

News from the farm: Fall seems to be closing in more and more with each passing day. I think it's a little ironic but totally fitting that this week's box contains both summer and winter squash. I noticed this as I finished planning the CSA contents and thought yes!! that's exactly how the days are feeling-- a little bit of both. Summer's on its way out and it's always tough for me to say goodbye. Although it's the most demanding time of year for us, it's also what we live for and we spend a majority of the year gearing up for the short window of sweet, summer madness. But, soon it will be over and we'll be planning all the ways that next year will be better, easier, less weedy, and more productive. So for now, we're still enjoying the riches of the season. The cooler nights and shorter days are putting an abrupt end to certain crops so, for now, enjoy the summer squash because this will be the final harvest of the season. Likewise, basil and green beans are phasing out in a hurry and I think there will be a handful of other crops following suit.

Here's what's in your box:

Chioggia Beets
White Russian Kale
Cauliflower
Fennel
Summer Squash
Head Lettuce
Apples
Cherry Tomatoes
Delicata Squash

Did you know? Melatonin is a hormone produced in the pineal gland of the brain that is responsible for regulating sleep cycles. Studies have shown that blue light emitted by screens (TV, computer, phone etc.) suppresses melatonin levels making it more difficult to fall asleep. Red lights are the least likely to suppress melatonin levels and shift circadian rhythms. Melatonin also plays a role in regulating the female menstruation cycle. It is responsible for regulating the hormones that affect the onset, frequency and duration of menstruation cycles.

We cling to our own point of view, as though everything depended on it. Yet our opinions have no permanence; like autumn and winter, they gradually pass away. Chuang Tzu

Recipe:

ROASTED FENNEL AND CAULIFLOWER SOUP

Ingredients

- 1 large fennel bulb, chopped (2 cups)
- 1 large head cauliflower, chopped (4 cups)
- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 6 cups vegetable stock
- 2 cups cooked garbanzo beans
- Freshly-ground sea salt and black pepper
- 2 tablespoons fresh dill, divided
- 2 organic lemons, zested, then cut into wedges
- Olive oil for drizzling

Instructions

Preheat oven to 350 degrees F.

Lay fennel and cauliflower flat on sheet pan and roast for 30 minutes, turning occasionally, until tender. Remove from oven and set aside.

Add olive oil to a large pot over medium heat. Add the onions and sauté for five minutes, until translucent. Add the garlic and sauté for 1 - 2 minutes, until fragrant. Add the roasted fennel and cauliflower, vegetable broth, and garbanzo beans. Bring to a boil, then simmer for 10 - 15 minutes.

Add one tablespoon fresh dill and blend the soup by using an immersion blender or transferring it to a regular blender. Before serving, add sea salt and black pepper to taste. Garnish bowls with remaining fresh dill, lemon zest, a drizzle of olive oil, and serve with lemon wedges.