

October 3, 2019

# Willie Nillie Farm

## CSA Newsletter

**“Be like a tree. Stay Grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep Growing.”-Joanne Rapits**

### FARM HAPPENINGS:

Dear members:

One more week to go. Can't believe it. This week some half shares are completed. Crazy! I hope you had a fulfilling season and thanks for all your support. I hope to see you next season. If you are interested in reserving a spot for next season, please let me know. I will send out emails when spring gets closer, but if I know you want to resign, I will save a spot for you.

I will also be in touch, if we keep going longer. I will have some fall shares available if the weather holds and will contact everyone and will fill spots on a first come first serve basis. If you are interested in doing this, let me know as well and I will contact you about it. Right now I'm thinking it would start Oct 24th and you would just pay as you go so that if the cold cuts it short then we'll just be done. Also hoping to do a November Thanksgiving share. This would be a larger box of storage veggies and weather pending, some greens maybe. If you are interested in this too, let me know. Space is limited to what I have left at then end of the season.

Harvested all the potatoes, pulled out the cucumber vines and I'm digging up and transplanting more baby strawberries and black currants as well as prepping for garlic

### Box of the Week

**Featuring: Leeks**

**Summer Squash**

**Leeks**

**Tomatoes**

**Garlic**

**Tomatillos**

**Celery**

**Green Peppers**

**Crookneck Winter Squash**

**Sacred Blossom Tea**

**Beets**

**Melon**

**Chard**

**Potatoes**

**Onions**

**Jalapeños**

Bingo Veggie

Garlic

planting in a few weeks. Still lots to do until the snow flies. This month I harvested 577.27 pounds of food.

This week in your box you have Sacred Blossom Tea from my pal Tony. He will be at the Harvest Festival, hopefully, with some tea for people to enjoy if the day is cooler, talk him up on his great tea. If you like it, you can order more through me at a CSA discount or they sell it at the co-op.

Our feature this week is leeks. Some of you have been looking forward to these and as much as I love the warmer weather, a light frost would boost their flavor a bit. Still delicious, however, it also has a fascinating history. Leeks were a part of the Egyptian diet dating at least to the second millennium BCE. It was Emperor Nero's favorite vegetable believing it beneficial to the quality of his voice. It's one of the national emblems of Wales and was used by soldiers, painted on their helmets, to identify themselves on the battle field in an ancient battle against the Saxons that took place in a leek field.

Though most people cut off the top greens on leeks and compost them, they are edible and delicious. Like green onions, all the plant can be used.

### Chickpeas with Leeks and Lemon

1/4 cup olive or coconut oil  
1 clove garlic, minced  
1 branch of fresh rosemary, chopped  
4 leeks or 2 leeks w/greens  
salt  
2 cups cooked chickpeas  
1/2 a lemon

LEEEKS



In large skilled heat the oil, garlic, and rosemary, add leaks and a good pinch of salt. Cook stirring frequently until leeks are translucent, but still brightly green, around 8 min. Add chickpeas and continue to cook stirring often for about 5 min. Beans should be slightly darker in color.

With a zester or microplane, zest a few pieces of rind from the lemon into the pan and add lemon juice and more salt if needed and enjoy. Great over rice or other grains.

We also have crookneck squash. Very similar to butternut in flavor and skin color. Both have edible skins and though rub its sap around the cut scab over and you can save feel pressured to eat the or cook it all at once if you

large, once cut, you can with your finger and it will it for later. So no need to whole thing in one sitting don't want to.



## Chard/Kale, Lentil & Roasted Beet Salad

### 3 servings

3 medium leeks, thoroughly rinsed and chopped  
1 medium beet, cleaned and chopped  
1-2 TB Olive Oil  
1/4 tsp salt and pepper  
1/2 cup green lentils  
1 cup vegetable or chicken stock  
4 big handfuls of kale, chard, baby spinach or spring greens, chopped

#### **Dressing:**

1/4 cup tahini  
1/2 lemon  
2 TB maple syrup, agave or honey  
3-4 TB Olive Oil  
1 pinch salt and pepper

Preheat oven to 400 and lightly grease baking sheet.

In a pot, add stock or water and lentils and bring to a rapid simmer, cooking for 20-30 min or until all liquid is absorbed. Set aside.

Chop leeks and beets and put on baking sheet. Coat with oil, salt and pepper. Bake 15-20 min or until fragrant and until leeks are lightly brown. Remove leeks and continue roasting beets another 10-15 min . Set aside.

While veggies and lentils are cooking, make dressing. Add all ingredients to mixing bowl and whisk to combine. Taste and adjust seasonings as needed. If using kale, place in mixing bowl with lemon juice and oil and massage with hands to soften. For all other greens skip this step.

Add greens, beets, leeks and lentils to large mixing bowl, add dressing and toss to coat. For additional protein or crunch, add favorite nuts, seeds, tofu or meat protein.

Newly transplanted  
Black Currants



## Spicy Winter Squash (Kaddu Ki Subji)

|                         |   |
|-------------------------|---|
| 4 cups squash, cubed    | 1 tsp chili powder  |
| 2 TB oil                | 1/2 tsp paprika   |
| 1 tsp cumin seed        | 1 tsp salt  |
| 1/2 tsp fenugreek seeds | 4 whole dried chilis(or 2 jalapeño, seeds removed, diced) |
| 1 TB coriander powder   | 1 TB ginger, minced                                       |
| 1 TB fennel seeds       | 1 TB mango powder   |
| 1/2 tsp turmeric        | 2 TB chopped cilantro                                     |

-Peel(if necessary) and cube squash.

-In a small bowl, mix, ginger, coriander, fennel, red chili powder, paprika, turmeric and 1/4 cup water to make a paste.

-Heat oil in a pan. Add cumin seeds and after they crack add fenugreek and red chilis and stir a few seconds. Add spice paste and stir 1 min. Add the squash, salt and 1/4 cup water. cover and cook until veggies are tender. Stir gently every 3-4 min and add water as needed.

-Add mango powder and cilantro. Mix everything well and cook 1 min. Adjust salt to taste.

