

# CSA NEWSLETTER



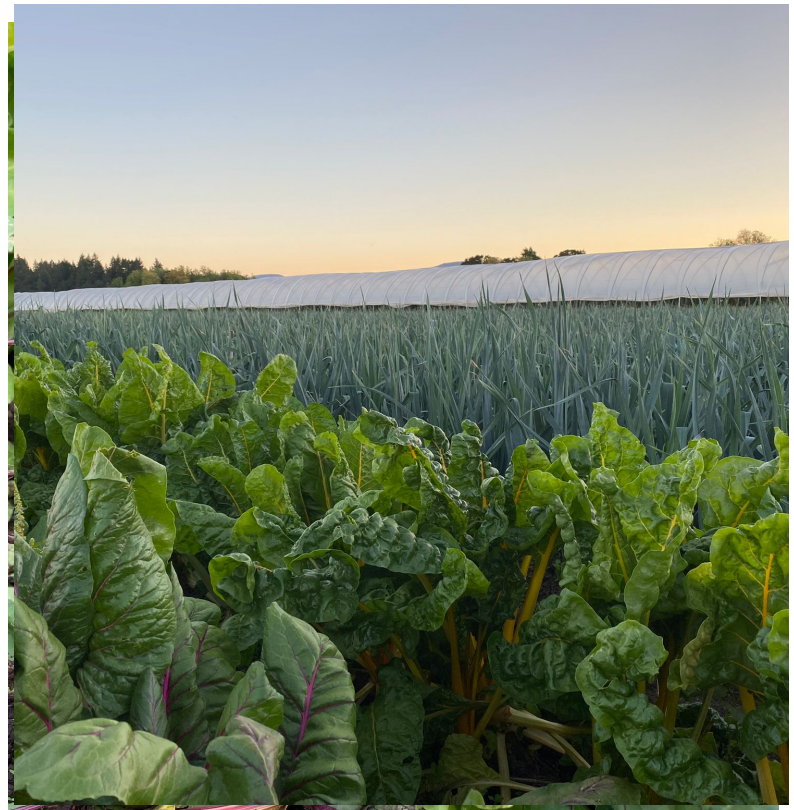
**Week 16 - September 19th, 2023**

Plants at the farm are happy! They are loving the warm days, and cool nights which change natural growth cycles in our ecosystem. Lots of weeds need high soil temperatures to emerge, so finally, we'll be able to get ahead of them. Insects reproduce faster with higher temperatures, so their populations will decrease, and also, we can't see it or taste it yet, but brassicas, chicories, and root vegetables are slowly starting to accumulate more sugars to protect their tissues from frost damage. All this, plus the crispness in the air makes us enjoy mornings harvesting.



Then, sunset at GTF is also wonderful in September, people and plants are done with their work for the day, you can feel how the atmosphere around the farm relaxes. Walking around our Fern field one evening, I became very aware of the great diversity of plants that are available right now, lots of fall crops are reaching maturity. In the picture you can see a Chard patch that's on it's way out, and Leeks that we haven't harvested yet. Another crop that's almost ready is winter squash, so start thinking about what you want to do with your first one! We grew green and scarlet Kabocha, Butternut, Buttercup, Delicata and Pie pumpkins this year, and the first ones to get ripen or cure will head your way!  
Rosie

## Table of box contents:

Collards  
Celery  
Basil  
Carrots  
Poblano Pepper  
Corn  
Broccoli  
Colored Bell Peppers  
Scallions  
Harvest Moon Potatoes  
Tomatoes  
Lettuce  
Onions



Chard and Leeks at sunset

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## **BULGUR PILAF**

My mom used to make bulgur all the time when I was growing up, it's a cousin of cuscus, but more flavorful. You can swap the grain for rice or cuscus, but you'll have to adjust the water quantity as well.

### INGREDIENTS

- 3 tbsp olive oil
- 2 onions, thinly sliced
- 3 bell peppers, cut into thin strips
- 2 tbsp tomato paste
- 2 tsp pink peppercorns
- 1 tbsp coriander seeds
- 1 cup medium bulgur wheat
- 1 3/4 cups water
- 2/3 cup raisins
- Salt and black pepper

### INSTRUCTIONS

1. Heat a dutch oven over medium-high heat. Add the olive oil and saute the bell pepper and onions until completely softened, about 10 minutes, stirring frequently. Add the bulghur, tomato paste and spices and cook for 1-2 minutes. Season with salt and pepper. Add the water and golden raisins. Bring to a boil, cover and reduce heat to low. Cook for 20 minutes.

Adapted from [Plenty: Vibrant Recipes from London's Ottolenghi](#)



## **CARROT GINGER COCONUT SOUP**

### INGREDIENTS


- 1 tbsp coconut oil
- 1 medium sized yellow onion chopped
- 2 clove garlic minced
- 1 tsp cumin and coriander
- 3 tbsp chopped fresh ginger
- 1.5 lb carrots, chopped
- 32 oz vegetable broth
- 1 can of coconut cream or coconut milk
- 1/2 tsp salt + more to taste
- Optional: I usually add a couple of tbsp of almond or cashew butter to make it creamier and richer. Also chili flakes or hot sauce for topping are great.

### Instructions

1. Begin by heating up a large skillet to medium high heat. Melt the coconut oil. Add onion, garlic, spices and ginger. Cook until fragrant and onion is almost clear, about 5 minutes.
2. Add carrots and vegetable broth or stock, bring to a boil. Reduce heat to simmer. Cook until carrots are nice and soft, about 25 minutes. Slowly stir in coconut milk or coconut cream (and nut butter if using).
3. With an immersion blender, blend soup until smooth. You can also use a regular blender and blend in batches. Add salt to taste. Serve hot!

PS: I usually make this in my pressure cooker, use the sauté function and then pressure cook for about 8 min. I've also used a mix of carrot, squash or /and sweet potatoes! Super good every time.

Adapted from Nisha Vora: *The Vegan Instant Pot Cookbook: Wholesome, Indulgent Plant-Based Recipes*

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