



# FRESH FROM THE FARM

Farm Share Newsletter

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Every other week - 3 of 5

*Fall Shares*

Oct 20 - 22, 2020

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## **WEEK #3**

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Eating for Fall, Preparing for Winter

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Unboxing Your Offerings

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Recipes and Ideas

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Get To Know PUMPKINS

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*"If you want to bring light into  
your life, you need to stand  
where it is shining."*

- **Unknown**

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## EATING FOR FALL AND PREPARING FOR WINTER

Nature is so wise and when we follow nature's wisdom by eating seasonally, we feel so much the better, both body and mind!

In fact, our favorite fall foods that we look forward to such as pumpkins, winter squash, and sweet potatoes, are actually very important for us to eat this time of year to help our bodies make the transition between the heat of summer and the cold of winter.

During the fall, our appetite tends to grow and we crave naturally sweet, moist foods. These foods build and nourish our bodies in preparation for the cold, windy months ahead.

Soup is a great meal to be eating a lot of during the fall and winter months!

Soup recipes are typically quick and easy, yet they're extremely nourishing and give us exactly what our bodies and minds are need.

Check out an easy soup recipe below!

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*"[The fall] is an important time to prepare the body for the cold months by clearing out accumulated summer heat and storing nourishment in the deep tissue layers to sustain energy through the winter."*

- Kate O'Donnell

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## UNBOXING YOUR OFFERINGS THIS WEEK

*\*Signifies DANGER ZONE Veggies - those items that are in danger of rotting more quickly than other items. Store in the refrigerator immediately upon returning home and plan to eat quickly, within 3 - 5 days for best results.*

*But don't forget our "Farmer's Pledge"... if something goes bad before you can use it, we'll replace it free of charge. Learning to use fresh ingredients is a process!!*

PUMPKIN & WINTER SQUASH ~ Called winter squash because unlike its summer cousin, winter squash has a thick rind that allows it to keep for long periods of time. Winter squash is harvested in late summer and early fall can last through to winter. Store it in a cool, dry place—don't refrigerate it! When kept on the countertop or in your pantry, it can stay good for up to 2-3 months! You'll probably eat it long before then but that is the beauty of the thick rind!! Try this [Stuffed Winter Squash recipe](#)!!

\*BEETS ~ Cut off the beet greens immediately when you get home and reserve them for other recipes. Beets are rich in many vitamins and minerals, and are wonderful for cleansing the body as they are a natural tonic for the liver and a blood purifier. Can prevent many forms of cancer and beets can help lower blood pressure. Saute beet greens in olive oil, with garlic, salt and bacon. Grate beet root raw and use the root and the greens in salads. Roast and save in your fridge to add to your smoothies for a delicious vitamin boost. Still not a fan? You can't go wrong with pickled beets. :)

\*CARROTS ~ I probably don't need to tell you much about carrots except that they are a DANGER ZONE vegetable... that is, their greens need to be removed immediately when you get home so that they don't suck the moisture out of the carrot. The greens can also be eaten, in salads, in pesto's, or they can be composted if you're not up for that ;)

\*TURNIPS ~ They add a great zip to dishes and are even tasty (and crunchy) raw. Turnips can be cut into wedges and served as crudites with dip, or sliced and added to salads. Be sure to cut the green tops off the turnips as soon as you get home to preserve the root for a week or more. Turnip greens can be used as any green in your recipes and dishes.

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## UNBOXING YOUR OFFERINGS THIS WEEK

MINI-EGGPLANT ~ Still holding on through the cooler temperatures!! Again, they are smaller sized because we wanted to clean off the plants before the night's get too cold.

Eggplant don't enjoy the cold at all and are typically one of the first crops to go. If you don't intend to eat the eggplant within 2 days, it should be refrigerated. To refrigerate, wrap in a paper towel and place in a reusable container or perforated plastic bag in the crisper section of your refrigerator for use within 5 - 7 days. Eggplants are sensitive to the ethylene gas given off by some fruits and vegetables, such as apples and potatoes, so do not store them with each other. Be careful when handling because they bruise easily.

BELL PEPPERS ~ Will last approximately 1-2 weeks in the refrigerator, but can also be frozen. For best preservation of flavor and quality, store peppers in a plastic bag in the vegetable crisper of your refrigerator. To freeze for later use, slice or chop them up, place in a single layer on a cookie sheet and freeze; then promptly place the pieces in an airtight container or heavy-duty freezer bags for future use.

HOT PEPPERS ~ A variety of hot peppers with different flavors and heat levels. Earlier in the year they tend to be a bit more mild than later in the summer when they start changing from green to red. To enjoy the flavor without all the heat, remove the inner seeds and veins. We recommend wearing plastic or rubber gloves whenever working with hot peppers, especially for people not accustomed to them. Once you're used to handling them, you can determine if the gloves are necessary or not. Store on the counter or in the crisper drawer of your fridge. Also, the longer the peppers sit, the more heat they seem to acquire so be aware. Also, wash hands immediately after working with peppers and avoid touching your eyes or face before doing so.

TOMATOES ~ Our last week of tomatoes for the year! Tomatoes are one of those crops that you eat so much of them you're nearly sick of them, but then you wait impatiently for the time to come around again when they're growing abundantly. 🍷 We try to pick them at a variety of levels of ripeness so you don't have to eat them all immediately upon returning home. Some you may want to let sit on your counter to ripen a bit for a few days before enjoying... Perfectly ripe tomatoes should be kept at room temperature on the counter away from sunlight. Make sure they're in a single layer, not touching one another, and stem side up. Consume within a couple of days for best flavor. Overripe tomatoes that are soft to touch with very red flesh are best kept in the fridge until they can be used.

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## UNBOXING YOUR OFFERINGS THIS WEEK

**TOMATILLOS** ~ Store tomatillos for a day or two at room temperature or for up to a week wrapped loosely in plastic in the fridge. However, you store them, leave their papery husks on until you're ready to use them. The papery husks on tomatillos are pretty, but they need to be removed before cooking. Simply lift them off and discard them, twisting them off at the stem end if they're resistant. Once their husks are removed, the tomatillos underneath may feel a bit sticky. That's okay and normal. Just rinse them clean under cool running water and pat them dry. Again, don't remove their papery husks until you're ready to use them.

**SALAD GREEN MIX** ~ A delicious mix of lettuces. Has already been rinsed and dried so should last longer than other danger-zone veggies. Plan to use this after other items have already been eaten. Keep an eye on the bag though, if there are any bruised or damaged leaves, they will spoil the whole bunch.

**CHINESE CABBAGE** ~ Also known as Napa cabbage, it is versatile and works great stewed, steamed, and stir-fried. In general, it doesn't need much cooking time to cook through (3 - 5 min. is typically enough), and is also delicious raw. Try swapping it out with cabbage in slaw recipes. Wash Chinese cabbage just before using. Remove the desired number of leaves and trim the base of each, wash, drain and use cooked or raw. The crisper the leaves, the tastier, so use within 3 -5 days for best flavor, although it can be used later, up to 2 weeks, in sauerkrauts, kimchi's and soups.

\***KALE** ~ For a bunch of whole leaves, it's all about avoiding excess moisture. Wrap the bunch of kale in a layer of paper towels, and store in a zip-top plastic bag in the refrigerator crisper drawer. The kale should be in great shape for a week. Enjoy raw in salads, in your green smoothies, or lightly sautéed with garlic, sea salt, and olive oil.

\***SWISS CHARD** ~ Use raw leaves in salads, or sauté the leaves and finely chop the stems to combine with olive oil and garlic, and add to pasta, frittata's, scrambled eggs and stir-fries. My very favorite way to use chard is on [this pizza](#)... it may sound bizarre but it is so good.

\***ARUGULA** ~ Most frequently eaten raw in salads but can be enjoyed cooked in a number of ways. Delicious peppery flavor. It's also used to top cooked pizzas or whirled into pesto. The greens can also be sautéed for a mild side dish or added to soups, pasta, and other dishes. Store in a green bag in the crisper of the refrigerator. The greens will keep for up to four days. Don't wash until just before using.

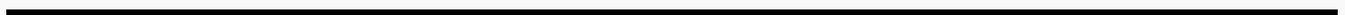
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## UNBOXING YOUR OFFERINGS THIS WEEK

PERPECTUAL SPINACH ~ Actually a variety of Swiss Chard that grows well in the heat and in the cold and tastes just like spinach! One of our favorite crops to grow and to eat! We use it for and in *everything*, no joke! Has already been rinsed and spun dry so it should last longer than other greens. High in antioxidants and vitamins A, C, E, and iron so lightly cook or enjoy raw for highest retention of nutritional value. Cook quickly until spinach turns a bright green for best flavor. Use in salads, pasta, pestos, and egg dishes as well as being a favorite for green smoothies.

CILANTRO ~ Used in Mexican, Indian, and Thai cooking as well as many sauces and salsas. It looks a lot like parsley, but with a different flavor. Top tacos, burritos with it, add a sprig or two to your salad or smoothies for extra detox. Read more about it below! To store: place the stems into a glass of water and cover with a baggie in the fridge and use within a week.



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## RECIPES AND IDEAS

# CREAM OF ANYTHING SOUP

*Cream-based soups are moist, grounding, soft, and smooth—perfect for the fall and winter months! After you've made this recipe a time or two, experiment with other vegetables, such as broccoli or celery for example, although just about any vegetable would work. This is a perfect recipe to make the night before your Farm Share pick-up to eat up whatever produce you haven't been able to use up yet. Serves 2 but is easily doubled or even tripled for leftovers.*

- 4 cups water or vegetable broth or bone broth
- 4 cups chopped kale, spinach, swiss chard, and/or carrots
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1/2 tsp. ground fennel seed
- 1/2 tsp. to 1 tsp. turmeric powder (depending on how much you like turmeric ;)
- 1 inch piece fresh gingerroot, peeled or 1 tsp. ground ginger
- 2 tsp. ghee, coconut oil, or olive oil
- 1 cup raw cows milk, goat milk, almond or coconut milk

In a medium saucepan over high heat, bring the water or broth to a boil. Add the vegetables, spices, and ginger to the saucepan, reduce heat, and simmer, covered, for about 10 minutes. The longer you let it cook, the creamier your soup will be; less time means your soup will have a thicker texture and your vegetables will be more al dente. Fresh greens, like spinach, take only a few minutes to wilt, whereas for harder vegetables, like carrots, will take the full 10 minute cooking time, or even longer.

If you like your soup very creamy, simmer your greens and the carrots, an extra 5 to 10 minutes. Use an immersion hand blender to puree the mixture or transfer the vegetables in their cooking liquid to a blender carafe. If blender carafe, however, only blend half at a time, starting on low to high, to make sure you don't overflow your carafe with hot liquid! Once pureed, add ghee or oil and milk and blend again until smooth.

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## GET TO KNOW

# PUMPKINS



### Has 'Pumpkin-Craze' hit you yet?!

There's something about this time of year... I'm wanting pumpkin in everything (and apples too, actually).

Not only are pumpkins such a rare treat because we can only get them this time of year, but they are very nutrient-dense, meaning that they are packed with vitamins and minerals.

We could even go so far as to say that they are a "Superfood" without stretching the limits one bit!

We tend to think of pumpkins just as "fun", but they are really good for us, giving us just the nutrition we need this time of year as our bodies and minds are trying to shed the heat of the summer past and prepare for the cool temperatures of the winter ahead.

### **Benefits of pumpkins:**

- Highly nutritious and particularly rich in Vitamin A.
- High antioxidant content may reduce your risk of chronic diseases.
- Vitamin-rich that can help boost immunity.
- Rich in Vitamin A, Lutein and Zeaxanthin which may protect your eyesight.
- Nutrient dense and low calorie count may promote weight loss.
- Antioxidant content may lower your risk of cancer
- Potassium, Vitamin C and Fiber may benefit heart health
- Contains compounds that promote healthy skin
- Incredibly versatile and easy to add to your diet

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## UNIQUE PUMPKIN RECIPES

You're probably aware of pumpkin pie and the like, but these recipes are a deliciously unique way to get your pumpkin-fill this time of year!

### PUMPKIN SPICE SMOOTHIE

- 1 cup pumpkin puree
- 1 medium ripe banana, fresh or frozen
- 1 cup milk of your choice
- 1 Tbsp chia seeds
- ½ tsp Vanilla extract
- ½ tsp pumpkin pie spice
- 1 Tbsp pure maple syrup (if desired, sweeten to taste)
- 4-6 ice cubes (if you like it chilled)

#### INSTRUCTIONS:

Add all ingredients to a blender; blend until smooth. For a thinner consistency, add more milk as desired. Pour into your favorite glass and enjoy!

Optional toppings: Granola, whipped cream, pepitas or slivered almonds.

### More Fun Pumpkin Recipes

[Pumpkin Chipotle Queso Dip](#)

[Pumpkin Mashed Potatoes](#)

[Pumpkin Chili](#)

[Roasted Garlic & Rosemary Pumpkin Hummus](#)

[Pumpkin Baked Oatmeal with Roasted Pecans](#)