



The Com Post

A weekly Post for our Community Supported Agriculture Members

October 22, 2015

Volume 10, Issue 19

Week A

PLANNED for
this week in the box:

Cipollini Onions
Sweet Peppers
Butternut Squash
Lettuce
Carrots
Broccoli
Brussels Sprouts
Kale
Kohlrabi
Rutabaga
Bok Choi
Romanesco cauliflower

Next week's box—
Our best guess!

Onions
Winter Squash
Lettuce
Carrots
Potatoes
Broccoli
Kohlrabi
Brussels Sprouts
Kale?
Beets
Cabbage
Turnips or Daikon

On the Farm

Farm Kisses

We've been kissed by mother nature! The frost and freeze descended upon the farm last Friday night. We saw lows of 24. That meant it was the end for the last of the sensitive crops, like peppers and eggplant (no cheering allowed!)

The tough crops had no trouble at all with last weekend's cold temps. In fact, crops like Brussels sprouts, kale, and broccoli get sweeter and better after experiencing mother nature's frost kisses. See if you can notice the sweetness factor in all three of these crops—which are in your box this week.



A few other exciting crops in the box this week include kohlrabi, bok choy, butternut squash, and Romanesco cauliflower (for the small and large shares this week, brown boxes got it last week!)

The Butternut squash gets even better after a month or two of storage, but we couldn't help but share it now! In my opinion it is one of the best squashes around.

Next week is the last main season delivery. Then it's on to the Late Season!

Happy Eating!

Nicole



Will you be joining us again?



It's our Annual Member Appreciation CSA Sign-up!

A great share discount in appreciation of your continued support ~
Thank you!

***Log in to your CSA account to sign-up for the 2016 season.
Discount ends on 12/1/2015***





PLANNED for this week in the box: Details & Descriptions

Unless otherwise noted, all of the produce comes from our farm.			
Crop	frig?	Storage Specifics	Comments:
Onions	No	On the counter or a cool dark place	Cipollini onions! A mix of red and yellow. Check out page 3 of the newsletter for details on this yummy little onion.
Sweet Peppers	Yes	In the crisper drawer	Is it a curse or a blessing: The humongous harvest of peppers this year! This is a great example of how the CSA bounty might play out...lots and lots and lots for everyone for weeks and weeks.....:)
Winter Squash: Butternut	No	Room temp for a few weeks	A gem of a winter squash. Buttery thick flesh, perfect for pies, roasting, or any squash recipe. Butternut's flavor gets better after a month or two in storage, but it's still tasty now.
Lettuce	Yes	In a bag or damp towel in the crisper	A great mini-Romaine with thick, juicy leaves. Brown and Large boxes only this week.
Carrots	Yes	In the bag in the crisper	A few of the carrots have some crazy shapes! If you got one you think is cool or funny, send us a picture of you with your crazy carrot!
Broccoli	Yes	In a bag in the crisper drawer	14 Broccoli Recipes you'll want to make Tonight!
Brussels Sprouts	Yes	In the bag	The Brussels sprout crop is rockin'! LOTS out there. More are coming next week and they will definitely be in the Late Season Share, too. Ooh! Have you ever roasted Brussels sprouts? They are worth a try....and SUPER easy.
Kale	Yes	In the bag	A really nice three-kale mix this week: Red Russian, Curly Red, and Curly Green. If you didn't see my "Kalfie" on Facebook, check it out. You're really not missing a whole lot (it's just my mug and some kale), but maybe it will inspire you to take your own kalefie with the kale you got this week. Perhaps, a kid-kalefie! (If your kid likes kale, that is!) We'd love to see it.....post it to the farm's facebook page!
Kohlrabi	Yes	In the crisper drawer	Yay, for awesome autumn kohlrabi! Peel the outer layer to get at the tender, sweet, and juicy inside. The kids on the farm love this veggie! It tastes great, for one, but it also looks like some sort of crazy space creature (especially with all of it's leaves still attached.)
Rutabaga	Yes	In a bag	Rutabaga and rutabaga babies. Various sizes of rutabagas going out this week.
Bok Choi	Yes	In a bag or damp towel in the crisper	Autumn matured Bok Choi is a delight. Mild and cabbage-like, it's quite versatile: cook it, steam it, sauté it, fry it, grill it, ferment it, eat it raw! Chowing down on Bok Choi: 10 Ways to Love this Asian green!
Romanesco Cauliflower	Yes	In the crisper	Romanesco is an amazing spiral shaped cauliflower. Has the flavor of cauliflower, but looks really cool! Small and Large boxes only this week. HOPE you love it!



We wash the produce, but so should you!



PRODUCE PAGE

Sweet and Mild: *What's the Deal with Cipollini Onions?*



From thekitchn.com

“We’ve been seeing more and more of these little guys recently and we couldn’t be happier. Cipollini onions (pronounced *chip-oh-lee-knee*) were once a rare treat only to be found at fancy restaurants and the occasional gourmet market. We’re glad they’re finally getting their due attention...Now what exactly *are* they?

Their name literally means “little onion” in Italian, and indeed they are! Cipollinis are about the size of a golf ball with a slightly flattened appearance. They’re thin-skinned and have translucent white flesh with more residual sugar than your average yellow or white onion.

Which makes them incredible for roasting or caramelizing. Roasted whole in the oven or cooked in a little butter on the stove top, cipollinis become soft and practically melt in your mouth. Those residual sugars caramelize and concentrate, leaving behind none of the astringent raw onion flavor.

Seriously, you haven’t had caramelized onions until you’ve made them with cipollini onions. Even you onion-haters out there might be swayed!

The only downside to cipollinis is getting that thin skin off. We usually use a paring knife to pull off strips from root to stem. You can also boil the onions for a few seconds to loosen the skin. It’s a pain, but definitely worth it for the sweet onions beneath.”

Here are a few recipes to try:

- [**Cipollini and Mushroom Tart**](#) from the Kitchn
- [**Roasted Cipollini Onions**](#) from White on Rice
- [**Potato Salad with Cipollini Onions, Olives, and Fennel**](#) from Martha Stewart





RIP Orange

Orange, our 17 year-old farm cat, passed away this month. His last hurrah was at the pumpkin pick—he had a great day! Orange was an amazing cat, a superb mouser (even in old age!), and an all-around friendly guy. He will be greatly missed.



Butternut Squash Lasagna *from Mother Earth News*

Orange absolutely loved winter squash. So, I am sharing this in his memory! It is absolutely delicious. (He, however, would have preferred the squash raw.)

Ingredients:

- 1 tbsp olive oil
- 1 (1 1/2- to 2-pound) butternut squash, peeled, seeded and cut into 1-inch cubes
- Salt and freshly ground black pepper
- 1/2 cup water
- 1/4 cup butter
- 1/3 cup all-purpose flour
- 4 cups whole milk
- Pinch of nutmeg
- 12 no-boil lasagna noodles (I use regular, lightly boiled first)
- 2 1/2 cups shredded mozzarella cheese
- 1/3 cup Parmesan cheese, grated



Instructions: Heat oil in a heavy, large skillet over medium heat. Add the cubed squash and toss to coat. Sprinkle with salt and pepper. Pour the water into the skillet, cover, and simmer over medium heat until the squash is tender, about 20 minutes. Transfer the squash to a mixing bowl or food processor and mash. Season the squash purée to taste with more salt and pepper.

Melt the butter in a medium-size saucepan over medium heat. Add flour and whisk for 1 minute. Gradually whisk in the milk. Bring to a low boil over medium-high heat. Reduce the heat to medium and simmer until the sauce thickens slightly, whisking often, about 5 minutes. Add the nutmeg. Season the sauce with salt and pepper to taste.

Preheat the oven to 375 degrees Fahrenheit. Lightly butter a 13-by-9-by-2- inch glass baking dish. Spread 3/4 cup of the sauce over the prepared baking dish. Cover the bottom of pan with one layer of lasagna noodles. Spread half of the squash purée over the noodles. Sprinkle with 1/2 cup of mozzarella cheese. Drizzle 1/2 cup of sauce over the cheese. Repeat layering once more, finishing with a layer of noodles covered only by white sauce.

Tightly cover the baking dish with foil and bake for 40 minutes. Remove cover, sprinkle the remaining mozzarella and Parmesan cheeses over the lasagna and continue baking until the sauce bubbles and the top is golden, about 15 minutes longer. Let the lasagna stand for 15 minutes before serving. *Serves 8.*

