

September 19, 2019

Willie Nillie Farm

CSA Newsletter

“One touch of nature makes the whole world kin.”

-William Shakespeare

FARM HAPPENINGS:

Dear members:

Summer squash, tomatoes and cucumbers are running low as well so the fall crops will start rolling in more next week. I will keep giving things as long as I got em though, so who knows what the weather will bring.

My father visited this week so I had help to move some big projects along. We finished up the fence around my blueberries so hopefully no more deer or other animals will be digging around them and eating them bare. He also assisted in helping me move some wood piles and collect wood as well as packing your boxes today. So thanks dad for all your help. It's always nice to be able to check things off a big list towards the end of the season.

This weeks feature is Sweet Sixteen apples from my neighbors Bob and Larissa. A semi sweet apple, they are pretty much good for anything from sauce and pie to eating fresh. An apple developed and introduced by the U of M, in 1977 it can store 5-8 weeks in proper conditions.



New Blueberry Fence with help from Dad

Box of the Week

Featuring: Sweet Sixteen Apples

Beans	Cucumber
Summer Squash	Yellow Turnip
Roma Tomatoes	Celery
Chard or Collards	Red Onions
Garlic: Mateshi	Jalpenos
Tomatillos	Kohlrabi

Crispy Apple and Kohlrabi Salad

2 small kohlrabi (about 1 pound), cut into matchsticks about 1/4 inch wide.

1 large apple (About 1/2 pound), cut into matchsticks about 1/4 inch wide.

1/3 cup gouda cheese (optional)

1/4 cup fresh tarragon leaves

3 TB toasted sunflower seeds

lemon zest (from one lemon)

2 TB olive oil

2 TB lemon juice (1 lemon)

Salt and Pepper to taste

combine kohlrabi, apple. add cheese, tarragon leaves and sunflower seeds. Shave lemon zest over bowl.

Drizzle 1 tb lemon juice and olive oil over the top and sprinkle in salt and pepper. Toss with hands till mixed and add the remaining oil and lemon juice. Serve immediately.



Bingo Veggie

Watermelon

Winter Squash Patch

Turnip Dhal Serves 4

2 cloves garlic	2 roma tomatoes
2 kohlrabi or turnips	1/2 tsp ground cumin
1/2 tsp garam masala	1/2 tsp ground coriander
1/8-1/4 tsp cayenne	1/8 tsp turmeric
1/2 tsp salt	3/4 cup red lentils
1 3/4 cup water	3/4 cup full fat coconut milk
1 tsp curry leaves (optional)	
fresh lemon juice and rice for serving	
Optional garnish of cilantro	

peel and dice turnips/kohlrabi. wash tomatoes and dice them as well. Mince the garlic.

Add 3-4 TB water to a pot, add garlic, curry leaves and sauté 2 min. Add tomatoes and cook 1 min, then transfer diced turnips to the pot, stir and cook covered 2-3 min. Add lentils, spices, water and coconut milk to the pot and bring to a boil. Then simmer slightly covered on low 17-20 min.

Serve with squeezed lemon juice, rice and garnish with optional cilantro. You can use any veggie in place of the turnips(carrot, potato, rutabaga, etc). For added flavor add 1 tsp minced ginger.

Apple Spice Cupcakes with Buttercream Frosting

Yields 12 cupcakes

2 large apples
2 TB butter or Earth Balance vegan butter
3 TB Brown Sugar
1 1/2 all purpose flour (or gf flour mix)
1 1/2 tsp baking soda
3/4 tsp baking powder
1/4 tsp salt
2 tsp cinnamon
1 cup milk (dairy-free alternative)
2 TB lemon juice
1/3 cup oil
3/4 cup sugar
2 tsp vanilla

Frosting:

1 cup butter or vegan butter
2 pounds powdered sugar
1/2 cup milk (coconut milk)
1 tsp vanilla

In a bowl or mixer, beat butter until smooth and fluffy. Turn mixer to low and gradually add the sugar. Add vanilla and coconut milk and rest of powdered sugar. Beat until creamy and frost immediately or refrigerate.

Preheat oven to 350 and line 12 cup muffin tin with liners and set aside.

Core and dice (peel apples if you so chose) and set aside.

Heat butter and brown sugar in skillet over medium heat, cooking and stirring constantly until the mixture just starts to bubble. Add the apples and stir well to coat the pieces. Stirring often, cook until apples are golden and lightly caramelized, about 8-10min. Remove from pan and let cool while preparing the rest of the batter.

In large bowl, sift flour together with baking soda, baking powder, salt and cinnamon and set aside.

In another bowl, whisk together the milk, lemon juice, oil, white sugar and vanilla. Whisk just long enough to slightly dissolve the sugar.

Add wet ingredients to the dry, mixing to just combine. Fold in apples, leaving a few to garnish the top of the cupcakes after baking.

Using a portion scoop, portion batter into liners filling each 3/4 of the way. Bake 20-25 min or until toothpick comes out clean. Cool in pan 15-20 min, then remove and allow to completely cool on a rack. Frost with buttercream or other frosting of choice(an apple spice comes to mind) and garnish with a few caramelized apples. You could also top cupcake before baking with a crumble mixture for a more crisp-like cupcake.

Newly Planted baby
Strawberries



