

# Wise Acres Farm CSA Newsletter

Week 16 – October 9, 2019

If anyone is wondering, after this week, you will receive two more shares on October 16<sup>th</sup> and 23<sup>rd</sup>. We added a week on either end of the season this year, and we have been enjoying selecting boxes for you that showcase the seasonality of the vegetables we grow.

Eating seasonally is really a key skill to master if you are interested in making your diet and your environmental and economic footprints more local. It may not be feasible for you to store as much local food for winter as we can here on the farm, but this is definitely the time of year to start thinking about substitutions you could make in your diet to make use of the products available locally through the late fall and winter. Something simple like swapping out crunchy radishes and carrots for cucumbers in your salads is a good option. Load up on leafy greens from now until it gets way down into the twenties – they are super-abundant around here until then. After that, it's time to center seasonal crops like winter squash, potatoes, cabbage and onions. You might also include more local proteins (meat, dry beans, tofu) and grains in your diet in the winter when there is less variety of local produce. Fruit can be tricky to source in winter since there aren't many farms in Maine growing it at high volume, but local apples and frozen blueberries are available nearly year-round. (Real talk: we definitely still buy our share of bananas and grapefruits and avocados in the winter).

Some farms (like our friends at Ripley Farm) offer a winter CSA featuring winter produce. We grow and store a more limited quantity of these crops, which we offer through Thanksgiving at our outdoor markets and then at the Bangor Winter Farmers' Market.

OK, enough about winter – here's hoping for a nice long fall still! Thanks for supporting us and other local farmers in all four seasons, though.

-Brittany

## Recipes and Veggie Notes

Store red onions in open air for 2-3 weeks. Store all other items in a closed bag in the fridge for 7 to 10 days.

### Purple Daikon Radish

These daikon radishes are one of my favorite discoveries of last year. They are very mild compared to white daikons and even most regular red radishes. They do have a little kick right underneath the skin, so peel them if you want them completely mild. They are great sliced raw into a salad, cut up into sticks for dip, cut into wedges and stir-fried, or diced and roasted solo or along with other root vegetables (the purple color in the roasting pan is really fun!).

### What's in the box?

Bok Choy

Carrots

Lettuce Mix

Mini Lettuce

Peppers

Purple Daikon Radish

Spinach

Red Onions

*Please remember to  
return your box!*

## Spinach

We are loading you up on spinach in the last few shares because we have big crop this fall and it's gorgeous. It cooks down significantly, so wilt it and add it to any meal for a greens boost. It also freezes really well – just steam it for 3-5 minutes until it's wilted and then pack into a freezer container to use in the winter. Don't be afraid of the stems – they aren't tough, and after frost they are even a little sweet!

## Rice Pilaf with Spinach

From *How To Cook Everything Vegetarian* by Mark Bittman

2-4 T butter or extra virgin olive oil  
1 cup chopped onion  
2 cups spinach, chopped  
1 ½ cups rice, preferably basmati  
1 t garlic, minced  
Salt and freshly ground black pepper  
2 ¼ cups vegetable stock, warmed  
Minced parsley leaves for garnish (optional)

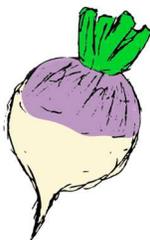
Put the butter or oil in a large, deep skillet with a lid over medium-high heat. When the butter is melted or the oil is hot, add the onion and spinach. Cook, stirring, until the onion softens, about 5 minutes. Add the rice and garlic, turn the heat down to medium, and stir until the rice is glossy, completely coated with oil or butter, and starting to color lightly, about 5 minutes. Season well with salt and pepper, then turn the heat down to low and add the liquid all at once. Stir once or twice, then cover the pan. Cook for about 15 minutes, or until most of the liquid is absorbed. Turn the heat down to the absolute minimum (if you have an electric stove, turn the heat off and let the pan sit on the burner) and let rest for another 15-30 minutes. Check the seasonings, garnish, and serve.

## Quick-Glazed Carrots

From *How to Cook Everything Vegetarian* by Mark Bittman

1 lb carrots, cut into coins or sticks (our bags are 2 lbs, FYI)  
2 T butter or extra virgin olive oil  
Salt and freshly ground black pepper  
1 t freshly squeezed lemon juice (optional)  
Chopped fresh parsley, dill, mint, basil, or chervil leaves for garnish (optional)

Combine all the ingredients except garnish in a saucepan no more than 6 inches across; add about 1/3 cup water (or white wine or stock). Bring to a boil, then cover and adjust the heat so the mixture simmers. Cook, more or less undisturbed, until the liquid is pretty much gone, 10 to 20 minutes. Uncover and boil off the remaining liquid, then add the lemon juice if you're using it. Taste and adjust the seasoning; serve hot, or within an hour or two, garnished with the herb if you like.



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