



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Kale** – It has been a couple weeks since you had something green and leafy in your box. We decided it is time for some fresh healthy kale. If you are not into kale chips or sautéing this try putting it your soups.
- ❖ **Acorn Squash** – We have more acorn squash to send out to you. We still have some butternut and pumpkins coming. Again the easy acorn squash recipe is cut it in half, scoop out the seeds and bake, cut side down in ½ inch of water for 20-40 minutes or until a fork can poke it easily. Scoop out the delicious insides and season with salt and pepper or brown sugar and marshmallows.
- ❖ **Yukon Gold Potatoes** – These are wonderful and delicious. Bake, sauté, boil, grill or whatever makes you happy!
- ❖ **Parsley** – We think parsley needs to be the herb of the week. It seems like garlic roasted potatoes should be on the menu. This is a great easy recipe. Hope you enjoy it.
- ❖ **Tomatoes** – The tomatoes are still coming but I am not sure how long they will continue. Because of the wet season this year the disease on the tomato plants has just flourished. It is very normal to get blight on tomato plants but this year it is early and strong. We'll keep them coming as long as we can. Enjoy them while they are here!
- ❖ **Bell Peppers** – I am hoping we have enough big beautiful bells so everyone gets at least one. We will see what we get when we harvest. Enjoy them!
- ❖ **Cucumbers** – The cucumbers are greatly slowing down. We are hoping that the tunnels pick up the slack soon. The baby plants in the tunnel look beautiful! Hopefully they will produce into the fall a bit.
- ❖ **Onions** – We are now sending out yellow onions. We will be mixing it up with whites and reds as the season goes on. The onions didn't grow quite as large this year. It could be because their early days were so wet. There are still lots out there though. We will put more, smaller ones in your boxes if the big ones aren't available.
- ❖ **Anaheim or Jalapeno Peppers** – Our hot peppers seem to have a bit more heat this year. I am not sure if it is the weather or for some other reason. Enjoy the bit of heat in your box!
- ❖ **Carrots** – It has been so wet it has been hard to get to the carrots. It is not fun to dig the carrots out of the mud. We are going to try and just get it done this week wet or not. Hopefully you will be ok with them even if they are a bit dirty. It takes a lot to clean 1000 carrots in one day. Thanks for your help with it! ☺ Also because these didn't get dug earlier they are nice and big. I cut up one carrot for a crew of 14 I had here helping process chickens and there was only a tiny bit left. That's a big carrot!

Four Weeks Left

After this week we only have four weeks left of regular season. The time is dwindling down quickly. The last week of regular season deliveries is the week of October 12th through 17th.

One week following the regular season deliveries is one week of extended season. Then we will not run any more deliveries until November 17th. This is the Tuesday before Thanksgiving and we are running deliveries for the people who are getting a turkey for Thanksgiving delivered fresh but anyone can add items to that delivery if you would like. If you are going to miss your chicken or eggs this is the time to stock up. Purchasing sometime in this next month or on the November delivery will help get you through the winter a bit.

As far as produce we are not yet growing through the winter. This has been a thread of thought through our minds, if we were not already crazy enough in the winter cleaning out the fields, planning for the following year, and homeschooling our 7 children. ☺ Then we start planting in late January or early February again. We will see if we have enough produce to put together a fresh and preserved box again to deliver with the Thanksgiving delivery.

Crazy Wet Weather: Did we finally get a break?

Each year in farming is so different! This year there has been consistently wet. This has been very good for some crops and sort of a pain with other crops. All in all it has been great for the weeds though! We'll just till them all in at the end of the season and start again next year, unfortunately with a bunch of weed seeds in the soil.

The carrots are larger than normal because we were unable to dig them in the rain. They won't all be huge but many will be large. Enjoy spending more time cutting and less time peeling.

The tomatoes are having more difficulty staying alive because of the wet conditions. Because the moisture is in the soil and the air the disease is spreading even in the high tunnels. We will try and keep these plants going organically as long as we can but I would be surprised if we have tomatoes longer than October 1st. We'll see what we can do.

Chicken with Tomatoes and Garlic

Member Submitted Recipe: Thanks Sarah!

- 1 cut-up chicken
- Salt and pepper, to taste
- 3 tablespoons olive oil
- 1 tablespoon butter
- 3/4 cup white cooking wine
- 3 medium-large tomatoes
- 1 6 oz. can of tomato paste
- 1 medium onion
- 1 package of fresh, sliced mushrooms
- Fresh basil
- 8 cloves garlic

Preheat oven to 375 degrees. Salt and pepper chicken.

Heat ovenproof skillet or dutch oven over medium-high heat. Add olive oil and butter. When oil/butter is hot, add chicken to the pan. Using tongs, brown on all sides, about 2 minutes. Remove chicken from pan.

Pour in wine (very carefully!), scraping the bottom of the pan to loosen any bits. Cook for 1 minute. Pour in tomatoes and tomato paste. Add salt and pepper to taste, stirring to combine. Bring sauce to a boil, then turn off heat. Add plenty of fresh basil, 8 cloves of peeled (but whole) garlic, and the onion and mushrooms. Stir to mix all together. Add the chicken. Put lid on pot and cook in the oven, checking the doneness of the chicken after 30-35 minutes. Continue to cook until the chicken is cooked through, about 45 minutes total.

Remove lid and check sauce. If it's overly thin, remove the chicken from the pot and boil the sauce on the stovetop for 5 to 10 minutes. Check seasonings and adjust as needed. To serve, pour sauce over cooked pasta, rice, or mashed potatoes, then arrange chicken pieces over the top. Adapted from: <http://thepioneerwoman.com/cooking/2010/04/chicken-with-tomatoes-and-garlic/>

Next Week's Box

Here's our best guess for next week...

- ❖ Potatoes
- ❖ Tomatoes
- ❖ Cucumbers
- ❖ Swiss Chard
- ❖ Red Onions
- ❖ Celery
- ❖ Basil
- ❖ Butternut Squash
- ❖ Garlic