

Wise Acres Farm CSA Newsletter

Week 15 – October 11, 2017

Think wayyyy back to when you signed up for your CSA share...remember how we said we'd deliver \$24 worth of produce each week, with a bonus based on how our crops were doing? Well, the crops did well, and this is the week when that bonus kicks in! We've been putting a little extra in most weeks, so about half of this week's share is FREE above and beyond what you paid for! And next week's final share is all bonus! Yay!

We recognize that it is a little unconventional to pay some farmers a bunch of money before the growing season even begins for the promise of future produce. By doing so, you've taken on some of the risk and reward of the farming season along with us. We really appreciate it!

But we do have a few more things to ask of you, fine members:

1. [Please take our member survey!](#) We listen to everything you tell us about your share when you stop by the farmers' market or the farm, email, or call us. But this survey is also super helpful to us in planning for the future and making our CSA program work even better for you (and for us). Go to www.wiseacresfarm.net/csa-member-survey
2. Next week (October 18th) is the last weekly share delivery. We will deliver the share in the usual boxes, but **please bring another box or bag(s) to transfer the share into so we can keep those boxes!** And of course, please return any extra boxes you have kicking around this week or next.

We are in the process of digging up our last 3 ½ beds of beautiful fall storage carrots and we have also started to tackle some long-delayed and much-needed weeding of the strawberry patch! It gave us such a lovely crop this year that it really deserves some TLC. Perennial crops take a little extra attention and their maintenance sometimes slips under the radar during the peak season, but they are (mostly) patient with us.

-Brittany

Recipes and Veggie Notes

Keep your **acorn and Delicata squash and onions** in open air at cool room temperature. Keep your dried sage bunch in a sealed Ziploc bag, or remove and crumble the leaves into a sealed jar. Keep everything else in a sealed bag in the fridge.

Acorn and Delicata Squash

Two little, yummy squashes! Acorn has a mild, nutty taste. Delicata is sweeter. We prefer to roast both of them to bring out more flavor. Cut in half, scoop out the seeds (but save them—see below!), rub with olive oil, and roast cut-side down on a baking sheet at 400 F until tender. Delicata can also be roasted as half-rounds (a.k.a. "Delicata fries"), and acorn lends itself well to stuffing with other veggies, grains, or proteins. Sage pairs really well with sweet winter squash like Delicata; crumble up a few leaves and sprinkle over the top right after removing from the oven.

About those seeds: Save them, separate them from the stringy flesh, toss with a little olive oil and salt, and roast in the oven or toaster oven at 300 F, stirring occasionally, until light brown and crisp for a delicious, nutritious snack! You can also stir in other spices when they are almost done cooking: cumin, curry powder, etc.

What's in the box?

Acorn Squash

Carrots

Delicata Squash

Leeks

Lettuce

Lettuce Mix

Onions

Sage (Dried)

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

Coconut Rice with Edamame and Leeks

From [A Year in a Vegetarian Kitchen](#) by Jack Bishop

I put this in the newsletter last year, but even if you're a renewing member and it's a repeat, it is well worth the reminder! This is our favorite leek recipe and also a warm, filling meal thanks to the edamame.

10 oz. frozen shelled edamame (soybeans), about 2 cups
2 T canola oil
3 medium leeks
salt
1 T minced fresh ginger
1 ½ cups jasmine or long-grain rice
1 14-oz. can light unsweetened coconut milk
1 ¼ cups water
2 T lime juice
3 T minced fresh cilantro leaves (optional)

Steam edamame in a steamer basket until tender but not mushy, say 7 to 10 minutes. Remove from the pot and set aside.

Heat oil in a large saucepan over medium heat. Add the leeks and ½ teaspoon salt, cover, and cook, stirring occasionally, until the leeks are very soft, about 10 minutes. (Lower the heat if the leeks start to brown.) Uncover the pan, add the ginger, and cook until fragrant, about 1 minute.

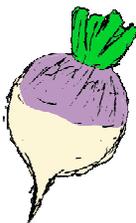
Add the rice and cook, stirring often, until the rice is coated with oil and glistening, about 1 minute. Add the coconut milk and water and bring to a boil. Reduce the heat to low, cover, and simmer until the rice is tender, 15 to 20 minutes. Stir in the edamame and lime juice, cover, and continue to cook over low heat until heated through, about 2 minutes. Stir in the cilantro, if using, and add salt to taste.

“Carrots with Character”

I got this off a dried cherry package ages ago. But dried cranberries work, too!

1 lb. carrots, sliced (Have I mentioned not to bother peeling them? No need - they're organic! FYI our bags are 2 lbs., so this requires half a bag.)
½ cup dried cherries or cranberries
3 T maple syrup
2 T butter or margarine
½ t nutmeg
¼ t ginger

Simmer carrots in water until tender. Drain, return to pan, stir in remaining ingredients, and cook 3 to 4 minutes until butter is melted and sauce is bubbly.



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