



September 21 / Week 17

KEEWAYDIN NEWS

Variety of Eggplants, CSA members in the field, Snow Ball Cauliflower

Thanks to everyone who came out to the farm this weekend! It was great to meet some of our CSA members and close the loop between families, food and soil. Dinner was great! Thanks everyone for sharing. I love how a potluck always comes together even though nobody knows what anybody else is bringing. The grilled beets were a big hit and I promised to let you know how they were made. We used an electric grill and put on whole washed beets. Then forgot about them for one our two hours until done. This could be replicated in the oven as well. You can then eat them right out of the skin. Add a little butter and salt if you like. It is delicious in it's simplicity.

What's in the Box

Radishes

Cauliflower or Broccoli

Cabbage

Green Beans

Potatoes

Delicata or Sweet Dumpling Squash

Green and Red Sweet Peppers

Red Onion

Tomatoes Heirloom Mix

Eggplant

The last delivery will be October 13th for Minneapolis Members and October 14th for Madison members. Only a few boxes left. Remember, your site hosts contact info is on the CSA Calendar. In case you need to contact them. Thank you site hosts. We appreciate you sharing your space!

The Deer have been munching the salad mix and it is growing more slowly due to less hours of sunlight each day and the lack of rain in the last month. We will be short on lettuce greens for the rest of the season. We are hoping to have spinach before the season is out and another batch of carrots!

We still have winter shares available! Signup forms on our website www.keewaydinfarms.com



One of last years winter share boxes

Roasted Squash with Potatoes and Garlic

Ingredients:

1 small to med. Winter squash (Delicata's and Sweet Dumpling have an edible skin), washed, halved, seeded, and cut into equal wedges.

4 to 5 medium sized potatoes (about 2 pounds), unpeeled, washed, and quartered

4 cloves garlic, peeled and crushed

3 T olive oil

1 large sprig rosemary

Directions:

Preheat oven 425

Combine the squash, potatoes, and garlic in a 9 x 13 in. shallow baking pan. Drizzle with oil, and add salt and pepper to taste. Top with rosemary sprig.

Bake 45 to 50 minutes, turning once after vegetables are browned on one side.

Variations: Use coconut oil or butter in place of olive oil. Try with curry and dried cranberries or raisins.

Eggplant Sandwich

Eggplant:

4 teaspoons Olive Oil

1 clove Garlic, finely chopped

1 1/2 teaspoons chopped, Fresh Basil

Salt, to taste

Fresh Ground Black Pepper

2 small Eggplants

Sandwiches:

1/2 cup Cream Cheese, Low-Fat

Whipped, or Goat Cheese

4 pieces Focaccia or other good quality bread, sliced in half, lengthwise

2/3 cup Spinach, washed and dried

4 slices Tomato

Preparation:

Eggplant:

Preheat grill to medium heat.

Add olive oil, garlic, salt, and fresh ground pepper and 1/2 teaspoon fresh chopped basil to small bowl. Stir to combine.

Brush both sides of eggplant slices with olive oil mixture.

Grill eggplant over direct heat, 3 minutes per side. Or fry in a pan with a little oil

Sandwiches:

Mix cream cheese, 1-tablespoon fresh chopped basil, salt, and fresh ground pepper in small bowl.

Spread 4 halves of focaccia bread with cheese mixture.

Sauteed Broccoli/ Cauliflower

1 lb. fresh broccoli or cauliflower

3 Tbsp. extra virgin olive oil

2 cloves garlic, minced

1 tsp. lemon juice

salt and pepper to taste

Cut the broccoli or cauliflower into individual florets. Cut stems into pieces roughly the same size as the florets. Place broccoli in large pot, and bring to boil in salted wa-

ter to cover. Reduce heat and simmer 3-4 minutes until broccoli/cauliflower is just crisp-tender. Drain thoroughly. Heat olive oil in a skillet over medium heat and cook garlic for 1 minute. Add the drained broccoli/cauliflower and cook 5 minutes, stirring frequently, until it is glazed and tender. Sprinkle with lemon juice, salt, and pepper and serve. Serves 4 to 6

I prefer butter!