



# Wise Acres Farm CSA Newsletter

Week 11 – September 13, 2017

It is definitely starting to feel like fall around here; mornings are cool, golden morning light is glaring straight in our faces while we harvest, and we are gearing up to cut and cure most of our onion and winter squash crops this week while we have a nice dry stretch of weather. In Field J, a couple thousand pounds of fall storage carrots, cabbage, rutabaga and turnips are lurking, waiting for frost to give us enough of a break from all the green bean picking to harvest them. The fall harvest is feeling much less overwhelming this year thanks to our new root washer, though. If you haven't seen it, I posted a [video of it in action](#) on Instagram (@wiseacresfarm) and Facebook (Wise Acres Farm) a couple weeks ago. Of course, our industrious crew will have to do a lot of pulling, trimming and schlepping before the root washer comes into play!

On Thursday this week from 1-4, Brittany will have our stand set up at the Bangor WIC office (103 Texas Avenue). WIC is a nutrition program that helps low-income “Women, Infants and Children” afford healthy food. Some of the vouchers that participants receive are specifically for purchasing fresh, local produce, which is where we come in! WIC shoppers primarily redeem vouchers at our farmers’ market stands, but we have also done this “pop-up” market at the WIC office for the past few years to offer a different time and a more familiar location for shoppers who can’t easily make it to one of the area farmers’ markets.

Another healthy food access program we’re involved with is Maine Harvest Bucks, which offers matching dollars to shoppers who use SNAP (Supplemental Nutrition Assistance Program) to purchase food at farmers’ markets. For every dollar SNAP shoppers spend at a participating market, they get an additional \$1 for fresh fruits and vegetables. The average food budget for folks receiving SNAP is only \$4/day, so the Harvest Bucks can help them to purchase fresh produce that would otherwise be unaffordable. The Harvest Bucks are available at both of our markets (Ellsworth and Bangor) as well as 35 other farmers’ markets around the state, in addition to some farm stands, CSAs and food hubs.

Food insecurity in Maine is a real and persistent problem; over 15% of Maine households experience it. It is important to us (and also makes good business sense) that all our neighbors be able to choose our local, organic products, regardless of their means. If you or anyone you know uses [WIC](#) or SNAP, we hope you will spread the word about our WIC market on Thursday and about [Maine Harvest Bucks!](#)

-Brittany

## What’s in the box?

Ailsa Craig Sweet Onions

Arugula

Carrots

Parsley

Salad Mix

Tomatoes

Watermelon

***Remember to return your box next week!***

## Recipes and Veggie Notes

Keep your **tomatoes and uncut watermelon** in open air at cool room temperature. Keep everything else in a sealed bag in the fridge.

## Ailsa Craig Sweet Onions

These heirlooms are named after Ailsa, a small rock island off the coast of Scotland. They were introduced in 1887 by David Murray, the gardener for the Marquis of Ailsa. They are similar in flavor to a Walla Walla or Vidalia onion but something about that rocky Scottish heritage makes them really love growing in Maine! They are mild and fairly sweet, making them good to use raw in a chopped salad, sliced on a sandwich, or in a quick pickle recipe where you don't want strong onion flavor overwhelming the other ingredients.

## Curried Carrot-Apple Soup

*Adapted from A Year in a Vegetarian Kitchen by Jack Bishop*

We double this recipe if we want to have leftovers.

1 T canola oil  
¾ lb carrots, cut into 1-inch chunks (no need to peel organic ones!)  
¾ lb apples, peeled, quartered, cored and cut into 1-inch chunks  
2 T minced fresh ginger  
1 T curry powder (or to taste)  
1 quart vegetable broth  
Salt to taste  
½ cup unsweetened coconut milk

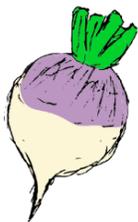
Heat the oil in a soup pot over medium-high heat until shimmering. Add the carrots and apples and cook, stirring occasionally, until the apples start to soften, about 3 minutes. Stir in the ginger and curry powder and cook until fragrant, about 1 minute. Add the broth and salt to taste and bring to boil. Reduce heat to a simmer, cover, and cook until carrots and apples are tender, about 20 minutes. Stir in the coconut milk and heat briefly. Puree the soup in batches in a blender or with an immersion blender until very smooth. Add more salt and curry powder to taste and serve.

## Oven-Roasted Tomatoes

If you've still got some tomatoes from last week or your own garden and you can't eat enough tomato sandwiches, this is a good way to make them last longer and concentrate their flavor.

Whole tomatoes, cored  
¼ to ½ cup garlic (whole cloves) or onions (large chunks), optional  
Olive oil  
Salt & pepper to taste  
Chopped herbs

Preheat oven to 300 degrees. Toss tomatoes in a large baking dish with the garlic/onions, a generous drizzle of olive oil and salt & pepper. Roast for about 2 hours or until very soft and reduced, checking occasionally. In the last 15 minutes of roasting, add chopped herbs (parsley, basil, thyme, oregano...) if desired. Serve as a side dish, chopped or pureed into pasta sauce, or freeze in a jar or bag to use later!



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