This week's share:

Lettuce, spinach, greens, bok choy, turnip, potatoes, carrots, onions, sweet peppers, herbs



Next week's guess...

Lettuce, turnip, bok choy, rutabaga, squash, pumpkin, carrots, chard, onion, garlic, herbs

Stir Fried Bok Choy and Mustard Greens with Tofu

3 1/2 tablespoons soy sauce, divided 4 teaspoons Asian sesame oil, divided 3 1/2 teaspoons unseasoned rice vinegar, divided

1 14- to 16-ounce container extra-firm tofu, drained

2 tablespoons peanut oil or other oil 1 tablespoon finely chopped peeled fresh ginger

1 small onion, chopped 2 garlic cloves, finely chopped 4 baby bok choy, leaves separated 1/2 lb mustard greens

Whisk 2 tablespoons soy sauce, 2 teaspoons sesame oil, and 1/2 teaspoon vinegar in bowl. Cut tofu crosswise into 3/4-inch-thick slices; cut each slice crosswise in half. Arrange tofu on paper towels and let stand 10 minutes. Pat top of tofu dry.

Heat peanut oil in large skillet over mediumhigh heat. Add tofu and cook, without moving, until golden brown on bottom, 2 to 3 minutes per side. Transfer tofu to paper towel to drain, then place tofu on a plate and brush both sides with soy sauce mixture.

Wipe out any peanut oil from skillet. Add 2 teaspoons sesame oil and place skillet over medium heat. Add onion, ginger, and garlic. Stir until fragrant, about 1 minute seconds. Add remaining 1 1/2 tablespoons soy sauce and 3 teaspoons vinegar, then bok choy. Toss until bok choy wilts, 1 to 2 minutes. Add greens in 2 batches, tossing to wilt before adding more, 1 to 2 minutes per batch. Season greens with salt and pepper. Add tofu to skillet. Toss gently to blend. Transfer to platter.

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On the farm...

The end of September is nice on the farm for so many reasons. The weather is beautiful, the trees are starting to turn. It is usually pretty warm but not too warm and there is enough rain for our fall crops to keep growing and be happy. It is also nice because some of the bigger things that need doing around now are starting to get done, leaving us with a somewhat more relaxed work schedule and time to get those things that can just never get done in the heat of summer done.

With a few of our major fall harvests complete - the squash and onions primarily - we have started to think about the projects that will need attention before the winter comes. So, we're doing a little upkeep on our small greenhouse that needs wood replaced at the bottom. And, we've got to finish our new "root cellar" room that we built in the shed this spring. This is a big, insulated room where we will store all our winter veggies for the winter CSA. Above ground, the room stays at just over zero degrees throughout the winter using just the residual heat of the veggies and the occasional help of a heater or heat lamp when the weather is really cold.

Another thing we are doing this fall is adding an additional layer of plastic to our big, moveable greenhouse where the winter greens will be growing. Last year, we tried to get away with a single layer of plastic on our winter growing hoophouse but really, that will not do. To keep enough heat to protect the greens throughout the winter and heat up enough to harvest in the coldest time, we need to add another layer of plastic to the greenhouse. Then we will put a small fan to blow air between the layers, creating a 4-inch or so layer of air that will keep the inside better insulated from the cold. Then, when the sun comes out, the greenhouse is toasty warm even in very cold weather, allowing us to harvest the greens which were planted this September.

And of course, come mid-October, we will start harvesting all the lovely root vegetables and other storage crops that our winter members will eat this winter. It's a big job, but a great one, to see all the amazing food that will keep us going in the coldest, darkest months!

This is, by the way, week #16 of the 20-week summer share program. So, after this week, there are 4 more summer pickups left, just so ya know!



A view of our 90 foot greenhouse which will be packed full of spinach and kale this winter. Hopefully to provide us with abundant winter harvests!

Farm Visit?!

Normally at this time of year, we have our second farm tour day. This year, we have been quite a bit busier than expected and we haven't had the time we need to organize a tour.

However! We would love you to come out to the farm and see the garden as it is looking great.

Please come out and see the farm and take a stroll around the garden - any Saturday between 10am and 4pm. Just give us a call a couple days in advance and let us know you are coming!



Colcannon

Still have that savoy cabbage sitting in your fridge? Here's a great way to use it!

2 lbs potatoes, cut into 1.5 inch pieces half a head savoy cabbage, thinly sliced 1/2 cup milk
1 large onion, thinly sliced
1 tbsp balsamic vinegar
1/2 cup butter
2 tbsp olive oil
salt to taste

Cook potatoes in a large pot of boiling salted water until tender, 20 to 25 minutes. Drain. Return potatoes to pot and mash until smooth. Set aside.

While potatoes are cooking, heat olive oil in a medium skillet until hot. Add sliced onions. Cook for 15 minutes, stirring frequently. Add balsamic vinegar and cook for another 10-15 minutes or longer until onions are golden and caramelized. Mix into mashed potatoes.

Combine cabbage and 1/2 cup water in a heavy large skillet. Boil until almost all liquid evaporates, tossing cabbage frequently, about 15 minutes. Mix cabbage into mashed potatoes.

Combine milk and butter in a small saucepan. Bring to boil, stirring to melt butter. Pour over potato mixture and stir to combine. Season to taste with salt and pepper.

Potato, Carrot, and Turnip Gratin

1 tablespoon unsalted butter

1/2 onion, sliced thinly (not diced)

1/2 cup white wine

2 cloves garlic, minced

2-3 potatoes, peeled and sliced thinly

2 turnips, peeled and sliced thinly

3 carrots, peeled and sliced

1/2 cup heavy cream

3/4 cup Parmesan cheese

2 tbsp fresh parsley

1/4 teaspoon salt

1/4 teaspoon ground black pepper

Preheat oven to 350 degrees F.

- 1. Melt the butter in a medium sized skillet. Add the onion and saute until translucent, about 5 minutes. Add in the wine and cook until the liquid is mostly reduced, then add in the garlic and saute for another minute or so. Set aside.
- 2. Peel and thinly slice the potatoes and turnip and peel and slice the carrots. Toss them with the heavy cream, 1/3 of your Parmesan cheese, parsley salt, and pepper. Layer them in a pretty pattern in the greased baking dish, however it fits. I used a 9×9 casserole dish for mine. Pour the onion and garlic mixture over everything. Top with the Parmesan cheese. Bake for 45 minutes to 1 hour, until browned and bubbly. Let sit for 5 minutes, sprinkle with chives or scallions, if you like. Serves 6 as a side.

Chicken Noodle Soup

1 tbsp minced ginger

1 tbsp minced garlic

1 carrot, sliced into thin sticks

1 turnip, sliced into thin sticks

1 tbsp vegetable oil

4 cups chicken stock

4 skinless chicken thigh fillets

2 tbsp soy sauce

1 tsp sesame oil

3 tsp brown sugar

1 bunch baby bok choy, washed and stocks separated

450g fresh thin chinese egg noodles

- 1. Heat oil in a large saucepan over medium-high heat. Add ginger and garlic and stir for about 15 seconds. Add chicken stock and bring to the boil.
- 2. Reduce heat to medium-low and add chicken thighs to the stock. Cook for 5-7 minutes until cooked through. Remove chicken and slice.
- 3. Add, soy sauce, sesame oil and brown sugar to the stock. Increase heat and bring to the boil.
- 4. Add green vegetables and heat until wilted, about 1 minute.
- 5. Add the noodles to the saucepan and loosen with a fork. Simmer for about 2 minutes until they soften slightly.
- 6. Return the chicken to the soup to heat through
- 7. Serve the noodles in bowls, sprinkled with spring onion, cilantro or parsley if you like.

