

Monroe Family Organics

CSA Newsletter

OCTOBER 20, 2013

Farm Update

Hello everyone! It's been another busy week at the farm, but we were able to take a break for a few hours this afternoon to have a birthday celebration for Fred and Jane, which of course included a bunch of yummy food straight from the farm. On Saturday Fred and a few other guys harvested more than 1,000 pounds of radishes, beets, carrots, and celery root. They needed to get them all out of the ground before we have a hard freeze, because many of those items would be damaged in the event of a freeze. For the ones that wouldn't sustain damage, such as carrots, the frozen ground would make them difficult to harvest. Fortunately, they were able to get them yesterday, so we have plenty of root vegetables for the next two weeks!

The pigs were also pretty happy about the beet harvest, as they ate a ridiculous volume of beet greens yesterday. They are doing well and enjoying their last few weeks on the farm.

There are two more CSA weeks left, so the following drop-off will be during the last week of October. Because of the likelihood of some pretty severe frosts over the next few weeks, there might be some variability in the shares. For instance, if we list an item in the "What to Expect this Week" section, there is always the chance that it will experience frost damage before the drop-off and we'll have to substitute something else for it. But even if that



Our tomatoes are still looking pretty good, which is unusual for this time of year! Since we have them in the cold frame, they are protected from the elements, and they have held on a lot longer than field tomatoes.



happens, we'll make sure you still get plenty of variety and a lot of good veggie options.

Some people have already signed up for the CSA for next year, which is excellent! If you know you want to be part of the program again next year, you can always sign up early. If you sign up and send a down payment before December 15th, you can get next year's membership for this year's price. After that, the cost is going to go up by \$5 for a half share, and \$10 for a full share. If you want more information or have any questions, just let me know!

Have questions or comments? Email us at mfororganics@yahoo.com or call Michele at

517-896-6884.

A Very Veggie Menu for Fall

Along with Thanksgiving, which is the obvious food-centered fall celebration, most people find at least one occasion during the Autumn season where they are cooking for an occasion, or just want to make a special dinner for the family on a chilly evening. This afternoon we had both of our families over for a party to celebrate Jane's 3rd birthday, and Fred's 31st. (Make sure to tease him about being old when you see him at the drop-off! I know 31 isn't really that old, but he could still use some heckling every once in a while.) Because we have an abundance of wonderful veggies at our fingertips, they figured heavily into the meal we prepared for the occasion. Granted, I know that when you are cooking for a crowd, you'll need more than what comes in the standard half share (seldom does a day pass in which I am not totally thankful that I have all the veggies I could possibly use). But this would be great if you are cooking for the family, or having dinner with a few friends. So here are some ideas for a nice seasonal meal with your fall produce!

Salad: Fresh Green Salad with Radishes,
Carrots, and Bleu Cheese Vinaigrette

Put salad mix in a large bowl. Thinly slice radishes and carrots, and add them in a thick layer on top of the salad mix. Make a vinaigrette with 2 parts olive oil, 1 part Italian dressing, ½ part honey, and bleu cheese to taste. Mix well, until the honey is well blended, and drizzle over the salad.



The pigs have been eating a lot of beet greens lately!



Try this delicious Sweet Potato Pie for dessert!

Side Dish: Pan Cooked Root Vegetables

Roughly chop beets, carrots, and potatoes. Put them in a pan over medium heat, and cook, stirring occasionally, until tender but not mushy. Turn off heat, and stir in fresh rosemary and salt to taste.

Main Dish: Pasta with Veggie and Sausage Sauce

Cook your favorite pasta according to package instructions. Brown sausage in a pan, and while you are doing that, chop cooking greens, tomatoes, garlic, onions, and eggplant. Add the onions first, and when they have lost their bite, add the garlic. A minute or so later, add the cooking greens, eggplant, and tomatoes, and also some tomato sauce. Cook until everything is tender but not mushy. Put

pasta in a large bowl and pour the sauce on top. Sprinkle with parmesan cheese.



Dessert: Sweet Potato Pie

This sweet potato pie is so light and fluffy, it's more like a custard. You can make it with the crust or without; it is equally yummy both ways. Here is where you can find the full recipe. <http://allrecipes.com/recipe/sweet-potato-pie-i/detail.aspx>

Drinks: Spiced Wine or Cider

For the over 21's, Leelanau Cellars Witches' Brew is a nice spiced wine, perfect for fall. Plus, it's pretty cheap!

Apple cider is always great for the younger set. You could fancy it up a bit by mixing it with sparkling white grape juice, or you could make hot cider with whipped cream and cinnamon on top. Yum!

What to Expect in Your Share this Week:

- Sweet potatoes or Brussels sprouts
- Tomatoes or cooking greens
- Carrots or spinach
- Lettuce or bok choy
- Beets or radishes
- Kohlrabi, eggplant, cilantro, or peppers
- Onion or leek