



**Busy Time Of Year**

The guys have been busy planting and harvesting for weeks now. This Saturday they got 500 lbs of seed garlic in the ground. You can see them on the planting sled dropping little cloves in the ground. Yep, that's how you do it, you plant cloves. The garlic came in about a month late this year, on par with everything else, but in a few months we will have the first Spring Garlic ready for harvest. Those delicious tender green shoots are often one of the first signs that Spring is upon us and Winter is coming to an end. For now, the days are growing shorter and cooler, and we are quickly running out of time to plant; "Winter Is Coming!", so the guys are working fast these days.



This past week they have started to harvest some very good looking Sweet Potatoes. It is promising to be a good year compared to the past few years when those pesky ground squirrels ate at least half of the plants. Jose was pretty worried we wouldn't get a decent harvest because we planted them nearly a month and a half late, you know, like everything else this year. And since we had a relatively cool Indian summer he was really concerned they wouldn't grow because those tubers like a lot of hot weather to size up. Fortunately we did get a few more hot days and things are looking good! This year we grew a variety called Vermillion, which has a beautiful purply red skin and deep orange flesh. In the past we grew Diane's, which I absolutely love, but we just couldn't get starts for them this year. The world of plants and seeds is ever changing, favorite varieties disappear from one year to the next, replaced by the "new and improved" version. I am interested to hear what you think of the Vermillion, let me know.



We baked up a couple last night for dinner with some sautéed cabbage. It was a satisfying and delicious meal. One of my favorite things, when both types of potatoes come in the box at the same time, is making mashed potatoes using our yellows and sweet potatoes. I like to put some sour cream in that blend as well, sweet, creamy with a bit of tang, yum!

**Box Holds - Box Size**

This past week I heard from a member who shares a box with her roommate. She told me, when her roommate is out of town, the family box is too much, so she puts it on hold. She suggested, on such occasions it would work better for her to be able to switch to the smaller box for the week. I would bet that many of you might find yourselves wanting a different size box sometimes too, so why not let you switch? I checked and there is a way for you to do that yourself. First, go to your dashboard, click on "View/Edit Subscription" and there you will

find the option to switch your box size. The system will automatically adjust the credits up and down, and when you are ready for your normal box again, you simply go in and switch it back. But if you can't get to it yourself, email me all the details and I will take care of it for you. Honestly, it isn't that much work and if it means you get a box rather than putting one on hold, it is well worth a couple of minutes of my time. As we get closer to the holidays, it might be nice to have a bigger box, or even an extra one. You can do that simply by ordering an "additional box".

Our box count is up again this week as we creep closer to my goal. Membership is going up too, slowly and steadily. We are still about 60 boxes short of that goal, so I'm not giving up yet! If you have a friend or family member who might be interested in trying a box, I would love to offer them one for free to give us a test run for a week. Just email me and ask for a "friend's" box and we will send that with your regular CSA delivery. I heard from a member last week who posted something on Next Door, and we actually got a sign up because of it. Some of you have emailed me some really great suggestions, and one member connected me with Alan, the owner of Boarderlands

Book Store on Haight Street. As a small business owner, he has found creative ways to involve his customer community to make his business thrive. If you are on Haight Street, stop in for a book! Supporting our small local businesses is one of the best ways to help our communities and neighborhoods come to life.

## Green Cabbage

One of my favorite dishes is slow cooked cabbage with loads of other stuff thrown in. I mince some onion and garlic and start to sauté them in oil over medium heat. I cook them long enough to get fragrant and start to soften up, then I add an entire head of cabbage that I have chopped up. Cook, tossing in the oil to coat well. To this dish you can add sliced turnips, and or turnip greens, all of the chard or just some of it, even the Tatsoi. Depending on how many items you add, you may need more oil. Sometimes I also use butter with the oil. Keep sautéing but don't let it brown. While that is doing its thing I cook up a couple of slices of bacon, chopped up, or 1 single sausage, casing removed. Once browned, I add that all to the vegetable pan. Then I add some stock or water, only about 1 1/2 cups, and let it cook slowly for a good while. The cabbage will almost melt, and it all gets seasoned from the bacon or sausage. If you want you can add more liquid. Sometimes I like it to be a little saucy so I add more stock and maybe a shot of soy sauce or liquid aminos. This dish is delicious served over rice, or noodles. When I serve it over noodles I like to add a little sour cream. Last night we ate it pretty simply, with no extra seasoning and enjoyed it with the baked sweet potato.

## Sweet Potatoes With Miso Butter

Recipe by Marc Bittman, NYT Cooking

A couple of weeks ago, I had 3 people come up to me telling me about this recipe, Miso Butter on Baked Sweet Potatoes. Each one was so excited to try it, so I had to share this one with you.

Preheat the oven to 425.

Soak the sweet potatoes in water for a couple of minutes. Then gently wash all the dirt away. I use a vegetable brush. Put a slit on opposite sides, then pop them into the oven on a baking tray. Bake until tender all the way through. Test it with a fork or butter knife. The time will vary according to the size of the sweet potatoes, mine last night, took close to an hour.

4 TB (1/2 stick) Butter, at room temperature

2 TB Miso

Freshly ground pepper (optional)

Cream the butter and miso together with a fork, adding black pepper if you like. Use immediately, or roll into a log in plastic wrap and refrigerate or freeze for cutting into slices later.

Tatsoi Sala With Sesame Ginger Dressing

Recipe found on [Kalynskitchen](#)

12 ounces Tatsoi leaves

1 TB Sesame Seeds, for garnish (see notes)

### DRESSING INGREDIENTS:

2 TB Soy Sauce (see notes)

1 T Rice Vinegar (not seasoned)

1 tsp. grated Ginger Root

1 tsp. Golden Monkfruit Sweetener (see notes)

1/2 tsp. Sriracha Sauce (see notes)

Fresh ground Black Pepper to taste

Bring a large pot of salted water to a boil, and fill another bowl with cold water and a handful of ice cubes. Wash Tatsoi leaves and cut into thick strips. I used a salad spinner ([affiliate link](#)) for this. Dump Tatsoi into boiling water, time for exactly one minutes, then drain immediately into colander and dump into bowl with ice water. (I used the salad spinner again for the ice water.) While Tatsoi is cooling in ice water, get a plastic bowl with a tight fitting lid that's large enough to hold all the Tatsoi. Mix dressing ingredients in this bowl, then drain Tatsoi well and add to dressing. Chill in the refrigerator an hour or more, turning bowl over a few times so Tatsoi remains coated with the dressing. To serve, use tongs or a slotted spoon to remove Tatsoi from bowl and arrange on

serving plates. Toast sesame seeds for 1-2 minutes in a dry pan and sprinkle over salad. (If using a mixture, the black seeds burn more quickly than the white ones.). Serve immediately. Her Notes: *I used a mix of black and white sesame seeds, but you can use whichever type you have. Use Gluten-Free Soy Sauce, if needed. I love Golden Monkfruit Sweetener, but use any sweetener you prefer. I used Sriracha, but any type of spicy Asian sauce would work.*

## Simple Veggie Soup

Farmhouse Kitchen Recipe

At this time of year we see two seasons colliding in our CSA box. The end of summer with a few of the summer squash and peppers sitting alongside some greens, roots and winter squash. With such a variety, it's a great time to make a pot of simple veggie soup. I made

a pot the other day, and have been enjoying a cup in the morning with a spoonful of Aedan's Miso added in. Soups are an excellent way to use up bits and bobs from the box, and items left from the week before. If you cook up half a cabbage for one dish, put the other half in a soup. Same goes for anything you don't use in its entirety, all of it can go into the pot. I break it down by how long things need to sauté, so I start with chopped onion. Then I chop the stems from the chard bunch and throw those in, along with a few diced turnips. I also add a few cloves of minced garlic. If I am using cabbage, I would add that before I added chard or tatsoi leaves. You can add vegetable or chicken stock. For the soup I made this week, I actually used some organic veggie cubes and water. Then I cooked it in my InstaPot, but you can also slow cook on the stove or in a slow cooker. Season however you like. Like I said above, I have had a cup of soup for the past few mornings, it is a great alternative to sweeter breakfast foods. Soup is also a great snack, heats up really quickly, you can put it in a mug and take it on the go. Make sure you chop your ingredients pretty small, it is not a pleasant eating experience having huge chunks of things or long pieces of leaves on your soup spoon.

### This Week's Box

\*Persimmons TF

\*Chard

\*Sweet Potatoes

\*Onions

\*Turnips

\*Butternut

\*Green Cabbage

\*Tatsoi

Zucchini

Lunchbox Peppers

Arugula

Potatoes

\*Box for 2

\* = Items in Box for 2