

# CSA NEWSLETTER



Week 14 - September 12th, 2023

Hi CSA friends,

The fall weather seems to have arrived just in time for us to start harvesting winter squash! The harvest of delicatas, kabochas and butternuts helped us transition into a new season, we are always planning ahead and thinking of what we could change next season, but this is specially true during the next two months. During the fall, we all get together to make lots of decisions, like ideal time and location to plant each crop, finding the best seeds, and devising a plan for new varieties, trials, etc. At the same time, we are still harvesting tomatoes, cucumbers and summer squash, but with most of the season behind us, now we walk through the rows of vegetables and look at each greenhouse, each field, with different eyes, exploring alternatives and improvements in our brains, as we observe each individual head of lettuce, tomato, or leek to decide if it is at it's prime point to harvest.

The cool mornings are perfect to harvest lettuce, spinach and other wiltable greens, and to reflect on the summer that just flew by. We will miss the melons, but we are super excited about soup and curry season coming up. Hope you enjoy this transitions and move from salads to roasted veg with joy.

Best, Rosie



## Table of box contents:

Pears  
White Hakurei Turnips  
Leeks  
Sangre Potatoes  
Spinach  
Tomatoes  
Cucumbers  
Lettuce  
Zucchini  
Colored Bell Peppers  
Yellow and Red Onion



Morning lettuce harvest

Shawn Linehan Photography

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## ALOO PALAK - SPINACH & POTATO CURRY

### INGREDIENTS

- 1 bunch spinach
- 3-4 potatoes, peeled and cubed
- 1/4 cup neutral oil, (grapeseed or avocado)
- 1 tbsp ghee (or vegan butter), optional
- 1 tsp cumin seeds
- 1 medium onion, finely chopped
- 1-2 green chili peppers (Serrano or jalapeno)
- 3-4 cloves garlic, crushed
- 1/2 inch piece ginger, crushed
- 1 medium to large tomato, finely chopped
- 1 tsp coriander powder
- 1/2 tsp cumin powder
- 1/4-1/3 tsp turmeric powder
- 1/4 tsp red chili powder
- 3/4-1 tsp salt, or to taste
- 1/4 tsp garam masala, optional
- 1 tsp freshly squeezed lime or lemon juice

### NOTE ON HAKUREI TURNIPS

Hakurei turnips are not what comes to mind when you think turnip. Nobody ever gets excited about turnips but give these are something else. They're sweet and have a great texture to eat raw. Along with carrots, cucumbers and Jimmy Nardello's they are the best to snack on raw or use to dip. The stems and leaves are also crisp & delicious like bok choy or tatsoi, and are nice and smooth unlike their fuzzy radish cousin. Enjoy the whole plant sauteed with tamari and served with rice, kimchi, and an egg. You can also roast or air fry them.



Hakurei Turnip green house.

### DIRECTIONS

1. Finely chop the spinach leaves. Boil the cubed potato with 1 tsp salt until tender. Drain and set aside.
  2. Heat oil and ghee in a large pan over medium-high heat and add the cumin seeds. Give them a few seconds to sizzle. Add the onion and cook, stirring often, until slightly golden, about 5-7 minutes. Add the green chili pepper, garlic, and ginger and cook until the raw smell disappears, about 20 seconds. Add the chopped tomato, spice powders (except garam masala), and salt. Cook until the tomato becomes soft and the oil starts to leave the sides, about 3 minutes.
  3. Add the spinach. Stir-fry it until it loses its moisture, about 10 minutes. If you feel that it still isn't cooked, add 1/4 cup of water, cover, and cook on low-medium heat for an additional 5 minutes. It should no longer have any raw taste.
  4. When the spinach is cooked, add the boiled potatoes and stir to coat the potatoes with the spinach. Add garam masala and more salt, if needed. Turn off the heat and sprinkle lime or lemon juice.
- Serve hot with naan, rice, or bread. You can also serve yogurt and chopped red onions on the side, if desired.

Adapted from [Tea for Tumeric](#)

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