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Box #18–**LAST BOX**
Even Week
27 October 2021

Contents
Parsley
Brussels Sprout Stalk – **Couple is inside Couple box**
***Family is in a separate box–take one or one bundle**
Cabbage
Canary Melon – Family Only
Carrots
Kohlrabi or Cauliflower – Couple Only
Leeks
Lettuce: Mixed Types
Winter Squash: **Butternut – Couple Only**
Orangeti – Family Only
Choice Box: Canary melons, ??

There's a lot of orange and green print on that list, so let me explain what's going on.
Brussels sprout stalks for the Family Share members: we're sending out extra large stalks this week. They're too big to fit inside the Family boxes, so we'll be delivering them in a separate box. You're to take one portion. One portion may be 2 stalks fastened together with a big twistie tie, or it could be one very long stalk. Be sure to take your Brussels sprout stalk when you pick up your Family Share.
Chuck was excited to bring in some late-planted Canary melons last week. After counting them, we found not enough for everyone, but enough for the Family Shares. We plan to put the smaller melons in the Choice Box at your pickup site.
Instead of Canary melons, the Couple Shares will get either cauliflower or kohlrabi.
Family Shares will find Orangeti spaghetti squash in their boxes this week. Check the skins for any blemishes. If you find one, use the squash soon. If you find none, you can keep the squash for a month or so, but use it soon if you can.
Couple Shares will get butternut squash. Some members will get one larger butternut, some members will get 2 or 3 small butternuts in their box. We have a variety of sizes gleaned from the field, and this is our plan to use them up.
CSA member Erin Glosson sent me this recipe in 2016: "I have a cooked cabbage and carrot recipe that I learned to make in India. One of my favorites. The amounts are all approximate as I don't usually measure when I cook, so people should feel free to play around with it. :)"

Carrot and Cabbage Masala
1 small head cabbage, chopped into 1 inch pieces
2 cups carrots, chopped into 1/2 inch pieces
1 large onion, diced
1 Tbsp. cumin seed
1 Tbsp. ginger garlic paste (could substitute fresh grated or minced equal parts of each)
2 tsp. turmeric
1-2 tsp. salt
1 Tbsp butter, ghee, or coconut oil
Heat fat over low to medium heat. Add cumin seeds and fry them for 30 sec to 1 min, taking care not to let them burn. Add onion and sauté until beginning to soften. Add ginger garlic paste (or ginger and garlic) and sauté for a minute or so until it loses it's sharp smell. Add turmeric and salt and incorporate. Allow to cook for 30 seconds. This is your masala. Add cabbage and carrots. Stir well to coat the veggies with the masala. Sprinkle with a 1-2 Tbsp of water to aid in steaming veggies and keeping them from sticking. Cover. Cook until veggies are tender.
When cold weather arrives, it's soup season. Here are 2 of my favorites:

Szechuan Carrot Soup *Serves 4*
In a large saucepan, over medium heat, put:
1 Tbsp. vegetable oil
1 medium onion, chopped
1 celery rib, chopped
1 garlic clove, minced
Add: **1 lb. carrots, scrubbed & cut into ½" discs**
¾" fresh gingerroot, peeled and sliced thin
1/8 tsp. dried hot red pepper flakes
3 cups chicken/vegetable broth
-simmer, covered, until carrots are very tender.
Remove from heat and puree contents of saucepan with a hand blender (the easiest way), countertop blender or food processor. Be careful not to burn yourself with the hot soup.
In a small bowl, whisk together:
1 ½ Tbsp. soy sauce
1 ½ Tbsp. creamy peanut butter
1 tsp. sugar
1 tsp. toasted Asian sesame oil
1 cup heavy cream
Stir contents of bowl into pureed soup. Put saucepan back onto low heat to bring everything up to steaming.
Garnish: **1/4 cup sour cream mixed with**
2 tablespoons heavy cream
NOTES: Garnish with yogurt thinned with some milk/soy milk. Add chopped chives, parsley and/or cilantro. If you're avoiding dairy, just increase the broth to 4 cups.

Curried Winter 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. winter squash, peeled, seeds removed, cut into ½" dice (butternut pref.)
2 ripe pears, 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. You can substitute apples for the pears, which will take it in another direction.

Field Notes

Frost in the morning is our new normal. Harvesting while plants are frozen is a very bad idea, because plants are easily damaged when frozen. And, they will thaw on their own, given a few hours, and taste the better for it. Your Brussels sprouts have had 4 frosts on them, as have the lettuce, parsley and cabbage. We waited until late morning or early afternoon to pick these crops, so the work day was a little inverted, with some barn work in the morning instead of all in the afternoon.



The weather forecast is for another, likely frost Wednesday morning, then no frost for several days, with temperatures in the 50's. Good harvesting weather, except for the rain on Thursday. If it holds off until late afternoon, that will help a lot. Next week will be colder, with nighttime temperatures that will kill most of our greens.

Chuck and I have put together the contents of our Winter Storage Box. Here are the details:

Delivery date: Wednesday, Nov. 10th

Cost: $50

Contents:

Beets: Red,, Orange, Chioggia	3 lbs.
Brussels Sprout Stalk	1 Xlg.
Butternut Squash	approx. 3 lbs.
Carrots	4 lbs.
Garlic	4 med.
Peppers: Mixed Types	4-6
Potatoes	4 lbs.

Along with the WSB, you can also order extra items: broccoli, cabbage, cauliflower, kale, kohlrabi, white turnips, pie pumpkin, and possibly lettuce, arugula and broccoli raab, so it pays to check the webstore now and again.

I plan to post the WSB by Thursday, and some of the extras too.

Another growing season is drawing to a close. By and large, it's been a very good one for us. The dry weather cut down on the weeds, and most crops did well. The West Bend Farmer's Market sales increased, as did our wholesale business. We are lucky to have the capable help of our Field Crew and Worker Shares, and I would like to name them all in this thank you: Head Worker Kris Pritz without whom we would be lost, Brian Elwing who cultivated fields and killed billions of weeds thereby, Jodie Awe, whose optimism is only equaled by her work ethic. And our Worker Shares: Amy Seay, Chris Peske, Randa Ballard, who know more about picking sweet corn and bunching beets than they ever imagined, Adam Roder, Chad Minder and Leah Johnson who wash, sort and count the vegetables for your boxes and will miss the brusher-washer like Sunday supper (next year, eh?), Tiffany Stankiewicz, Linda McClure, Cas Sansone who pack your boxes and trade recipes down the line, Gwen Talbert, John Allar who bunch kale and chard like there's no tomorrow and pick half our market produce in 4 hours, Ivy and Stephen Johnson who wash it all for the market and bag it too with Jodie's cheerful help, Rael Hatton, our right-hand gal at the West Bend Farmer's market, who arrives early, stays

late and never stops moving or being kind to every customer. These are the people we thank our lucky stars for daily because they turn the wheels we set in place, and nuthin' moves forward 'less those wheels are turnin'. THANK YOU ALL!!!

Chuck and I are grateful for your support, our CSA members, during this hot, dry growing season, your recipes, thank you's and encouragement. Those brighten our day and lighten our step. THANK YOU!

We still have wholesale orders to fill and the Winter Storage Box to deliver, lots of crops to harvest and garlic to plant, but the work load falls off considerably after Saturday, our last farmer's market. Chuck and I will miss our new friends, but are looking forward to a slower pace. We look back on this season, and plan our improvements for the next, then get excited to start all over again. Ah, the farming cycle.

Chuck and I hope you have wonderful holidays with all the people you love best in the world.

And, we hope you'll join us next year for boxes and boxes of delicious vegetables.

In light of the coming holiday,

Happy Halloween!

Terry & Chuck