



# FRESH FROM THE FARM

Farm Share Newsletter

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Every other week - #5 of 5 *Fall Shares*

Nov 17 - 19, 2020

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## **WEEK #5**

### **LAST WEEK OF FALL SHARES**

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Thank you! We have so much to be grateful for as we wrap up this season and the year...

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This is our annual **Nourishing Holiday Recipe Edition** of the newsletter!! Lots of Nourishing Recipes!

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Unboxing Your Offerings

*"The roots of all goodness lie in the soil of appreciation for goodness."*

~ Dalai Lama



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## 2020... STILL SO MUCH TO BE GRATEFUL FOR!

Reflecting back over our seasons this year, we're grateful for how well everything went. As with every year, there were many ups and several downs too. Such is inherent in gardening and farming (and also life, am I right?!). Yet despite the difficulties, we feel so grateful for what we are able to do. With everything swirling around us, we've felt even more purpose and meaning in what we do and why we do it. Having that clearer vision this year - so ironic that it is 2020 - has been gratifying.

We're grateful for the improvements and investments we've been able to make this year that will put us in even better stead for next year. As always, we've learned a lot this year and what we've learned will benefit us all moving forward.

We talk about this a lot, but Mason and I had little to no experience with farming, or business for that matter, before diving into this venture. The learning curve has been STEEP! Yet they say that 'experience is the best teacher' and we completely agree! We're learning a lot from our experiences and it's only about how to grow food. We're very thankful for that.

We're also grateful to be able to learn and work alongside our children and that this can be a family endeavor. The experiences we get to share with our children along the way are priceless.

We're grateful for the opportunity and ability to share our passion of local foods with you and with our community. Local foods are naturally nourishing foods. There's nothing more nourishing for our bodies, minds, and spirits than produce picked just hours before your receiving it, still fresh with energy, vitamins, minerals and nutrients. Meats and other animals products, coming from animals that have been raised properly, with little to no stress themselves, are also highly nourishing. We're grateful for our mutually beneficial relationship with Boot Hill Farms and their conscientious way of producing meats, eggs, and more.

Most of all, we're very grateful to you, our shareholders!! We truly love what we do and we thank you for joining us in the adventure of enjoying local food! Thank you so much for your contribution and being a part of our Farm Share!

Our family wishes you and your family a nourishing and happy Thanksgiving!

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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!!*

PIE PUMPKIN ~ SO much better than the canned variety! And so easy to use! Rinse the outside skin to remove any dirt. Split in half with a knife and scoop out the seeds (you can save them and making roasted pumpkin seeds!). Heat oven to 375°. In a baking dish, place halved pumpkins and then pour 1/2" of water around the pumpkin. Roast for 30-45 mins or until soft and tender. Cool, and your pumpkin is ready for recipes such as pies and breads.

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!

ONIONS ` Store in a cool, dry place or in the crisper drawer of your fridge. There are so many ways to use onions.... :)

POTATOES ~ Same as above. Store in a cool, dark, and dry place until ready to use.

\*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

MILD SALAD & GREENS MIX ~ A delicious mix of lettuces plus some greens mixed in too for variety and flavor. 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.

SUPER GREENS ~ A tasty mix of kale, spinaches, and chard. A delicious mix for a salad or include it in your green smoothies. You can't go wrong either way. 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.

\*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 sauteed with garlic, sea salt, and olive oil.

SPICY GREENS MIX WITH ARUGULA ~ Greens with a delicious kick! The arugula and mustard greens add a peppery flavor. Would be delicious to make a salad with feta and red bell pepper to add some sweet to the spice. 😊 Already washed and spun dry so should last longer than other greens. 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.

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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## NOURISHING HOLIDAY RECIPES

# BUTTERY SWEET SQUASH

*Winter Squash is a great staple on every fall/wintertime table. It's flavorful, plus is rich in beta carotene, potassium, fiber, copper and many other nutrients—truly nourishing for this time of year. It's naturally sweet flavor needs little enrichment, but adding a touch of added sweetener can really dress it up for a special occasion. This is a delicious recipe for your Thanksgiving table but is also one you'll want to repeat even for the ordinary weeks. 😊*

- The cooked meat of two small winter squash (can use any variety of winter squash, including pumpkin)
- 2 Tbps. Butter (or more to taste)
- 2 Tbsp maple syrup (or more to taste)

Spoon the cooked meat of the winter squash into your mixing bowl and mix thoroughly with the paddle attachment.

Add about two tablespoons of butter to the puree, or more to taste. Add the maple syrup and mix well until the butter and syrup are thoroughly incorporated into the squash puree. Spoon the mixture into a soufflé dish and bake at 350° for 30—45 minutes. Remove from the oven and let it rest for a bit before serving.

### MORE PUMPKIN!!

[Perfect Pumpkin Pie \(Grain-free\)](#) : The Nourishing Home

[Healthy Pumpkin Bread](#) : Cookie + Kate

[Delicious Pumpkin Pie \(using REAL pumpkin!\)](#) : Ambitious Kitchen

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# FESTIVE HOLIDAY SALAD

## WITH APPLES, CRANBERRIES, PUMPKIN SEEDS AND AN APPLE CIDER VINAIGRETTE

*A fresh fall salad featuring greens, sliced apple, toasted pumpkin seeds, dried cranberries and crumbled goat cheese. Toss with this simple Apple Cider Vinaigrette recipe or take a shortcut and use storebought balsamic dressing instead.*

- About 5 cups salad greens mix
- 1 large Granny Smith apple
- 1/3 cup dried cranberries
- 1/4 cup pumpkin seeds
- 1/3 cup crumbled goat cheese

In a medium-sized skillet, toast the pumpkin seeds over medium heat, stirring frequently, until they are turning golden on the edges and making little popping noises. Transfer to a small bowl to cool.

Just before serving, chop the apple into thin, bite-sized pieces. Place your greens in a large serving bowl. Top with sliced apple, dried cranberries and toasted pumpkin seeds. Use a fork to crumble the goat cheese over the salad. Drizzle the salad with just enough dressing to lightly coat the leaves once tossed (you probably won't need all of it). Gently toss to mix all of the ingredients and serve!

## HOMEMADE APPLE CIDER VINAIGRETTE

- ¼ cup olive oil
- 1 ½ tablespoons apple cider vinegar
- 1 ½ teaspoons honey
- 1 teaspoon Dijon mustard

Salt and freshly ground black pepper, to taste In a cup or jar, whisk together the olive oil, vinegar, honey and mustard until emulsified. Season to taste with salt and black pepper.

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## HOMEMADE CITRUS CRANBERRY SAUCE

*Although nothing in this recipe will come from your Farm Share box, it's still a great recipe to include on your holiday tables. Although I used to love the familiar canned Cranberry sauce, it is ladled with high fructose corn syrup, much to my dismay. Here's a simple alternative without the harmful chemicals. Although not quite as easy as dumping a can on a plate, you'll wonder why you haven't made it all along!*

- 12 oz. fresh cranberries
- 1 Tbsp. orange zest
- 1/3 cup fresh orange juice
- 1/4 cup unsweetened applesauce
- 1/4 cup Real Maple Syrup (NOT pancake syrup 😊)
- 2 Tsp water

In a small saucepan, combine all ingredients. Bring mixture to boil (cranberries will start to pop). Reduce heat to simmer, stir and cover. Simmer for 20 minutes, stirring occasionally until most of the cranberries break apart. Sauce will thicken as it cools. Serve warm or make ahead 2 –3 days before serving. Store refrigerated.

## POTATO AND TURNIP MASH WITH SOUR CREAM

- 1 turnip, peeled and diced
- 1 lb. Yukon Gold (or similar variety) potato, peeled and diced
- 1 bay leaf
- 3 tablespoons unsalted butter
- 3 tablespoons sour cream
- Salt and ground black pepper to taste
- Crumbled cooked bacon, chopped chives, shaved Parmesan (optional)

Bring a pot of water to a boil and add a generous helping of salt. Add the turnip, potato, and bay leaf. Boil until the vegetables are tender, about 20 minutes. Drain off the water, discard the bay leaf, return the vegetables to the pot, and set over a warm burner. Add the butter and stir the vegetables to help evaporate any excess moisture. When the steam begins to subside, mash the vegetables, stir in the sour cream, and season with salt and pepper. Fold in crumbled cooked bacon and chopped chives; top with shaved Parmesan cheese, if desired. Serve hot.