



Week #16 Tuesday, September 26 – Saturday, September 30, 2017

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In Your Bag

Winter Squash – honey bears

Turnips

Melon

Yellow onions/Garlic

Broccoli

Yellow Romano Beans OR Cauliflower

Anaheim Peppers (in a plastic bag)/Jalapenos

Sweet Red and Yellow Peppers

Eggplant

Tomatoes/Roma Tomatoes

Spicy Greens Mix

Cilantro

**In most cases, your melon is ripe and ready to eat. Check it though. If you're not getting a melony smell, leave it out on the counter till you do. Once you've got the melon smell, eat it or keep it in the refrigerator until you are ready to eat!*

Coming Soon

Next week we'll make a major shift to the fall veggies.

This week is bringing you the last of the melons and likely the last of the tomatoes. We do plan to send shishito peppers next week and more sweet red and yellow peppers. Sweet dumpling squash will come your way and probably leeks and potatoes too. We've got a batch of arugula that looks like it will be ready for harvest and then we'll mix in some root crops. It will be October after all!

Fall Community Work Day Sunday, October 8th!

Join us on Sunday, October 8th, 12:30-4:30 for Spring Hill's Annual Community Fall Work Day!

We'll be making soup with vegetables from the gardens, baking bread in the pizza oven, pressing apples into cider AND getting some work done too. Weather depending, there will be some potatoes to dig, garden clean-up to tend to and garlic to pop in preparation for planting. We'll have Halloween Pumpkins & gourds for you to take home along with gleanings from the garden. We are hoping to have an observation bee hive on the farm for our fall work day brought to you by the bee team, a fermentation demonstration and an art project as well. We would welcome some music on the porch – let me know if you're interested! We've got a few other things up our sleeve as well, so we hope you'll come on over! We'll need some help to make it all happen – look for an e-mail soliciting some volunteers soon.

Next Week's Harvesters

Tuesday, October 3 - Susan Schonfeld, Su Skog & Conrad Sowder, Mary & Brian Green, Kimberly Laudert, Gail & Peter Sorensen

Saturday, October 7 - Cathy Fitch/Evan Roberts, Gina Rumore, Barb Wright/Paul Engstrom, Janelle Waldock, Jan Search

Farm News

In the fields we're seeing a definite wind down of the summer crops. The roma tomatoes are giving way to disease and the hoop house tomatoes have about run their course. (If the nighttime temps don't get too cold, we'll have some for gleaning at the fall work day for folks to take home but this is likely the last week we'll send tomatoes.) Melon season is over and basil and cucumbers are done for the season. It's time to turn our attention to the fall crops. We've begun gathering up the squash harvest which looks good this year. We bumped up our butternut planting and gave up on pie pumpkins (except for the Fall Storage Share) based on member feedback. The butternut squash is a whole lot more versatile and stores better for us. If you want to make a pumpkin pie or other pumpkin treat, the squash can easily substitute for the pumpkin. The butternuts are being picked this week and will cure for a week or two before we send them your way. In the meantime, look for some honey bears and sweet dumplings. Other fall crops in the field include savoy cabbage, Brussels sprouts (we're actually hoping for a frost to sweeten these up), beets, potatoes, celeriac, leeks, fall carrots and parsnips. In other words, a really nice mix! To liven it up, there's a couple of batches of fresh greens and herbs which are doing quite nicely at this point. For color, we'll keep sending the sweet red and yellow peppers. The yellow Cornito Giallo pepper is a new one for us this year and we are doing somersaults over this one. A number of years ago, we discovered the red Carman pepper and it was a game changer for us in terms of getting a consistent sweet red pepper. For years we've wanted a yellow equivalent. Cornito Giallo is it! We're often asked why sweet colored peppers are so expensive in the store. It's because they take so long to grow and then ripen. These peppers were started in the greenhouse around the first of April and are just now coming on strong. That's a long time from planting to harvest and a lot of tending in between. By way of contrast, radishes take about 30 days from seeding to harvest. The peppers are so worth it though – so beautiful and tasty. Sweet peppers are one of my garden favorites. We hope you enjoy them too!

Slow Roasted Romano Beans – (*epicurious.com*)

(This recipe calls for a lot of beans. Adjust ingredients based on amount of beans in this week's bag)

2 small onions
6 large cloves garlic, peeled
2 ½ lbs. Romano beans, stems removed, tails left on
1 Tbsp. rosemary leaves
1 Tbsp. sage leaves
1 Tbsp. thyme leaves
¾ cup extra-virgin olive oil
Kosher salt and freshly ground black pepper

Preheat oven to 350 degrees. Peel the onions, trim the roots, but leave the root ends intact (this will keep the onions in wedges, rather than slices). Cut the onions lengthwise into 3 or 4 thick (about 1/3 inch) wedges. Slice the garlic cloves lengthwise into a couple thick slices each.

Toss all the ingredients in a large bowl with 1 Tbsp. salt and freshly ground pepper. Transfer the beans to a baking sheet. Roast in the oven for 40 minutes, stirring occasionally, until the beans are completely wilted, shrunken, and concentrated in flavor, with a little caramelization around the edges. (You may need to stir more often toward the end, to keep the beans from browning too quickly.)

Maple Glazed Turnips & Carrots – (*nesfp.org/world-peas-food-hub/world*)

12 oz. turnips
1 large carrot, peeled
¼ cup chicken stock or water
2 Tbsp. butter
1 Tbsp. grade A or B maple syrup
salt and freshly ground black pepper

Scrub and peel the turnips and cut into quarters or sixths, depending on their size. Slice the carrot at an angle into ½ inch-thick pieces. Put the vegetables and stock into a medium saucepan and bring to a boil. Cover and cook until the turnips are barely tender, about 7 minutes. Reduce the heat to medium-high and add the butter and maple syrup. Stir to coat the vegetables and continue to cook uncovered until the vegetables are glazed and beginning to caramelize around the edges, about 2 minutes. Season with salt and pepper and serve.

Salsa Salad - Serves 6 (*thekitchn.com*)

1 - 1/2 lbs. tomatoes (about 4-5 medium)	finely chopped
1/2 small red onion	2 Tbsp. fresh lime juice
2 small cloves garlic, chopped	3 Tbsp. extra virgin olive oil or chili oil
1/2 tsp. salt	2-4 Tbsp. chopped cilantro leaves, to taste
1-2 jalapeño or serrano peppers, seeded if desired and	Flakey salt and freshly ground black pepper, to taste

Slice the tomatoes into bite-size pieces and set in a colander over a bowl to drain. Peel and slice the onion into slivers. Submerge the slivers in a bowl of ice water and set aside, stirring once or twice, for ten minutes. Meanwhile, in a mortar and pestle, bash together the garlic and salt until they form a paste. Add half the minced jalapeño and smash into the garlic paste. Stir in the lime juice and oil. Drain the onions. In a mixing bowl, toss the onions with the tomatoes, remaining chili peppers, and cilantro. Pour over the dressing and toss well. Place on a serving platter or individual serving plates and top with black pepper.

Recipe Link of the Week: <https://www.epicurious.com/recipes/food/views/roasted-jalapeno-tomato-salsa-with-fresh-cilantro-105450>