CSA NEWSLETTER

FALL WEEK 1
11/3/2026

Veggie List:

Eggplant
Beets
Radishes
Delicata:

If one thinks about atoms never ending, only changing form, then it is possible to look at your Delicata Squash and think part of its substance emanates from squash grown on our farm 35 years ago. We have been saving the seed from this open-pollinated variety for that long. In the middle of that time span, plant breeder extraordinaire Frank Morton, growing seed at GTF, saved Delicata from commercial extinction. The company growing 99% of the Delicata seed in the USA let a wild bitter gourd cross with the seed crop. This created meal-ruining bites of squash. Frank took the small amount of saved seed we have and undertook a multi-year selection program to create the Zeppelin variety of Delicata squash. Your eating squash with long GTF history.

Hope you had a fun Hallween!



Baby bok choy
Potatoes
Yellow and Red Onion
Sunchokes:

Also known as Jerusalem Artichokes, they store their energy in the form of inulin instead of starch like potatoes; this is a prebiotic fiber form that makes them have a low glycemic index, but in some people it can cause digestive discomfort and bloating. They're super flavorful and nutritious and super easy to grow! They get very tall and grow into a lush wall; we've considered growing a field of them to have a sun-maze instead of a corn-maze. It is hard to get rid of them after you've planted them in one spot; any little tuber left behind will sprout back the following Spring. They're also slightly allelopathic -which means their roots and leaves have compounds that inhibit the growth of neighboring plants, especially cucurbits or solanacea - so if you grow them, they might create challenging soil conditions for future crops. We've not noticed much of this, maybe cause it's so rainy here that all their evil chemicals get leached out of the topsoil.

SPICED POTATO BITES WITH YOGURT - YOTTAM OTTOLENGUI NYT COOKING

- 2½ pounds potatoes, peeled and cut into 1½- to 2-inch pieces
- ⅓ cup olive oil, plus 1 tablespoon to serve
- Flaked sea salt
- 10 ounces sunchokes, washed and sliced into ¼-inch pieces (or equal weight potatoes)
- 3 tablespoons oregano leaves
- 2 teaspoons white sesame seeds
- 1 teaspoon coriander seeds
- ¾ teaspoon cumin seeds
- 3 tablespoons finely chopped dill
- ¾ cup plain yogurt
- Heat oven to 400 degrees


Sunchoke field

Preparation

- Mix the potatoes with the oil and ½ teaspoon sea salt on a large sheet pan. Spread the potatoes evenly across the pan, then cover with foil and bake until almost cooked through, about 20 minutes. Remove from the oven and use a spatula to release any potatoes stuck to the pan. Mix in the sunchokes and oregano, ensuring everything is nicely coated in oil, then spread them out evenly on the pan. Return to the oven and bake for about 45 minutes, mixing halfway through and releasing with the spatula.
- Add the sesame, coriander and cumin to a small frying pan over medium heat and cook, stirring often, until the spices are toasted and the sesame is a light golden brown, 4 to 5 minutes. Transfer to a mortar and pestle with 1¼ teaspoons salt and lightly crush.
- To serve, mix the dill and half the spice mixture through the roasted vegetables. Drizzle the remaining oil over the yogurt and sprinkle the remaining spice mix over the top.
- Serve the vegetables straight from the pan, with the yogurt sauce on the side for dipping or drizzling.

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