noodles are butternut squash, carrots, turnips, beets and zucchini. Top with marinara or pesto sauce, make an Asian-inspired noodle bowl or use as a base for a salad or casserole.

Quote:

Most folks are about as happy as they make up their minds to be.

– Abraham Lincoln

Recipe:

COLLARD HUMMUS WRAPS WITH GOLDEN BEET NOODLES & SPROUTS

Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes
Yield: 2 wraps
Serving Size: 1 wrap

Ingredients

- 1 large golden beet, peeled and spiralized with blade C or a veggie peeler
- Olive oil cooking spray
- Salt and pepper
- 2 large collard leaves, thick center stems removed as much as possible
- 1/2 cup hummus
- 1/2 avocado, quartered
- 1 cup alfalfa sprouts

Instructions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Spread the beet noodles in an even layer and lightly coat with olive oil cooking spray. Season with salt and pepper. Roast for 10 minutes or until softened, tossing halfway through.
2. Lay the collard leaves on a clean, dry surface. Spread the center of each with about half the hummus, leaving a 1- to 1 1/2-inch border.
3. Divide the beet noodles between the leaves, atop the hummus. Add 2 slices of avocado to each leaf, then top with alfalfa sprouts. Fold the sides in and roll the leaves up like a burrito. Slice each in half, and secure with toothpicks before serving.