

# CSA NEWSLETTER



**Week 20 - October 24, 2023**

Hello CSA peeps,

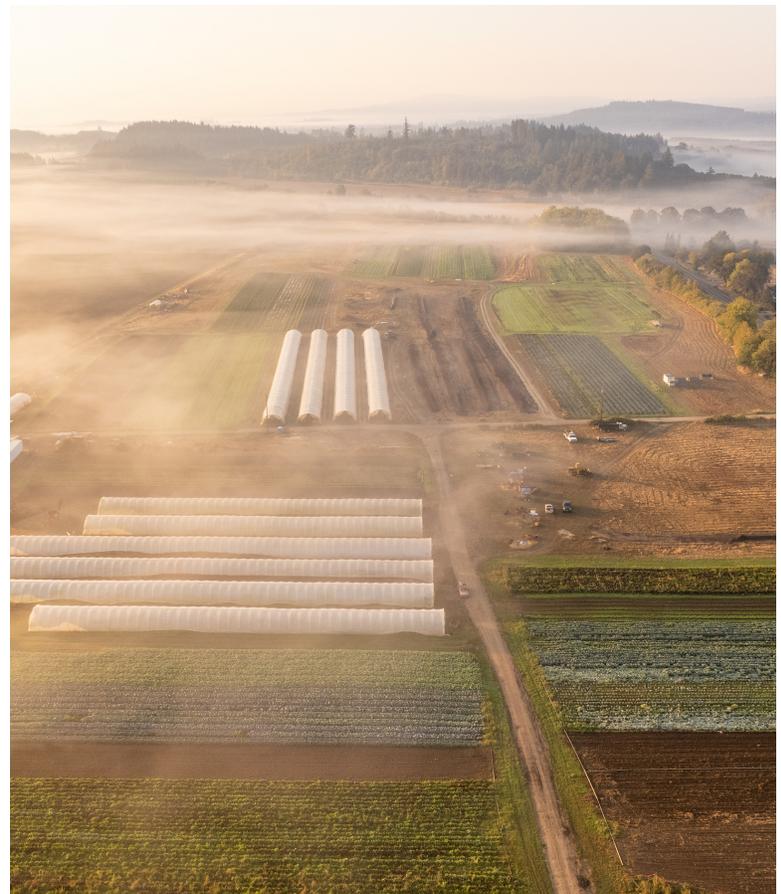
This week you'll find lots of colorful veg in you tub, we think about summer as the time to eat lots of vegetable, but there's so much produce to enjoy during the Fall. There is a pie pumpkin that's ideal for practicing your pies before thanksgiving, but it will also keep until then if you feel super confident with your fall baking. The other winter squash in your share is a Candystick delicata, it looks a lot like a regular delicata but its a dark -tan shade of yellow. It has an "extremely thick flesh and delicious rich flavor. Most delicata have a honey sweet or even maple flavor, but Candystick Dessert delicata has a richer date-like flavor that is truly addictive" (Adaptive Seeds). This variety was bred by Carol Deppe, local breeder and author!

With the end of the year just around the corner, everyone can use cozy nourishment from good food. I hope that this box helps your bodies feel good and happy. Fall is my favorite season, nothing beats a crisp morning, crunching leaves and harvesting non-stop, then at the end of the day, eating a whole roasted delicata, a slice of pumpkin pie, apples with peanut butter or warm salads drowned in vinagrette, are all things that we feel grateful for and that energize us to keep going for another month until we take a well-deserved winter rest.

Rosie

## Table of box contents:

Radishes  
Scallions  
Chard  
Carrots  
Lettuce  
Nicola Potatoes  
Onions  
Candy Stick Delicata  
Pumpkin Pie  
Savoy Cabbage



Fog lifting from the Fern field.

Shawn Linehan Photography

## VEGAN ONE-POT GINGER SCALLION CABBAGE RAMEN

- 1 small head of Savoy cabbage
- 2 packages (3-Oz each) Udon or Ramen noodles, any variety, seasoning packet discarded
- 10 ounces Cremini (or other) mushrooms
- 1 small knob ginger, about an inch long
- 1 tablespoon olive oil
- kosher salt and pinch crushed red pepper flakes or more to taste
- 1/4 cup mirin
- 1/3 cup soy sauce
- 3 scallions, white and green parts, finely sliced
- 1 tablespoon sesame seeds
- 2 teaspoons sesame oil
- hot sauce, such as Sriracha, for serving

### DIRECTIONS

1. Fill a large, wide sauté pan with water and bring to a simmer.
2. Cut the cabbage in quarters through the core. Cut out the core. Shred the remaining leaves finely. Depending on the size of your cabbage, you may chose to use all or part of the cabbage. Keep in mind cabbage shrinks considerably, I use about 8 cups. Place the cabbage in a colander, and place in the sink.
3. Add the ramen noodles to the simmering water and cook for 30 seconds. They won't be fully cooked. Drain over the cabbage (yes!). Keep colander in sink. Reserve your pan.
4. Heat the 1 tablespoon of olive oil in your reserved sauté pan over high heat. Add the mushrooms, season with a pinch of kosher salt, stir. Let cook undisturbed for 1 minute, then stir and continue to cook at medium heat until the mushrooms begin to brown, 3 to 5 minutes. Chop the mushrooms and microplane ginger.
5. Add the ginger and a pinch of crushed red pepper flakes to the pan, and stir to combine. Add the reserved noodles and cabbage. Add the mirin and soy sauce. Use tongs to stir and combine.
6. Add the scallions, sesame seeds, and sesame oil, and using tongs again, stir to combine.
7. Serve immediately, with hot sauce of choice.



Adapted from [Alexandra cooks](#)



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## PUMPKIN PIE

- 2 large eggs plus the yolk of a third egg
- 1/2 cup packed dark brown sugar
- 1/3 cup white sugar
- 1/2 tsp salt
- Spices: 2 tsp cinnamon, 1 tsp ground ginger, 1/4 tsp ground nutmeg, 1/4 tsp ground cloves, 1/8 tsp ground cardamom,
- 1/2 tsp lemon zest
- 2 cups pumpkin pulp purée from a pie pumpkin
- 1 1/2 cup heavy cream or one 12 oz. can of evaporated milk
- 1 good pie crust, chilled or frozen

*Note: One pie pumpkin will yield more purée than you'll need for one pie. Freeze and save for later or make soup!*

1. To Make Pumpkin Purée from Scratch: cut a pie pumpkin in half. Scrape out the insides (reserving the pumpkin seeds to roast) and discard. Line a baking sheet with foil. Place the pumpkin halves cut side down on the lined baking sheet and bake at 350 until a fork can easily pierce them, about an hour to an hour and a half. Remove from oven, let cool, scoop out the pulp.
2. Preheat your oven to 425 degrees.
3. Filling: Beat the eggs in a large bowl. Mix in the brown sugar, white sugar, salt, spices—cinnamon, ground ginger, nutmeg, ground cloves, cardamom, and lemon zest. Mix in the pumpkin purée. Stir in the cream. Beat together until everything is well mixed.
4. Pour the filling into an uncooked chilled or frozen pie shell. Bake at a high temp of 425 for 15 minutes. Then after 15 minutes, lower the temp to 350. Bake for 45- 55 minutes more. The pie is done when a knife tip inserted in the center comes out wet but relatively clean. The center should be just barely jiggly. About half-way through the baking, you may want to put foil around the edges to keep the crust from getting too browned.
5. Cool on a rack. Note that the pumpkin pie will come out of the oven all puffed up (from the leavening of the eggs) and will deflate as it cools. Serve with whipped cream.

Adapted from [Simply recipes](#)

We'd love to see what you're [@GatheringTogetherFarm](#) doing with your CSA box! Tag us [@GatheringTogetherFarm](#)

