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Box #17
**Odd Week**
23 October 2019

**Contents**

Cabbage: **Red Couple Shares**, **Green Family Shares**
Carrots
Cauliflower
Garlic
Kale
Lettuce
Onions
Peppers: Green & Red Carmen, Hungarian Hot Wax
Potatoes
Winter Squash: Butternut

**Choice Box:** various

The last patch of cabbage didn't yield enough red cabbage for everyone to get it, so we're giving them to the Couple and EOW Shares. The Family Shares will get green cabbage this week.

Crécy is a small town south of Paris that is famous for its carrots. This is a simple soup, by which I mean it has fewer ingredients and relies on the main vegetable for most of its flavor, so, that main vegetable better taste pretty good—as do our carrots.

**Potage Crécy or Carrot soup**

In a 4-quart pot over medium-low heat, put:
3 Tbsp. butter
1 cup onion, chopped -more, if you like
½ tsp. freshly ground pepper
Sauté the onions slowly until they are tender and translucent.
Add: 6 cups chicken stock
1 lb. carrots, scrubbed and chopped (about 4 cups)
Bring the soup to a simmer, covered, and simmer until the carrots are very soft. (The smaller you chop your carrots, the quicker they cook.)
Puree the soup (I use a hand blender with the pot off the heat). If the soup is too thick, add more chicken stock or water until it reaches the consistency you prefer.
Taste for salt and pepper and adjust these as needed.
If you want a more elegant soup, add a cup of heavy cream to the puree, heat to steaming and serve.

You can use this same recipe for broccoli, cauliflower, parsnips, beets, celeriac, etc. As long as the main vegetable tastes great, so will your soup.

**Curried Squash Soup** *Serves 4-6*

In a large saucepan, over medium heat, put:
2 Tbsp. butter
1 onion, diced
-Sauté until the onion is transparent.
Add: 2 cloves garlic, minced
2 tsp. ginger root, peeled and minced
1 Tbsp. curry powder
½ tsp. salt
-Sauté another few minutes, stirring often, to cook the garlic and ginger root and toast the spices.
Add: 4 cups chicken or vegetable broth
1, 2 lb. squash, peeled, seeds removed, cut into ½" dice
2 ripe pears or apples, peeled, cored, cut into 1" pieces
-Bring the soup to a simmer, cover and cook until the squash is very soft. Remove from heat and puree contents with a hand blender, or in batches in a regular blender, being careful not to burn yourself. Return pureed soup to pot.
Add: ½ cup heavy cream
Serve with a little swirl of sour cream and a sprinkling of chopped cilantro or parsley or chives if you have it.
The pears are not absolutely necessary, but they add another layer of flavor to this lovely soup. Substituting apples for the pears takes it in another direction.

**Field Notes**

We got about ¾" from the rain that fell in the last few days—not much, but enough to make muddy boots. Over the past week we've brought in a lot of crops: tomatoes, peppers, broccoli raab, that would not survive much of a frost. It looks like next Monday will be pretty cold, what most folks call a "killing frost". The only thing that survives a killing frost is curly kale. Everything else has to be harvested, or draped well with row cover and hope. Mostly, we harvest and store it in our cooler, which gets pretty crowded for awhile.

Next week we deliver our last box of the season. This one will have a lot of long-storing items: leeks, potatoes, beets, cabbage, garlic, etc. as well as any peppers or lettuce we have in the cooler. It will also include Brussels sprouts for the 1st time. We planted these late and they haven't grown as much as we hoped, so we'll give you the best of what's out there.

Because we'll only deliver one more box, we encourage you to bring any and all wax boxes collecting dust in your garage back to your pickup site. We also encourage you to bring your own container to the site and unload your vegetables into it so you can leave that wax box behind. Chuck or I will drive around in a few weeks to pick them up. So, if you forget, you still have a few weeks to drop those boxes off at your pickup site for us to retrieve. We'll save the boxes in good shape for next year, and discard the rest.

Chuck and I have not quite finalized what's going to be in the Winter Storage Box. We expect to do that by the end of this week, and will let you know via separate email. We'll be putting it into the Farmigo Store as well so you can order it by logging into your CSA account. It's not there yet, and won't be for several more days, but we'll email everyone when it's ready to order.
Payment still needs to be by check and snail mail. If you have a credit in your CSA account after the last box delivery, you can use that credit towards the purchase of a Winter Storage Box.

Have a good week everyone, and stay warm.
**Terry & Chuck**