



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Kabucha Squash** – (Full Shares) This sweet kabucha didn't last on my table for long. The kids gobbled it up and so did the grown-ups. Hope you love it as much as we do. This week it is green kabucha and not the sunshine orange ones we had earlier. Enjoy the goodness!
- ❖ **Parsley** – We sent parsley out last week too but it is so beautiful we decided it needs to go out again. If you have some potatoes in your house try the garlic roasted potato recipe. That is awesome with parsley.
- ❖ **Kennebec Potatoes** – We are down to only 5 more rows of potatoes to dig! That doesn't sound like much if you don't think about the fact that each row is 300 feet long and while you are crawling down the row digging through the dirt you are also dragging a bucket big enough to sit in and hopefully full of potatoes. Only 1,500 more feet. ☺
- ❖ **Acorn Squash** – (half Shares as available) 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.
- ❖ **Radishes** – I think most of you will get the long, thin red on the top and white on the bottom mild radishes. These are a favorite around here!
- ❖ **Yellow 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** – Our red cabbage is looking nice now. It took a bit longer to grow but looks great. Some is a bit small and I think we should have enough for half shares but will get it to whomever we can.
- ❖ **Cucumbers** – (full shares) We had planted cucumbers in our 10th high tunnel almost a month ago. They are just starting to produce now. I think we will have enough to get them to full shares this week. Hopefully we will have enough for half shares next week.
- ❖ **Kohlrabi** – The latest planting of kohlrabi is now just getting ready. They are a little on the smaller side but tender and delicious. I think you will love them. If you aren't a kohlrabi fan cut them up and use them as a potato and fry mash, broil or boil them with potatoes. You may not even notice the difference.
- ❖ **Tomatoes** – The tomato plants are really slowing down. I think we will have plenty to put in the boxes but if you don't have any tomatoes just know it is because the plants are done. I know you have had this crop a lot of the year so maybe you are ok with them stopping for a while. Not me, I will desperately miss them.

Beautiful Weather!

It is definitely starting to feel like fall but the weather is still so beautiful. The highs are warm enough to work in especially when the sun is shining. It is nice that the majority of the time when we got a lot of rain it was after dark when we were inside anyway.

We are so excited to be making it through this season where we had minimal help. Our goal for next year is to hire more people. We would love to get an intern or two here that is interested in training to run their own CSA in the future or someone else that has similar interests. If you know of anyone pass our name onto them. We will start advertising this winter and would love to have someone here by March to get the season off to a great start.

Last week of Regular Season is
next week
October 12th through 17th.
The extended season
continues one additional week
October 19th through 24th.

Next Week's Box

Pie Pumpkins
Gourds
Beans or Peas
Celery
Kennebec Potatoes
Onions
Cucumbers
Tomatoes as available
Parsley
Celery
Turnips
Beets or Mustard Greens
Whatever else jumps into the box! ☺

Stuffed Acorn Squash

2 medium acorn squash, halved and seeded
½ tsp kosher salt
¼ tsp black pepper
Olive oil cooking spray
3 tsp olive oil divided
8 ounces hot Italian turkey sausage
1 large leek halved and sliced
2 cloves garlic finely chopped
4 cups tightly packed torn kale
1/3 cup chicken broth
¼ cup chopped walnuts
2 tbsp parmesan cheese
2 tbsp panko bread crumbs

Heat oven to 375°. Cut a thin slice off round side of each squash half to create a stable base. Sprinkle with salt and pepper; coat with cooking spray. Place squash flesh side down on a baking sheet lined with aluminum foil; bake until golden and tender, 30 minutes. Remove from oven; flip squash and set aside. Heat broiler. In a large nonstick skillet over medium heat, heat 1 teaspoon oil. Add sausage; cook, breaking into coarse pieces, until brown, 6 minutes; transfer to a bowl. To same skillet, add remaining 2 teaspoons oil and leek; cook until leek is soft, 3 minutes. Add garlic; cook, 30 seconds. Add kale and toss; add broth. Cover and cook until kale is tender, 5 minutes; stir in sausage. Divide kale-sausage filling among squash. In a bowl, combine walnuts, Parmesan and panko; sprinkle evenly over squash bowls and coat with cooking spray. Broil until panko is golden, 2 minutes.

Recipe from:
<http://www.epicurious.com/recipes/food/views/acorn-squash-with-kale-and-sausage-51203850>