

October 17, 2019

Willie Nillie Farm

CSA Newsletter

FARM HAPPENINGS:

Dear members:

Another box coming your way, with non freezing temps. I hope you enjoy the couple of things I really wanted to give out before the season ended, but with the late frost, I had to wait. The parsnips were smaller than I had hoped, but they still look great. Nice for roasting or stew. Had many nice, or what would have been nice sweet potatoes, eaten by rodents, but still got enough for this box.

I will be skipping next Thursday, but will then be in touch if it turns out it's still nice and I continue to have more produce.

Thanks again for the great season. Our Harvest Fest was a huge success despite the horrible weather. I guess we can be grateful it wasn't the blizzard Northern Minnesota received.

The Parsnip cheesecake recipe below, I made one time when I received a whole box of spoiled parsnips and limes from the coop and wasn't sure what to do with them. One of the best cakes I've ever had. So good. Large and rich so use caution when making, but freezes well and has amazing flavor.

Box of the Week

Carrots	Leeks
Celery	Onions
Green Peppers	Kale
Garlic	Potatoes
Sweet Potatoes	Parsnips
Assorted winter squash	
Turnips	Kale
Jalapeños	Green Tomato

Parsnip Lime Strawberry Cheesecake

Strawberry Mixture:

1 cup strawberries
1/4 cup maple syrup
1 1/2 TB lime Juice

Crust:

3/4 cup pumpkin seeds or any other nut/seed
1 soft date
1/2 TB maple Syrup
1/2 TB coconut oil

Filling:

1/2 cup steamed parsnips
2 TB coconut oil
1 TB maple syrup
1/2 TB Lime Juice
1/2 TB Tapioca Flour
1 tsp vanilla
1/8 tsp salt

Cut parsnips into simple slices or chunks and steam in water for about 15 min or until very tender. Set aside to cool.

In meantime place all the strawberry mixture in a saucepan and bring to a light boil. Let simmer 7-10min, stirring occasionally until mixture thickens a bit. Remove from heat and cool to room temp.

Process all crust ingredients in food processor until it is sticky. Transfer to a 5 inch springform pan and press down into a flat, even crust. Put in freezer to harden while working on filling.

Place all filling as well as cooled off strawberry lime mixture into blender or food processor and blend until smooth. Transfer this onto the frozen crust and smooth out top. Add desired toppings like more pumpkin seeds, sliced strawberries or other glazes.

Return to freezer and allow to set for 5-6 hours. When ready to serve, remove from pan, thaw out a touch and enjoy.

Green tomato Salsa Verde

1 pound green tomatoes	1/2 medium onion, chopped
1-2 hot peppers	1/2 tsp salt
1/2 cup chopped fresh cilantro	1 TB lime juice or to taste

cut tomatoes in quarters and put on baking sheet lined with foil. Broil tomatoes for 5 min or until lightly brown. Meanwhile, dice onion, hot peppers, cilantro and set aside.

Add your broiled tomatoes to a food processor or blender and pulse a few times to break into pieces. Add onion, lime juice, salt, peppers and cilantro and pulse a few more times and to get your desired texture. Taste for seasoning. Serve immediately or allow flavors to meld for a couple hours in the fridge.

