



CSA NEWSLETTER

WEEK 20 - 10/20/2026



This week, the box is loaded with Fall specialties. We know that eating outside of your regular veggie selection can be tricky, but we thought that listing some of the health benefits of a couple of items in the box might convince you to try them.

Starting with Collards, they're excellent for bone health because they're especially rich in calcium and vitamin K; one cup covers your daily requirement of it. Spinach is an extremely nutrient-rich green. It has high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron, and calcium, but spinach, along with beet greens, are high in oxalates, so if you have a history of kidney stones, consume with moderation. Beet greens have even more iron than spinach and are great for eye health, and can help lower blood pressure.

Then, if you know Celeriac, you probably know it's extremely flavorful and easy to love (if you're into potatoes and celery). Nutritionally, this pretty root has a lower glycemic index than other carbs, making it a good option for people with insulin issues, and it is also higher in fiber than potatoes.

At the farm, a few members and customers have asked if things are slowing down, and we're still going strong! This is the time of year when farmers harvest their root crops and storage crops and put them away. We're still waiting for the last winter squash, Tetsukabuto, to ripen. We will start harvesting sunchokes this week, we also need to continue picking celeriac, and last, finish pulling out beets and carrots with our harvesting tractor before the rain comes, but at this pace, it looks like we can keep our rain boots in the shed and continue enjoying the sun for another week. Rosie



SOUTHERN GREENS (OR BAKE)

- As many greens as you want (mustard, turnip, beet, collard greens, spinach, chard, arugula, kale, radish greens)
- olive oil
- chopped onion
- garlic cloves, minced
- bacon, cooked (optional)
- crushed red pepper flakes
- cider vinegar
- maple syrup (optional)
- salt
- ground black pepper

Sauté the onion in olive oil. Collards are tougher than other greens; give them more time in the pan if using. Add garlic, cook for a few minutes, then add the more tender greens; stir until they're wilted. Mix in the red pepper flakes, vinegar, maple syrup and bacon (if using). Lastly, add salt and freshly ground black pepper to taste. Taste and adjust seasoning. Increase the heat to medium-high and cook, stirring, until the flavors come together and the greens are cooked to your desired doneness.

CHEESY BAKE

At this point, if you're using a cast iron, you can mix in 4-6 eggs (try waiting for the greens to cool a bit so the egg doesn't cook immediately), a cup of grated cheese, mix it all up, and put it in the oven at 350 for 15-20 min until your bake is done. Transfer the greens to an oven-safe tray if needed

I make this at home cause it's an easy-to-reheat, healthy breakfast that will help you go through any leafy green or vegetable from last week, and it's more kid-friendly than plain green stuff.

Veggie List:

Beets

Spinach

Scallions

Collard Greens

Onion

Potatoes

Celeriac (or Celery root)

Green Kabocha- Sweet and nutty taste similar to a cross between a pumpkin and a sweet potato, with a smooth texture. No need to peel, the skin is edible and delicious.

Make a mash with all these together! Great side dish!



We'd love to see what you're cooking with your CSA box!

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