



Brussels Sprouts, Keewaydin Pumpkin, Garlic hanging to cure

October 12 / Week 20

What's in the Last Box

Spinach

Diakon Radish

Red Onion

Potatoes

Variety of Sweet Bell and Specialty Sweet Peppers

Kale

Delicata Squash

Beets Red or Gold

Brussels Sprouts

Garlic

I had so much fun this season working all of these fabulous vegetables into your boxes. I hope you found a lot of favorites and were inspired to try something new. I want to thank all of our employees. They work hard and do a great job. I also want to thank all of our CSA members out there. CSA empowers local farmers by purchasing a share directly from the source. We are widening our communities to include the people who produced the food on our plates. High fives.

In the garden— Last Tuesday the frost nipped us. Which is a technical farming term that means leaf damage and the end of sensitive crops like basil and tomatoes. Then on Saturday night we got the hard frost. Lucky for you this makes the kale and Brussels sprouts and spinach even sweeter. All that's left to do is finish digging potatoes and plant garlic for next season. I will spend time this winter modifying my plans and incorporating all the lessons learned from this year. I will send everyone an email at the end of winter inviting you to share the harvest with us again next season! Look into the Winter Share and let us know soon if you are interested. Have a cozy winter. —Star

Diakon Radish : Diakon Radish is a traditional Japanese vegetable that is often found in Asian markets. It is grated and used as a garnish, or is commonly pickled. It is also used in stews and soups with other vegetables.

It is also known as Oriental Radish, Japanese Radish, and Giant White Radish. Diakon is a root vegetable believed to have originated in the eastern Mediterranean. It is a smooth-fleshed white skin winter radish.

Scrub or peel removing only a thin layer of the outside. It can be grated,

or cut into cubes, sticks, or thin slices. It can be eaten raw or cooked. Cooked diakon is used much like a turnip in soups and stews. Raw diakon can be used to add some crunch and spice to salads and relishes.

Brussels Sprouts : Good steamed, baked with a little water and butter, and sautéed. Brussels Sprouts compliment the same foods as cabbage.

Beets : Don't be afraid to try them. Look for a recipe that sounds good to you and go for it.

We want to know what you think. What veggie did you wish more or less of? Email us!

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Kale Quiche

- 1 prepared 9-inch pie crust
- 3 eggs
- 3/4 cup each: half-and-half, whole milk
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes, optional
- Freshly ground black pepper
- 1 tablespoon each: vegetable oil, butter
- 1/2 to 3/4 cup onion, minced
- 3 cloves garlic, chopped
- 2 cups chopped kale leaves
- 1/3 cup grated Cheddar cheese

Heat the oven to 425 degrees. Tear off a piece of foil large enough to fit

inside the pie crust; press into the crust. Fill pan with dried beans; bake 12 minutes. Remove crust from oven, discarding foil and beans; set aside.

Meanwhile, whisk the eggs, half-and-half, milk, salt, red pepper flakes and black pepper to taste in a medium bowl; set aside.

Heat the oil and butter in a large skillet over medium-high heat; cook the onions and garlic until softened, about 3 minutes. Add the kale; cook, stirring, just until wilted, about 5 minutes. Spoon the vegetables into the crust; sprinkle with cheese. Pour the egg mixture over. Bake until set, about 35 minutes.

Brussels Sprouts Sautéed with Chestnuts

- Brussels sprouts
- Small knob of butter
- Small splash of olive oil
- Chestnuts (I get the vacuum sealed package) can also use sliced or slivered almonds or pine nuts
- Sea salt and fresh black pepper
- balsamic vinegar optional

Wash the Brussels sprouts, then cut them in half and removing the core if it is too hard. Don't worry if some of the outer leaves come off.

Heat your sauté pan. When it is warm, add your butter and oil. When they are warm (a minute should do), add your Brussels sprouts, cut side down. Dump the escapee leaves on top. Leave five minutes or so until the Brussels sprouts are golden brown (the trick to get-

ting good color is to keep yourself from stirring the Brussels sprouts). Turn your sprouts and add your chestnuts.

Cook until heated through, another five minutes or so. Add several good grinds of black pepper and a dash of sea salt. Taste. Try splash a tablespoon or so of balsamic vinegar after you turn them. Or sprinkling with parmesan cheese.

We still have winter shares available! Signup forms on our website. Early Bird Special!

www.keewaydinfarms.com
email questions or comments:
csa@keewaydinfarms.com

Delicata Squash and Gruy're Dip

- 1 Delicata squash
- About 1 cup of finely grated Gruy're cheese
- 1/2 cup milk or cream
- Salt and pepper
- 1/2 teaspoon paprika or cayenne or curry

Heat the oven to 350°F. Cut the squash in half and scrape out the seeds. Turn the shells upside down in a pie pan, cover with foil and roast for about 45 minutes or until very soft. (You can also steam them in the microwave.)

Scoop out the flesh while still warm and blend with the cheese, milk, and seasonings. Adjust seasonings to taste, and warm up again in the oven or microwave if the cheese does not melt completely. Serve in the shell which is delicate enough to eat.

Potato Beet Salad

- 2 cups diced cold boiled potato
- 1 cup diced boiled beet
- 2 chopped hard-boiled eggs
- 2 teaspoons chopped onion
- Chopped parsley

Instructions

Mix all ingredients, and blend with boiled dressing or cream mayonnaise.