



# Weekly Newsletter

Volume 11 Issue 18

Sept. 27, 2021

## In the Box

Bok Choy  
Red Tatsoi  
Napa Cabbage  
Cucumber  
Beets  
Sweet Potato  
Butternut Squash  
Assorted Squash  
Sage  
Kale  
Sweet Peppers  
Hot Peppers\*  
Tomatoes  
Garlic  
Yellow & Red Onions

\*Biggie chili, griller hybrid, poblano (mild); Jalapeno, Burning Bush (med.); Lemon Drop, Chenzo (hot)



## Around the Farm

Here we are at the last the week of the season. We can hardly put into words the enjoyment, energy, and satisfaction we get in growing food for you. This farm and your subscription provide us with the beautiful excuse to spend our time out of doors. Thank you again for your commitment and support of local food.

We are putting a LARGE butternut squash and assorted squash in your box along with a few extra dry onions and garlic—all of which can be stored for a few weeks.

We had two major events this past week. First, a HUGE excavator-front loader came in and removed the entire Bush butternut tree—our last moment of grief in watching those logs loaded into a dump truck and taken to a mill in Chehalis. The plan is to mill the wood and find woodworking artists who want to make something and promote the Bush story in the showing or selling of pieces.

Secondly, we processed our thirteen meat birds (12 weeks old) on Saturday with our friends at Urban Futures Farm and our son and his partner. We rented equipment from the Thurston County Conservation District—a hot water vat and feather removal machine (think wash machine with rubber fingers). We totaled 50+lbs. (w/o giblets) of home grown organic chicken.

Please watch for a survey in the next week or so. We value your input and use your feedback to improve our CSA for you.

Have a great fall and winter. Please return your boxes when you can.

## About Sweet Potatoes

What is the nicest vegetable? A sweet potato! (ha, ha). Sweet potatoes belong to the bindweed or morning glory family. The vines spread like crazy and have a beautiful purple flower. The large, starchy sweet-tasting, tuberous roots are the sweet potato in your box. They are grown from 'slips' which are sprouts grown from existing potatoes. We took cuttings from the vines this year for next year's crop. Once harvested, sweet potatoes need to cure at 85-90 degrees to increase the sugar content. You may want to let them sit for another few days before eating. We tried them and they are slightly sweeter than when we first picked them. Sweet potatoes are nutrient dense – rich in vitamin A, vitamin C, manganese, and vitamin B6. We peeled and roasted ours with a drizzle of maple syrup.



## Recipe Corner

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Because we are sending BIG butternut squash out this week, here is one more recipe for this squash. Thanks to Debbie Wigand for sharing this Feb. 2008 Bon Apetite recipe. And, one more kale salad recipe—this one from subscriber Paula Lowe. Thank you!

### **Butternut Squash Soup with Sage**

- 1 ½ Tbsp. butter
- 1 ½ Tbsp. olive oil
- 2 c. chopped onions
- 2 Tbsp. fresh Italian parsley, chopped
- 2 tsp. chopped fresh sage (from the box)
- 4 c. ½ inch cubes butternut squash
- 1 ½ tsp. coarse sea salt
- 1 garlic clove, minced
- 4 c. chicken or vegetable stock

Melt butter and olive oil in large pot over medium-high heat. Add onions, parsley, sage. Saute until onions are softened (5 min.). Add squash and salt, saute until squash softens and onions are golden ( 6 min.). Add garlic, stir 1 min. Add stock, bring to boil. Reduce heat, cover and simmer until squash is very soft (25 min.). Cool slightly. Working in batches, puree soup in blender, allowing some texture to remain. Return to pot. Thin with additional stock, if needed. Season with salt and pepper. Top with toasted sage-y breadcrumbs.

### **Bread Crumbs**

Cook butter in skillet until golden (2 min.). Add breadcrumbs and chopped sage. Cook until crumbs are crisp, stir frequently (10 min.). Remove from heat and cool.

### **Fall Kale Salad with Apples and Cheddar**

- 4 cups very finely chopped or slivered curly kale or Russian kale
- 2 Tablespoons coarsely chopped toasted almonds
- 1 apple, sweet, such as a Fuji, or a sweet-tart such as a Gala, Braeburn or Pink Lady, cored and cut - diced in ¼-inch pieces
- 1 ounce sharp Cheddar cheese, cut – diced in ¼ inch pieces
- 2 Tablespoons fresh lemon juice
- Salt to taste
- 1 very small garlic clove, pureed
- 5 Tablespoons extra virgin olive oil
- 2 Tablespoons freshly grated Parmesan

Combine the kale, almonds, apple and Cheddar in a large bowl.

Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Sprinkle the Parmesan over the top, and serve. *Best if salad is dressed 15 minutes before eating.*

