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Box #18 **LAST BOX**
Even Week
28 October 2020

Contents

Beets: Mostly White, some Chioggia, Orange and Red mixed in
Brussels Sprouts
Carrots: Orange and Yellow
Garlic
Kale: Green or Red Curly
Lettuce: Green and/or Red Leaf
Peppers: Carmen
Potatoes: Red Norland and/or Rose Gold
Winter Squash: Mostly Autumn Frost, some Butternut and Spaghetti

New Stuff: white beets, Autumn Frost winter squash
Choice Box: winter squash, ?

White beets?? Never heard of them, you say. White beets produce nice, round roots and LOTS of big, green, shiny leaves. They are very mild and sweet—in fact, they don't taste much like beets at all, more like white salad turnips. The roots, stem and leaves are great in salads, coleslaw, etc. If you cook them, don't cook them very long, or they won't taste like anything. Leaves = 2-3 minutes, roots = 4-5 minutes, perfect for the short, hot cooking of a stir fry.
Autumn Frost is a new variety of winter squash for us this year. It has a lovely orange skin with a white "frost" overall, giving it a unique look. Inside, the flesh is orange and tastes like butternut squash.

Here's an Instant Pot recipe for beets from Susan:
Orange-Honey Beets with Parsley
2 Tbsp. olive oil
2 shallots, chopped
3 lbs. beets (with tops), trimmed, peeled and cut into 2" chunks
½ cup freshly-squeezed orange juice
3 Tbsp. red wine vinegar
3 Tbsp. honey
½ tsp. salt
½ tsp. black pepper
½ cup fresh flat leaf parsley, chopped
1 tsp. orange zest
PREP: Select **Sauté** on the Instant Pot and adjust to **Normal**. Add olive oil and shallots. Cook, stirring often, until shallots are softened for about 3 minutes. Press **Cancel**. Stir in the beets, orange juice, vinegar, honey salt, and pepper. Secure the lid on the pot. Close the pressure-release valve.
COOK: Select **Manual** and cook at high pressure for 13 minutes. When cooking is complete, use a natural release to depressurize.
SERVE: Stir in parsley and orange zest.

Our fall carrots, both orange and yellow, are especially sweet and delicious.

Some years the kale sweetens up after a few frosts, and some years not so much. This year, all our kale has gotten sweeter, especially the green curly kale. We made the lentils and kale with tahini sauce yesterday (newsletter #13), and the green curly kale was the star. I don't think I've ever tasted kale so good.
I've been putting this kale salad in our newsletters on and off since member Kristin sent it to me in 2012:
Abigail and Arthur's Kale Salad *Serves 4*
1 large bunch kale, center ribs removed, leaves cut into thin strips
1 shallot, sliced thin (or small onion)
1 1/2 Tbsp. freshly squeezed lemon juice
3 Tbsp. extra-virgin olive oil
1 small clove garlic, minced
1/2 tsp. Kosher salt
1/3 cup pine nuts or chopped walnuts, toasted
1/3 cup crumbled feta cheese
1/2 cup small dill or parsley sprigs (*optional*)
freshly ground black pepper
About one hour before you plan to eat, put kale and shallot in a large bowl. In a small bowl, whisk together the lemon juice, olive oil, garlic and 1/2 tsp. salt. Pour the dressing over the kale and toss to coat thoroughly. Let sit for one hour.
To serve, add toasted nuts, feta cheese, and dill sprigs to salad and toss thoroughly. Season with salt and freshly ground black pepper to taste.
Carrots are a good addition to this salad.

We're including lots of delicious Carmen peppers in this last box. Some will be all green, some will be turning red. We harvested these a few weeks ago, just before another stretch of cold weather. The row cover protected them from the first several frosts, but that cold stretch would have probably killed the plants anyway. So use these up sooner, or freeze them for later.

Field Notes

This rather early, cold weather put a kink in our plans for your last box. Broccoli and cauliflower were on the list for this week, but we weren't certain these vegetables would thaw by Monday afternoon. Monday morning's temperature went down to 26 degrees out here, and the high wasn't supposed to be much above 38—only 6 degrees above freezing. When plants get that cold, they need to thaw before they're harvested or they can get damaged or soft. 6 degrees was just not enough, so we decided to take broccoli and cauliflower off, and added potatoes instead.
Last Wednesday, Chuck and our field crew started planting garlic. By the end of the afternoon, they had planted 4 beds of 4 rows each. Chuck plans to put in 4 more beds, probably early next week when the weather is supposed to warm up for awhile and stay dry. This should give us a lovely bounty next July, and plenty of garlic for both CSA boxes and market.

Please, bring all empty wax boxes back to your pickup site this week. We recommend you bring a container so you can unload the contents of your box into it and leave the wax box at the pickup site. We will be driving around late next week to pick them all up, so, even if you have to take your box home, you can drop those wax boxes at your pickup site sometime next week.

Our last West Bend Farmer's Market is this Saturday, October 31st. The market takes place in downtown West Bend, starts at 7:30am and ends at 11am. With 70 vendors, West Bend is the 2nd largest market in the state, and well worth a visit or 3, especially during the summer and early fall.
We'll have lots to sell. If you want to stock up on a few items, stop by our stand in front of the old Washington Hotel on Main St., West Bend. Please introduce yourself, so we can meet some of our CSA family. We wear masks, as do many in the crowd, but not all. Since the day will start out cold, you can avoid the crowd by coming early. And, you'll have the best selection too!

Online signup will be available for next year's CSA program shortly after January 1st. We'll email everyone as soon as it's up and running.

Chuck and I want to say that it's been an honor to be your farmer this season. Your kind comments and praise were much appreciated, and helped buoy our spirits when we were buried in weeds, late planting a crop or solving a pest problem. The pickup site managers have commented on the fact that we've only had a few problems to solve this year, a fact none of us are complaining about. Covid-19 has definitely had an effect on our Worker Shares, most of whom are older, and the pandemic complicated their time at the farm. Happily, no one here has tested positive or gotten sick—may that continue.
We planted our usual variety of crops, and most were successful: kale, beans, beets, sweet corn, sugar snap peas, broccoli, cauliflower, carrots, cabbage, garlic, etc. We had trouble with our zucchini (a first) and cucumbers, as well as melons and onions. Sometimes, a crop just doesn't grow well (zucchini), you puzzle out why and make plans for next year. We shake our heads at the weeds that got away from us (in the onions), and vow to do better next year. Chuck and I love what we do, growing delicious, healthy food, and sharing it with our customers. We're also looking forward to a few months of downtime to recharge our batteries. Soon, the seed catalogs will arrive in the mail, we'll be deep into them, drawing circles around the new cultivars we want to try, and looking for another really good yellow watermelon. Then, Chuck and I will be chaffing at the bit to start seeds and get growing.
Thank you for joining our CSA family for the 2020 season.
Here's to 2021!

Stay Healthy, *Happy Holidays,*
Terry & Chuck