



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Tomatillos** – I think these will be the last tomatillos out of the field. They are not growing well and slowly getting frosted out by the lows each night. Make some salsa verde. We like to have salsa verde with tortilla chips or even on our eggs. Have you tried a green sauce over enchiladas? Absolutely Delicious!
- ❖ **Celery** – I think we will have enough celery for everyone this week. Then next week you will get celeriac instead. The celery that grows outdoors has a bit of a thinner stalk but a wonderful celery taste. This should stay well in your fridge in a bag in the crisper for a while. Enjoy this new treat. It needs to be appreciated it was planted in January, transplanted, weeded, watered and loved since then. Lots of love has gone into these plants!
- ❖ **Kennebec Potatoes** – We have dug our last potato! This is what we call a Wooo Whoooo moment around here! It feels so good to pull them out of the ground and say the crop is finished. These were beginning to be harvested in June so it has taken a long time to get them finished. They are now ready for storage into the winter. They actually keep better with a little soil on them so they won't be extremely clean right now. Plus it is no fun to wash potatoes in the cold weather when they were pulled out of mud.
- ❖ **Acorn Squash** – We harvested the rest of the squash. It looks like we will have plenty of squash to make it through the season and still have some left over for a winter share too.
- ❖ **Big Daddy Onions** – This time most of the big daddies are big daddy sized. They are decent for storage and great for sautéed onions. My two year old was stealing my fried onions off of my plate this week and ignoring his green beans and steak. They are a hit around here!
- ❖ **Cabbage** – The cabbage is great this time of year. Nice and crisp and a little sweet from the frost. We are sending out a green cabbage and a red cabbage. For some reason the red cabbage didn't do quite as well this year so most of you will be getting green cabbage.
- ❖ **Cucumbers** – The cucumbers have really slowed down because of the cold weather but we have put a heater in the tunnel so it stays above freezing there during the night. Hopefully we will be able to keep them going through the end of the season. The plants still look beautiful!
- ❖ **Pea Tendrils** – This is the crop people ask me about. What is this? What do I do with it? Here are some options; Snack on them raw, sauté them in your favorite dishes that you like a pea flavoring in, cut them up and put them on your salads, or make pesto (recipe found on next page).
- ❖ **Eggplant, Bell Peppers, Tomatillos and Tomatoes** – We will put in extra things as we have them available.

## Working in the Cold!

Now it feels like it is fall. The weather is pretty chilly! We are wearing gloves and having to retire a bit early because it is so cold to work outside. You would think that because of that I would be getting my newsletter ready earlier but that doesn't seem to be the case. Sorry.

We are excited about starting to clean out our fields. There are lots of rows that need to be taken down, onions that need to be pulled up, compost that needs to be spread, cows that need to be brought home from their summer homes and chores that will continue through the cold weather.

We are now less than two months away from the birth of our new baby too! It feels like it is time to start closing down the fields and get ready for our 7<sup>th</sup> beautiful blessing! Here we go team, if we can harvest 100 lbs of beans in two hours we can love a little baby together too right? That is what family is for!



## Next Week's Box

Squash  
Celeric  
Peppers  
Onions  
Cucumbers  
Gourds  
Tomatoes as available  
Parsley  
Celery or Celeric  
Potatoes

Here we are soaking wet after harvesting the rest of the pumpkins and squash in the rain. Aren't we dedicated? Or Crazy!?! But some days are sunny and funny and warm as you can see in the picture on the left. Tis a farmer's life!

## Pea Tendril and Pistachio Pesto

Yield: about 1.5 cups



### Ingredients

- heaping 1/2 cup pistachios, chopped & toasted
- a few big handfuls of pea tendrils (or any mild soft leafy green)
- zest & juice of 1 small lemon
- 1 small garlic clove
- salt & pepper
- olive oil (a few tablespoons to 1/4 cup)
- optional: handful of fresh basil or mint
- optional: grated parmesan cheese

### Instructions

1. In a food processor, pulse together everything except for the olive oil. Drizzle the oil in slowly while the blade is running. Add as much or little olive oil as you want. Less oil will make a chunkier pesto, more olive oil will make it more smooth.
2. Taste and adjust seasonings.

Recipe and photo from:

<http://www.loveandlemons.com/2014/03/19/pea-tendril-pistachio->

Last week of Regular Season is  
October 13<sup>th</sup> through 18<sup>th</sup>.  
The extended season  
continues one additional week  
October 20<sup>th</sup> through 25<sup>th</sup>.