

Week 20 – Summer CSA

October 17 – October 23, 2022

Dear CSA members,

Beyond our crops, which we put so much of our attention into, the foliage of the trees surrounding the farm is starting to change. What a welcome balm for the summer soul... As you know, we are experiencing quite cool fall mornings now, and next week bring the promise of prolonged rain. This means that this week we are making the most of the late-season, warm working weather. By having this October dry window, we are aided in finishing our winter squash harvest at best quality, and we are assured of good conditions for lifting our remaining fall root vegetables.

In this Week 20 box, we are excited to offer you delicata squash! For those perhaps unfamiliar, there are many ways to prepare it – cut longitudinally and baked as halves (cut sides down or cut sides up); cut and roasted in semi-circle half-rounds; pan-fried with water and a covered lid; tossed cut into soups; and more. Delicata is particularly versatile among winter squashes due to its edible skin, meaning that no laborious peeling is required, nor must an eater necessarily avoid the outer skin on a baked squash. Beyond the delicata, we are looking at classic fall produce throughout this box: leeks, savoy cabbage, and our fresh white Hakurei turnips, which enjoy the cooler nights. Eventually our produce will become frost-kissed, and sweetened by the sugars plants produce as an “anti-freeze”... but given that we are on the second to last week of our CSA together, to enjoy that season’s harvest you’ll have to visit us at our winter farmers markets. We look forward to continuing to serve you and your loved ones beyond the end of the CSA, which will be next week’s Week 21 box. Stay cozy...!

Box contents, Week 20:

- | | | |
|-------------------|-------------------|-------------------|
| - Delicata Squash | - Red Onion | - Hakurei Turnips |
| - Chard | - Yellow Onion | - Savoy Cabbage |
| - Leeks | - Purple Potatoes | - Red Beets, bulk |

