

News from the farm: How can it be that, after this week, we only have one more delivery left? This year, the CSA season has gone by so quickly for me and I'll be sad to see it end. I think reducing the season from 24 weeks down to 20 weeks has been a good move on my end. In the past, I stressed out endlessly about whether or not we would have quality produce and enough variety in the early weeks and the late weeks. I never knew if the shoulder season crops would come in on time and it put a lot of pressure on me and I forced things that weren't really interested in being forced (fyi, peas don't grow better when you threaten them). So, I hope the change has worked out for you too. I juggled around CSA volume a lot in the early season until the feedback I got was, "just right" for most our members. Even though I've been warned spiritedly by other farmers not to offer half shares (because they are just as much work as the full share but half the income) it seems like it's time to go against all the well meaning advice and give the full share/half share approach a shot next year. It's cathartic for me to review the season and look for opportunities to improve. As always, if you have any thoughts on the subject I'd be delighted to hear them. You can find me at ospreyhillfarm@yahoo.com

Here's what's in your box: Parsnips, Lacinato Kale, Sweet Potatoes, Sprouting Broccoli, Caraflex Cabbage, Garlic, Apple Mix Up, & Pepper Collection: Jimmy Nardello (red), Anaheim (green), Alma Paprika (yellow/orange)

Did you know? The apples in your box are a collection of rare varieties that we grafted onto rootstock about 12 years ago. Variety names are Sweet 16, Early Russet, Canadian Gris, & Hidden Rose. All dynamite apples that I adore. The Hidden Rose has got to be the best surprise in the bunch. It's unassuming exterior might leave you underwhelmed, but sliced open, it will reveal all it's magic!

Everything that is new or uncommon raises a pleasure in the imagination, because it fills the soul with an agreeable surprise, gratifies its curiosity, and gives it an idea of which it was not before possessed.

Joseph Addison

Recipe:

SWEET POTATO CABBAGE SOUP

Ingredients

1 medium onion, chopped
4 cloves of garlic, minced
6 cups of vegan vegetable broth
1 medium sweet potato, cubed
2 cups steamed cabbage, chopped
3 cups kale, stems removed and torn into pieces
2 cups cooked lentils

Instructions

In slow cooker or stovetop pot, heat onion and garlic over medium heat until softened and aromatic. Add vegetable broth, potato, cabbage, and lentils. Bring to a boil, then reduce heat to low. Let simmer for 2-3 hours. In last half-hour of cooking, scoop out two cups of liquid and veggies and blend in food processor until smooth. Pour back into soup pot. Add kale. Stir to combine and simmer for remaining half hour.

BAKED PARSNIP FRIES

Ingredients

2 medium parsnips, peeled and cut into rectangles
1/2 cup apple cider vinegar
2 tbsp olive oil
sprinkle of sea salt

Instructions

Preheat oven to 375F. Toss parsnips in a large bowl with apple cider vinegar and olive oil. Ensure the liquid coats each piece well. Transfer to a foil-lined baking sheet and bake for ~40 minutes, until fries are soft and browned on the edges.