



What's in the box today?

Carrots  
Cilantro  
Eggplant  
Thyme  
Kohlrabi  
Lettuce  
Onions, Red  
Spinach  
Tomatoes, romas, and  
slicers  
Jalapeno peppers  
Winter Squash, Butternut

Butternut winter squash being washed and readied for deliveries.

People like to reminisce about a past unforgettable experience, and it's not uncommon for farmers to do the same. When you hear someone start out by saying "I remember when" or "back in 19\_\_" that usually means your about ready to get a first hand personal history lesson. Wanted to reminisce about CSA's because we'd both have to say it's much different today than what it was like back in the days when CSA's first started.

When CSA's first hit the scene in the United States they were more considered on the level of what would be considered a "co-op". Farmers would produce a budget for the season to cover all operating expenses and then divide that cost up equally on the number of participants. That's how the cost for a share was determined. At that time a CSA farmer could make a pretty respectable income and easily pay for the cost of production.

Today many small farms whether marketing their produce through a CSA program, or if they're selling at a farmers market are setting their prices not solely on the cost to produce it but rather are setting prices to be comparable and competitive with other farms in their market areas. Additionally, determining a fair market price and trying to compete with local grocery stores who are buying wholesale makes it extra tough for a small farm to clear a profit. Most of the fresh produce sold at retail grocery stores is not local and often is not

**"Don't' judge each day by the harvest you reap but by the seeds that you plant."**

**-Robert Lewis Stevenson, Scottish novelist and poet**

even produced in this country. That makes it almost impossible for a local producer especially organic growers to cover their production cost and stay competitive.

We're finding out ourselves how our budget is being strained by the basic economics of food production. With the market for fresh vegetables getting overly competitive we ourselves are having to supplement the farms CSA income with one or several cash crops that we're selling elsewhere.

At one time our CSA program was our sole source of income. That's not the case any longer. We'll always have our CSA program but in order to keep the cost of our shares in line with other local farms and still make our program attractive to our customers we will be pursuing additional markets for some of the crops we grow. The online webstore we started last year was a move in that direction.

We will be updating our website in the next couple weeks to layout our CSA plans for 2017. We hope that we've served your needs well enough this year to consider your return next summer. Thank you again for eating us this year. Have a great week!



Honey harvesting has begun. It's been a pretty good season for the nectar flow. We should have honey for our CSA boxes within the next couple weeks. First we need to remove the honey from the frames and then do the bottling. Looks like we should have some additional raw honey for sale after our CSA members get their honey. We'll let everyone know when honey is available for sale on our webstore.



Our spinach harvest this week was very bountiful. To prepare you for the incoming surge of spinach there's plenty you can do with the numerous recipes for fresh and cooked spinach. We have a couple of excellent recipes in this newsletter, and you may have a few favorites of your own. You can also freeze spinach. Here's what to do:

1. Blanch the spinach for one minute.
2. Place in a cold water bath for one minute.
3. Remove as much excess water as possible.
4. Stuff into freezer bags and your all done!

## Orzo with Butternut Squash and Spinach

2½ cups **butternut squash**, roasted or cooked

1 cup orzo (regular or whole wheat)

3 cups fresh **spinach**, shredded

2 Tbsp. olive oil

1 garlic clove, minced

salt and ground black pepper, to taste

Cut butternut squash into ¼ inch cubes. Set aside. Cook orzo in boiling salty water according to package instructions. Drain, but reserve some of pasta water. In the meantime in a large pan, fry garlic in olive oil for a few seconds (until fragrant), add spinach and 1-2 Tbsp water you reserved from cooking orzo. Cook for 1-2 minutes or until spinach is soft to your liking.

Add orzo, butternut squash and season to taste with salt and pepper. Non-vegans can serve this dish with grated Parmesan cheese, feta or blue cheese.

## Butternut Squash and Spinach Quesadillas

4 cups of **butternut squash**, peel and diced into small ½ inch size cubes

1 tsp. butter (or vegan substitute) + more for frying flour tortillas

6 – 8 ounce **spinach** leaves

16 six inch flour tortillas or 8-12 eight inch ones

2 cups mozzarella cheese (or vegan substitute), shredded

Heat olive oil and 1 teaspoon of butter over medium-high heat.

Add butternut squash and sauté for about 5-7 minutes or until squash is just about fork tender.

Add spinach leaves and sauté for about 3 minutes more or until spinach has wilted. Remove from heat.

### **To assemble each quesadilla**

Butter one side of the tortilla and place it butter-side down in a clean pan that has been heated over medium heat.

Spread about ½ cup of butternut squash and spinach mixture over the tortilla.

Sprinkle about ¼ cup of cheese over the top of the squash and spinach.

Butter one side of a second tortilla and place it, butter-side up on top of the cheese.

When the bottom layer is toasty and the cheese has begun to melt (about 1-2 minutes), flip the tortilla over and toast the other side.

Remove from pan and repeat process to make the rest of the quesadillas.

Cut quesadillas into triangles using a pizza cutter.

## Carrot Cake

### For the Cake:

2 1/2 cups All-purpose flour  
1 Tbsp. Baking soda  
1/4 tsp. Salt  
2 tsp. Cinnamon  
1 cup Light brown sugar, packed  
1 cup White sugar  
1 1/2 cup Butter, softened  
3 large Eggs  
2 tsp. Pure vanilla extract  
3 cups Grated carrots  
1/2 cup Crushed pineapple, drained  
1 cup (6-oz.) raisins  
1 cup (4-oz.) chopped walnuts

### For the Icing:

16 oz Cream cheese, softened  
1/2 cup Salted butter, softened  
1 tbsp Fresh lemon juice (about 1 large  
lemon)  
2 tsp Pure vanilla extract  
3 cups Confectioners' sugar

Preheat oven to 350-degrees. Grease and flour two 9-inch cake pans.

In a large bowl stir together flour, baking soda, salt, cinnamon and sugars. Add butter, one egg and vanilla; blend with electric mixer on low speed. Increase speed to medium and beat for 2 minutes. Scrape down sides of bowl. Add remaining eggs, one at a time, beating 30 seconds after each addition. Add carrots, pineapple, raisins and walnuts. Blend on low until thoroughly combined. Pour batter into prepared pans and smooth the surface with a rubber spatula. Bake in center of oven for 60-70 minutes. Toothpick inserted into center should come out clean. Cool in pans for 10 minutes. Then invert cakes on rack and cool to room temperature.

**PREPARE ICING:** In a medium bowl with an electric mixer on medium speed, beat cream cheese and butter until smooth add lemon juice and vanilla; beat until combined. Add sugar gradually, mixing on low until smooth.

**ICE THE CARROT CAKE:** Place one layer on a cake platter, and with a metal spatula spread icing over the top to form a thin filling. Place second layer over the first, rounded side up. Coat the top and sides of the cake evenly with remaining icing. Refrigerate 1 hour to set icing.

## Rare Earth Salsa

8 **roma/plum** tomatoes (cored, seeded, diced)  
2 **jalapeno peppers** (diced fine)  
1 medium **onion** (diced)  
3 Tbs. olive oil  
2 tsp. balsamic vinegar

4 cloves garlic (crushed or minced)  
2 tsp. ground cumin  
1 bunch **cilantro** (chopped fine)  
salt & pepper  
juice of 1/2 lime

Drain diced tomatoes in colander to remove excess juice, 20 minutes. Mix oil, vinegar, garlic and cumin in glass bowl. Add tomatoes, peppers and onion; mix well. Season with salt and pepper. Stir in cilantro. Stir in lime juice.

## Butternut Squash Quinoa Casserole

4 cups peeled and diced **butternut squash**

6 cloves of minced garlic

½ cup **onions**, minced

1 tsp olive oil

1 cup of quinoa, rinsed

1 ½ cups vegetable or chicken broth

1½ tsp sea salt

1 Tbsp. fresh **Thyme**

½ tsp. black pepper

¼ tsp cayenne pepper

2 eggs, beaten (optional)

½ cup milk (dairy, soy or almond)

1 cup Gruyere or Vegan cheese, shredded

Preheat oven to 350 degrees. Spray a large baking sheet with olive oil. Add squash and sprinkle with salt and pepper. Roast for 15 minutes.

Heat olive oil over medium heat. Add onions and sage and cook for 8 minutes or until shallots are tender. Add in garlic and cook for another 30 seconds. Add in quinoa and squash and stir for another minute.

Add in broth, black pepper, sea salt and cayenne pepper. Bring to a simmer and then reduce the heat to low. Cover and cook for 25 minutes or until most of the liquid is absorbed.

Move the quinoa mixture to an oven safe pan. In a small bowl, combine milk and eggs and pour over the quinoa mixture. Top with cheese.

Bake at 350 degrees for 30 minutes. If desired, broil for two minutes to brown the top.

## Baked Eggplant Fries

1 medium **eggplant**, cut into 1/4 inch thick 'fries'

1/2 cup flour

2 eggs, lightly beaten

3/4 cup panko breadcrumbs

Dredge the eggplant slices in the flour, dip them in the egg and then into a mixture of the panko breadcrumbs, parmesan, thyme salt and pepper.

Place the eggplant slices on a wire rack on a baking sheet and bake in a preheated 425F/220C oven until golden brown, about 7-10 minutes.

1/4 cup parmigiano reggiano  
(parmesan), grated

1 tsp. Italian seasoning  
salt and pepper to taste