

News from the farm: The season is drawing to a close and I'm trying to keep myself in the present but am finding it very hard not to slip into that place of reflection that I reserve for winter time. As I compile the list of items that are in this week's CSA box, I can't help but smile. Somehow, amidst all the mind blowing work of growth and expansion, we managed to get our fall crops planted in order to provide enough diversity and bulk for our fall boxes.

I was so worried that I would fail you all and you would be miserably disappointed. It's been a long time since I've felt so disoriented and unorganized in our business. None of our usual benchmarks were in place. It was all new territory. But coming out the other end, I'm so relieved and happy to have made it through this season relatively intact and mostly on par. I know I've goofed up orders, delivered boxes late at times, and been slow responding to emails; but I'm so grateful to you all for being patient, understanding, kind, and supportive. We simply couldn't have done it without you.

I love running our CSA program as it provides that creative outlet for us to grow hundreds of varieties of crops that our wholesale market would find quite annoying. It allows us to trial new varieties, and it connects us with our community. For that we are deeply appreciative.

Here's what's in your box: Collard Greens, Romanesco, Mixed Variety Apples, Russet Potatoes, Leeks, Kabocha Squash, Fresh Sage, Red Onion, Celery, Bunched Carrots, & Green Beans

Did you know? Romanesco Broccoli is nothing short of a mathematical marvel, reminiscent of the Fibonacci series – a sequence of consecutive numbers that add up to the next number. Like: 0, 1, 1, 2, 3, 5, 8, 13, and so on. The broccoli takes the form of a fractal—a complex geometrical shape that looks almost the same at every scale factor. Its' perfect geometrical structure makes Romanesco so visually stunning that it might actually pain you to boil it. But it tastes great, almost nutty. It can be eaten raw; it's crunchier than cauliflower but not as bland. Cook it as you would cauliflower or regular broccoli. And by all means--enjoy!

Quote:

I love this and try to remember it when I'm facing a challenge.

"A ship in port is safe, but that is not what ships are built for. Sail out to sea and do new things."

Grace Hopper

Recipe: Roasted Kabocha Squash, Green Beans, Mushrooms & Pepitas

Ingredients

4 cups 1/2-inch-diced kabocha squash
Extra-virgin olive oil
1/2 teaspoon ground cinnamon
Crushed red pepper
Kosher salt
1/2 pound green beans, stem end removed
1 pound oyster or shiitake mushrooms, cut into bite-size pieces
1/2 cup pepitas (green pumpkin seeds), for garnish

Directions

Preheat the oven to 375 degrees F.

In a large bowl, toss the squash with olive oil, cinnamon, crushed red pepper and salt. Put the squash on a sheet tray and put in the oven. Roast the squash until very soft, about 30 minutes.

Toss the green beans with olive oil, crushed red pepper and salt. Put on a sheet tray and roast in the oven for 15 to 17 minutes. Repeat this process with the mushrooms and roast for 12 to 14 minutes.

Place the pepitas on a sheet tray and roast for 7 to 8 minutes.

When all the veggies are roasted, combine all them. Garnish with the toasted pepitas.