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Box #20
Even Week
8 November 2017
**** LAST BOX ****

Contents
Parsley: Italian Flat Leaf
Brussels Sprout Stalk
Carrots: Purple
Garlic
Kale: Green
Lettuce
Onions: Yellow
Peppers: Bell
Potatoes: Blue/Blue, some French Fingerling
Winter Squash: Butternut

Choice Box: cauliflower, peppers, etc.

Covering the parsley helped it survive several frosts so we were able to put it into this last box.
Since we've had more frosty mornings than not, the Brussels sprouts in your box should taste better than last week's. I'm a bit fan of this skillet method of cooking Brussels sprouts, with or without the Chorizo:

Brussels Sprouts with Chorizo
In a wide skillet, over medium-high heat, warm:
2 Tbsp. extra-virgin olive oil
Add: 8 oz. Spanish chorizo, chopped in ½" pieces
-Let chorizo sizzle for a minute or so and mash with a wooden spoon until it crumbles and releases some of its fat. Cook, stirring, until slightly browned, about 2 minutes more. Use a slotted spoon to remove chorizo and set aside. Leave oil bubbling in skillet.
Add: 1 ½ pounds Brussels sprouts, trimmed and sliced in half
Salt and pepper
3 garlic cloves, minced
½ tsp. pimentón (Spanish smoked paprika),
-Stir to mix thoroughly, turn heat to low, cover and cook until sprouts are tender and lightly browned, about 15-20 minutes. Stir now and then during cooking.
When Brussels sprouts are tender, return chorizo to pan and cook, stirring, 2 minutes more. Sprinkle with parsley and transfer to a serving dish. Serve hot.
NOTE: If you don't have chorizo, any sausage or ground meat will do.

The purple carrot harvest was bigger than we expected. The carrots were much longer than any other variety we planted—some hardly fit into the bags. This one has an orange core, making it stunning on a veggie tray. It loses some of that purple color when you cook it, but not all. Mixing purple, orange and yellow carrots makes a very pretty side dish.

Kale Salad with Cheddar and Apple
in a large bowl whisk together:
2 tablespoons fresh lemon juice
1 small garlic clove, minced
5 tablespoons extra virgin olive oil
Salt to taste
Add: 4 cups very finely chopped or slivered curly kale or Russian kale (about 6 ounces on the stem, or half of a 3/4-pound bunch, stemmed and washed in two rinses of water)
-toss kale with dressing and let sit for at least an hour. This softens and milds the kale as well as infusing some of the flavor of the dressing into the leaves.
When you're ready to serve the salad, add:
2 tablespoons coarsely chopped toasted almonds
1 apple, grated, or cored and cut in 1/4-inch dice
2 ounces sharp Cheddar cheese, grated, or cut in 1/4-inch dice
Garnish with: 2 tablespoons freshly grated Parmesan
If salad is not what you're craving right now, try this dish:

Kale and Butternut Squash
In a Dutch oven over medium heat, put:
2 Tbsp. olive oil
2-3 cups butternut squash, peeled, seeds removed and cut into ¾" pieces
-Cook, tossing occasionally, until squash starts to soften, about 10 minutes.
Add: 1 cup vegetable or chicken broth
1 Tbsp. whole-grain mustard
¾ tsp. kosher salt
¼ tsp. freshly ground pepper
-Mix to distribute mustard.
Now add: 1 bunch kale, stems removed, chopped coarsely and washed, about 10 cups, loosely packed
-Simmer, covered, stirring occasionally, until the kale is tender.
NOTE: When peeling butternut squash, be sure to remove not only the beige outer skin but the white under layer too: it's fibrous and tough. All you should see is the orange flesh when you get done.
As with last week's peppers, use these up soon: they were picked before we had our first frost.
We did not have quite enough blue/blue potatoes for everyone, so a few Family Shares will get more French fingerlings.

Field Notes

We've consistently seen overnight temperatures below freezing and daytime temperatures in the 40's, typical for this time of year. Anything we can still harvest that isn't very cold hardy is underneath row cover: beets, parsley, lettuce, broccoli. Brussels sprouts and kale get better after each frost, and are 2 things we don't have to worry about yet.

With these temperatures and the end of daylight savings time, we have to wait for our crops to thaw before we can pick anything. This shortens the time we have outside before the sun goes down, and makes harvesting a bit more difficult. Luckily, there's not as much to harvest.

Friday morning is predicted to be 16 degrees, cold enough to kill most vegetables, with the possible exception of curly kale. Row cover may help the broccoli and beets, but the lettuce will likely not survive, even under row cover.

Here's what's going to be in the Winter Storage Box this year:

Basic Winter Storage Box

Beets, Orange	3 lbs.
Cabbage	1 @ 3-4 lbs.
Carrots, Orange	5 lbs.
Garlic	5 Lg. bulbs
Potatoes, White	5 lbs.
Onions, Red	3 lbs.
Onions, Yellow	3 lbs.
Butternut Squash	2 @ 3-5 lbs. each

The cost of the basic Winter Storage Box will be $50.

In addition to the basic box, you can also order the following extra items:

Beets, Orange	3 lbs.	$5.00
Beets, Red	3 lbs.	$5.00
Brussels sprout stalk	1 med.	$4.00
Cabbage	1 @ 3-4 lbs.	$3.00
Carrots	2 lbs.	$4.00
Garlic	5 lg. bulbs	$6.00
Kale, green curly	1 bunch	$2.00
Onions, red	3 lbs.	$4.00
Onions, yellow	3 lbs.	$4.00
Potatoes, French fingerling	3 lbs.	$4.00
Potatoes, red	3 lbs.	$4.00
Squash: Candy Roaster	*sizes & price*	
Squash: Queensland Blue	*available*	
Squash: Spaghetti	*Thursday*	

The Candy Roaster squash is a very large winter squash that gets sweeter the longer you store it. Once you cut into any winter squash, you need to use it up within the week. During storage, look all squash over for signs of rot or mold. If you find any, try to use it up soon, removing the area that's bad. We'll have weights and prices on these squash by Thursday.

You can order your box online in Ecommerce starting Thursday, Nov. 9th. You can also order more than 1 box as well as multiple extra items. Ecommerce will be open until Thursday, Nov. 16th, at midnight. We'll deliver them on Monday, Nov. 20th.

Below is a list of pickup sites we'll be able to deliver to on Nov. 20th, and the place your box will be:

Delafield	inside garage
Brookfield North	office, 8-5:30pm
Full Harvest Farm	cooler
Menomonee Falls	inside horse barn
Oconomowoc	inside garage
Racine	porch or inside house
Sussex	inside garage
Waukesha	inside garage
Wauwatosa/Elm Grove	inside house
Wauwatosa Central	inside garage

-and all our corporate sites.

The online ordering procedure is the same for ordering the Winter Storage Box as it is for any Extra Produce order. I sent everyone instructions on how to order in Ecommerce when green beans were first available. I'll email you those instructions again Thursday morning. One of the choices you need to make is which pickup site you'll want your box delivered to. Altho most sites are available, a few are not, so be prepared to drive a bit farther to get this box.

Winter Storage Boxes will be packed into a 1 1/9 bu. box. Since they are all the same, they will not be labeled, but they will be stacked separately from Extra Produce.

Extra Produce items will come in either another box or bag, labeled with your name. Every site will have a signin sheet, as usual, which will list the items you've ordered.

Please bring any wax boxes back to your pickup site, either this week or when you pick up your Winter Storage Box. Chuck or I drive around the pickup sites in early December to retrieve these wax boxes so we can reuse them for wholesale orders, or even next season if they're in good shape. THANK YOU!

Lastly, Chuck and I want to thank you for joining our CSA family this growing season. It's been a real pleasure to be your farmer and share a part of our harvest with you. We believe that fresh, organic vegetables form the base of a healthy diet, and hope that your CSA boxes have been the source of many a tasty meal this year.

And the best thing? We get to do this all over again next year! *Happy Holidays!*

Terry & Chuck