



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Acorn Squash** – We have not sent out much squash yet this year. We have some beautiful acorn squash waiting to be enjoyed. Squash is great either scoop out the delicious insides and season with salt and pepper or brown sugar and marshmallows.
- ❖ **Red Gold Potatoes** – These are wonderful and delicious. They are a beautiful red color on the outside but a great, almost buttery, yellow inside. Bake, sauté, boil, grill or whatever makes you happy!
- ❖ **Carrots** – 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. We have lots of heirloom tomatoes. I will try and get a heirloom tomato into each box again. They are a little softer than the regular round red tomatoes. It has been hard to cushion them on the hard produce so we will try and leave the carrot tops on so that they will have a bit of cushion. Hope they have been arriving at your house safe and secure. Also please let us know if you need bulk tomatoes. We have lots of them and can get you onions, peppers, basil or whatever else you need to go with them.
- ❖ **Bell Peppers** – We will get you another great pepper again this week. If we have enough orange blaze peppers, which despite the name are sweet like candy, we will get those to you too. We will just see what we get when we pick.
- ❖ **Cucumbers** – Our cucumbers still look great but they are slowing down. If you want some to pickle let me know now. We would love to get the cucumbers to you. They are wonderful and delicious and great for refrigerator pickles.
- ❖ **Onions** – We are now sending out yellow onions. We will be mixing it up with whites and reds as the season goes on. We only have ½ row of onions to harvest yet. We are so excited to almost be done with this very time intensive, labor demanding crop. Now we have a full onion drying pallet tote and we are ready for the winter. These are also available in bulk. We sell them for \$1 a lb. Just let us know.
- ❖ **Anaheim or Jalapeno Peppers** – Our hot peppers are beautiful again. Some of them are starting to get red which will increase the heat. The shorter jalapenos are three times as hot as the longer banana shaped Anaheim Chili peppers.
- ❖ **Tomatillos** – These crazy green paper covered vegetables are great for salsa verde. Here is a great website with lots of recipes for tomatillos
<http://www.thekitchn.com/15-delicious-ways-to-use-tomatillos-any-time-of-day-recipes-from-the-kitchn-206915>.
Happy tomatillo making!

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 14th through 18th.

One week following the regular season deliveries is one week of extended season. Then we will not run any more deliveries until November 21st. 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 your through the winter a bit.

Need Canning Quantities?

We have lots of goodies now that you can freeze or can for the winter. Here are some options:

Veggies!

Tomatoes: Half Bushel Cannons	\$20
Cucumbers: Half Bushel	\$20
Onions: Red, White or Yellow	\$1 lb
Potatoes: Red, White, Yukon or Red Gold	\$1 lb
Beets	\$1 lb
Peppers: Half Bushel of Green	\$20
Half Bushel of Colored	\$25
Jalapenos	\$4 lb
Squash and Pumpkins	\$.75 lb

And don't forget the meats!

Chickens whole or cut	\$15
5LB Necks and Backs for making soups	\$4
Grass Fed Hamburger: 20 lbs	\$130
Hamubgrg Patties and Roasts	\$120
30 lbs Steaks, Burger and Roasts	\$195

To Be Ready Soon!

Pork 1/4s almost 40lbs	\$150
Thanksgiving Turkey: Delivered Fresh	\$3.25lb

I have a lot more goodies here too. Don't be afraid to ask if you need extras of anything. We would love to share our bounty with you. Please come and pick also if you would like!

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
- ❖ Cantaloupe
- ❖ Garlic
- ❖ Apples?