

**News from the farm:** Ok, I've accepted that fact that summer is over. I'm moving on and embracing fall. I'm starting to dream about all the things I'll do with my free time: organize the Tupperware drawer, play the piano, paint the dining room table a nice egg-shell blue, and I may talk Geoff into picking up the salsa lessons we started two years ago. Whoa! Watch out winter! Here I come.

But, in real time, fall chores are beckoning. We are beginning the slow process of closing-up shop. Summer crops are finishing one by one and being tilled back into the soil. Cover crops are waiting to be sown. Storage crops are making their way into the barn. All is right on the farm this cloudy-with-a-chance-of-rainy-fall day.

**Here's what's in your box:** Rainbow Chard, Arugula, Reliance Grapes, Broccoli, Parsley, French Fingerlings, Acorn Squash, Garlic, Red Onion, Summer Squash

**Did you know?** Parsley is the world's most popular herb and it's so much more than a pretty garnish. Parsley's volatile oils have been shown to inhibit tumor formation in animal studies, and particularly, tumor formation in the lungs. And if that's not enough, the activity of parsley's volatile oils qualifies it as a "chemoprotective" food, and in particular, a food that can help neutralize particular types of carcinogens (like the *benzopyrenes* that are part of cigarette smoke and charcoal grill smoke).

Parsley also a powerful antioxidant- containing food. Antioxidants are work horses when it comes to stabilizing free radicals--those pesky molecules which are responsible for cellular damage and contributing factors to the development and progression of a wide variety of diseases, including atherosclerosis, colon cancer, diabetes, and asthma. So please don't pass this pretty, little, green herb by. This time of year, you can toss it into just about any dish (salad, pesto, roasted veggies, pasta) and call it a super meal!

Quote  
& words to inspire:

**"The most important decision you make is to be in a good mood"**

~Voltaire

**Recipe:** Roasted Potato Salad with Parsley and Arugula

#### Ingredients

For the potato salad:

- 1 ½ lbs. fingerlings, cut in half or fourths
- 1 to 2 tablespoons extra virgin olive oil
- Salt and freshly cracked pepper
- 2 cups fresh arugula
- ¼ cup fresh parsley, chopped
- Freshly grated Parmesan or Pecorino cheese for garnish (if desired)

For the dressing:

- 2 tablespoons red onion, minced
- 2 to 3 tablespoons Dijon mustard
- ¼ cup freshly squeezed lemon juice
- 2 to 3 teaspoons honey
- 1 to 2 tablespoons extra virgin olive oil

Instructions

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For the potato salad:

Preheat oven to 400. Place fingerlings on the baking sheet and drizzle with olive oil and season with salt and pepper. Bake for 30-40 minutes, or until slightly crispy. Remove from the oven and allow to cool slightly.

For the dressing:

Whisk together the shallots, Dijon mustard, lemon juice and honey. Slowly pour in the olive oil while whisking continuously until well combined. Taste and add more if needed.

To assemble, use a large mixing bowl and combine the roasted fingerlings, arugula, and parsley. Pour the dressing over the top and gently toss to combine. Season with more salt and pepper if desired and garnish with freshly grated Parmesan or Pecorino cheese. Enjoy immediately.