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News from the farm: Well folks, we've done it again! We've wrapped up another fabulous season of CSA. Geoff and the boys are off playing soccer, the crew is done for the day, and now it's just me and the farm. Alone. These moments, where the 'machine' is momentarily suspended, are my favorites. I love savoring the stillness and the quiet. Honestly, it makes me really pumped, so I guess that makes me an introvert. But aside from that, it's also the perfect makings for a small slice of reflection time. It is totally astounding to me that time can move so fast and so slow at the same exact time. On one hand, I feel like we're still just beginning this journey of farming and still learning so much. Yet, I've watched our kids blossom with each turn of the calendar and suddenly they're grown. For those of you who don't know our family, we have no background in farming--only a desire to be outside, play in the garden, and live in parallel to one another. While farming is no cake walk, it's allowed us to do all those things and it's challenged us to grow and adapt. We thoroughly enjoy the connections to all the people that come and share in the work and the celebration of the season. We are extremely grateful to our amazing field crew for taking a daily beating and coming back for more. It's not an easy job but thanks to Joel, Ben, Mo, Bob, Alex, Kri, Yolanda, Beatrice, all the WWOOFers, Geoff, the kids, and many other relief staff--we did it! Thanks gang. And thanks to you dear CSA member for celebrating in our work. You are equally important to the equation. Until next season!

Here's what's in your box: Brussel Sprouts, Red Potatoes, Carrots, Garlic, Red Russian Kale, Black Futsu Squash, Cipollini Onions, Cool Cucumbers, & Hot Peppers: Matchstick (tiny), Serrano (red), Helios Habanero (orange)

Did you know? Seeds from winter squash make a great snack food, just like pumpkin seeds. If you scoop the pulp and seeds from inside the squash and separate out the seeds, you can place them in a single layer on a cookie sheet and lightly roast them at 160-170°F in the oven for 15-20 minutes. By roasting them for a relatively short time at a low temperature you can help minimize damage to their healthy oils.

“If you really want to make a friend, go to someone’s house and eat with him... the people who give you their food give you their heart.”

– Cesar Chavez

Recipe: ROASTED BLACK FUTSU WITH JASMINE-KALE RICE

Ingredients:

One medium black futsu squash, quartered & sliced
Olive oil
Salt & pepper
1/2 teaspoon paprika
1/2 teaspoon cinnamon
1/4 teaspoon cayenne pepper
1 cup brown jasmine rice or other fragrant variety, prepared according to instructions
2-3 whole cloves
2 tablespoons fennel seeds
1/4 cup golden raisins
1 1/2 cups of kale (any kind), finely chopped
1/2 cup dry roasted pumpkin seeds, from your pumpkin of course (optional, but: seriously?)

Preheat oven to 400 degrees and arrange your squash pieces (skin on) single layer on a large baking sheet. Toss them in olive oil, salt, pepper, paprika, cinnamon and cayenne until evenly coated. Transfer to oven for 35-40 minutes rotating halfway through. Meanwhile, cook rice according to package instructions. Add cloves, fennel seeds, salt and pepper to taste and just a touch of olive oil. In a small skillet over low heat, add (rinsed and dried) pumpkin seeds. Stir them often until just barely browned, then remove from the pan and set aside. When the rice is just about done, stir in your chopped kale. You want to just wilt it down, not cook it, so wait until you're just about ready to serve. Toss in your golden raisins. Serve alongside your beautiful slices of black futsu and top with your toasted pumpkin seeds. You could peel the skins off of the pumpkin before serving, but that way you may risk losing a lot of the glorious goodness within them.