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Box #14
Even Week
28 September 2022

Contents
Parsley
Brussels Sprout Tops
Cucumbers
Lettuce: Mixed Types
Melon: Muskmelon
Peppers: Carmen, FlavorBurst/Green Bell, Jalapeño
Tomatillos
Tomatoes: Slicers
Winter Squash: **Spaghetti – Family Boxes Only**
Thelma Sander's Sweet Potato Squash -- Couple Boxes Only

New Stuff: Brussels sprout tops, spaghetti squash, Thelma Sander's Sweet Potato squash
Choice Box: Tomatoes, muskmelons with issues, ??

If you're new to our CSA family, you've probably never eaten the **top** of a **Brussels sprout** plant before. Well, you're in for a treat. Brussels sprout tops are tender--the leaves, the stems and ***especially*** the stalk—which I call the "tenderloin". Try them steamed, sautéed, stir-fried, in soup--anything you put greens in you can put these in. Steaming is my favorite, followed by sautéing with bacon. Choose your favorite method and enjoy! **And be sure to eat the stalk,** it's the best part.
Store these greens in the plastic bag they come in, and enjoy them within 3-4 days. Cabbageworms enjoy the leaves as much as we do, so you may find some.
Why do we break off the top of our Brussels sprouts you ask? Without its top, the plant puts more energy into forming sprouts and not in growing upwards. Breaking the tops off Brussels sprouts is rather labor intensive. Several years ago, we gave this job to our Hmong crew, and watched with amazement while they stuffed the tops into garbage bags, and hauled them to their car (we always threw them on the ground). The next week, they brought lunch and we got to taste what all that foraging was about. Wow! Sweet, tender, especially the stalk. Who knew? We've been eating them ever since and sharing with our CSA members.

Lentils with Greens original recipe: *Toovar Palak Dal*, "Lord Krishna's Cuisine, The Art of Indian Vegetarian Cooking", by Yamuna Devi
In a 2-qt. pan put: **1 cup Pardina lentils**
-run water into the pan until it's about an inch above the lentils. Stir them around with your fingers until the water is cloudy. Strain the cloudy water out. This removes the dust and grit that lentils contain.
Add: **1 ½ cups water**
½ tsp. turmeric
½ tsp. ground coriander
½ tsp. salt
-Bring the lentils and water to a boil. Reduce heat to a simmer, cover, and cook the lentils until they are done but not falling apart. Add more water if necessary.
When lentils are done, stir in: **1 Tbsp. butter**
-The butter will help keep the lentils from sticking together and add flavor.
In a 10" skillet, put: **2 Tbsp. oil**
2 Tbsp. butter
Add: **2 tsp. cumin seeds**
-Fry until cumin seeds turn a little browner.
Add: **¼ tsp. asafetida powder**
-Fry briefly.
Add: **15 oz. can chopped tomatoes** (2 cups fresh)
1 tsp. ground coriander
1/8 tsp. cayenne pepper, optional
½ tsp. paprika
½ tsp. turmeric
1 tsp. salt
-Stir, cover and cook about 3 minutes.
Add: **½ to 1 lb. greens, chopped: chard, beet greens, spinach, kale, collards, mustard, turnip, etc.** (If using chard, beet greens, or spinach be sure to chop the stems and use them too.)
-Cook, covered, until greens are tender. Time will vary depending on which type of greens you choose.
When done, stir in: **1 tsp. lemon juice**
2 Tbsp. parsley or cilantro, chopped
1/3 tsp. ground nutmeg
Hope for leftovers.

Thelma Sander's Sweet Potato squash is a beige, acorn-shaped, winter squash with light orange flesh and a smooth, buttery texture.
This winter squash will store in cool (50-55 degrees), dry conditions for about a month or two, but not much longer.
Last year, Chuck, frugal farmer that he is, decided to save seeds from one of our Thelma Sander's squash to plant this year. The seeds sprouted, we planted them out and lo and behold: 2 kinds of squash. Yes, we got Thelma Sanders, **and** we got a big, oval, beige squash.

Looks like a spaghetti squash, texture's like a spaghetti squash, and tastes—great. Shall we call this "Chuck's Special Spaghetti Squash"?
We are officially in winter squash season around here, so you'll be getting one in most, if not all, of your remaining boxes.
Check the skin before storing winter squash: if there are any holes, blemishes or soft spots, plan to use that squash soon and cut out the soft spots first. Winter squash contains far more vitamin A than summer squash, is an excellent source of potassium, high in fiber and complex carbohydrates.
The best way to bake winter squash is to wash the outside, cut off the stem, then cut the squash in half. Set your oven at 400 degrees, line a half-sheet pan with aluminum foil to make cleanup easier, and place the squash on the foil, cut side down. **Do not remove the seeds** yet—they give the roasted squash more flavor. Bake for 30-60 minutes, or until the squash is soft when you poke it with your finger. Remove from the oven, flip over and scoop out the seeds using a large spoon. Drizzle with melted butter, add a little brown sugar, terrific.

Here's a simple recipe from Catalonia to help you use up those slicing tomatoes:

Catalan Tomato Bread

Turn on your broiler.
On a wire rack set inside a rimmed baking sheet, place slices of ciabatta, cut horizontally and sliced 2" wide. (You can use a baguette too.) Toast under the broiler until the bread is browned and a little charred around the edges. Remove from oven. Slice a large, peeled clove of garlic in half and rub the toasted sides with it. Slice 1 or 2 tomatoes thru the equator, and grate the pulp on a box grater. Spread the pulp on the toasted ciabatta slices. Sprinkle with a little salt, and drizzle a bit of good olive oil over the top.
Makes a great snack!

Field Notes

Frost is in our future. Our immediate future. When the low temperature is a predicted 35 degrees, we know we're going to get some frost. But, it is late September and the time of year when we get these icy dips. Farmers always hope for another week or two of good growing weather. After a cold morning or two, the weather folks say it'll warm up to around 70 again. Last year, I remember a day in the 80's in early October.
Tomatoes do not like frost. So our field crew has been picking tomatoes like mad. We're also covering part of our tomato patch just in case it doesn't get too cold. There won't be tomatoes for much longer, perhaps not even next week. But those plants are slowly dying from the usual tomato diseases: late blight, septoria leaf spot, bacterial speck. It's why we move the place where we plant tomatoes every year.
Peppers do not like frost either. We're covering the pepper patch too. The peppers are quite likely to survive and pick up where they left off when the temperature warms up again.
Cucumbers do not like frost at all. I picked all the cucumbers I could find on Monday, since we knew this frost was coming. It's too bad, the cucumber patch was just starting to produce a lot of fruit. This is the end for our cucumbers, darn it.
We're looking forward to a warm-up and the sunny days in the forecast. It's time to cut the stems on our winter squash crop and let them dry in the sun. Sunlight does the best job of drying the stem quickly, preventing diseases from entering a squash thru the stem. Once the stems dry, squash can be moved to the greenhouse and storage.

We had a lovely time at Farm Day on Sunday. Despite a cloudy day with the chance of rain, CSA members drove out armed with bags and gallon jugs for apples and cider. There were plenty of apples to eat and to juice—we almost ran out of containers to put all that cider in. Everybody helped pick and cut up apples, load the mash into their cheesecloth envelopes and crank down the press. Their reward was as much cider as they cared to take home.
Chuck took the group around our fields, past the carrots and around the peppers. He raffles off farm goodies wherever he stops: garlic bundles, winter squash, etc. As they headed for the Brussels sprouts, the clouds got darker and Chuck judged it best to head in. They almost made it. A good reason to have another glass of cider.
Thanks for visiting our Farm! We loved having you!

Chuck and I will be offering Winter Storage Boxes again this year. We'll work on the contents of the basic box and let you know all about it soon.

Meanwhile, stay warm.

Terry & Chuck