

Wise Acres Farm CSA Newsletter

Week 11 – September 12, 2018

Tuesday rainy-day scenes: I'm having a badly-needed Office Triage Morning while Bronte and Jen are working on getting carrots ready for your CSA boxes and cleaning the onions that Bronte brought in from the field yesterday ahead of the rain.

In the past week I've gotten about 1.5 acres seeded down to fall cover crops that will protect the soil over the winter while adding nitrogen and organic matter to feed the soil and next year's vegetables. It felt really good to put those fields to bed right before a heavy rain that will help the cover crop seeds germinate.

We had a near-miss with frost over the weekend; Saturday night the temperature was predicted to get down to 40 but it actually hit 36. We hadn't done any advance picking or covering of crops to prepare, so I am glad that we escaped with only a slight touch of frost on some bean and squash leaves. Other farms nearby did not fare as well, unfortunately, and lost crops they were counting on to keep producing for several more weeks. Joy and I took the forecast more seriously on Sunday night and ran around covering a bunch of stuff before it got dark. Now it looks like we're out of the woods for the time being.

-Brittany

What's in the box?

Baby Kale

Beets

Carrots

Onions

Spaghetti Squash

Sweet Pepper

Tomatoes

***Remember to return
your (gently folded)
box next week!***

Recipes and Veggie Notes

Store onions in open air at room temperature for several weeks or in a cooler, dry spot for even longer. Store spaghetti squash in open air at room temperature for 1-2 weeks. Store tomatoes at room temperature for up to 1 week. Otherwise, store everything in a closed bag in the fridge for 7-10 days.

Beets

We were planning to give y'all beets once we did a big fall harvest, but the tops on these are so nice that we couldn't resist putting them in now so we could give you a two-for-one: roots AND a leafy cooking green! After you remove the tops, you can store the roots in a bag in the fridge for several months if you want. To use the tops, cook the stems and leaves just like swiss chard – get the stems cooking for several minutes on their own, then add the leaves and cook until tender. They like olive oil, salt/pepper, onions and/or garlic. Adding chopped tomato is yummy, too.

Spaghetti Squash

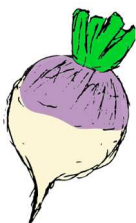
You've gotta love a vegetable that can pretend to be pasta! This has been kind of a trendy squash for a few years and there are a ton of recipes out there on the internet for seasoning and making a meal out of them. Here are some basic prep instructions: preheat the oven to 375 degrees. Cut the squash in half the long way and scoop out the seeds. Rub squash with a little bit of olive oil and sprinkle with salt. Place the cut sides down on a rimmed baking sheet and roast for at least 25 minutes, until a fork slips all the way through easily. Let cool about 10 minutes, then scrape the insides with a fork to pull the strands away from the skin. Put the strands in a colander, press out excess water, and let them rest while prepping seasonings.

Hearty Beet Burgers

Adapted from How to Cook Everything Vegetarian by Mark Bittman

1 lb beets, trimmed, peeled and grated
½ cup packed pitted dates or dried plums (prunes)
½ cup almonds
1 inch peeled ginger, cut into coins
½ cup bulgur
Salt and black pepper
¾ cup boiling red wine or water
1 T Dijon or other mustard
Cayenne or hot red pepper flakes to taste (optional)
A little all-purpose flour, if needed, for binding
2 T extra virgin olive oil or butter

Combine beets, dates, almonds and ginger in a food processor and pulse several times until everything is well-chopped but not quite a paste (you can also achieve this by finely chopping everything by hand, if you don't have a food processor). Combine the mixture with bulgur and a sprinkle of salt and pepper. Stir in the boiling wine (or water), mustard and cayenne if using and cover the bowl with a plate. Let steep for 20 minutes and let rest for longer if you can. If the mixture is still too wet, stir in a little flour. Shape into 4 to 6 patties. Heat the oil or butter in a skillet with a lid over medium heat. Carefully slip the burgers into the pan and cook undisturbed for 5 minutes or until browned on the bottom. Carefully flip the burger, cover, and cook the other side for 5 minutes. Serve on buns with burger fixings or alongside a grain and a veggie side dish.



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