



# THE RADISH BUNCHER

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## CSA NEWSLETTER

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October 18, 2011

### IN THE BOX

- ~Edamame
- ~Red & Yellow Potatoes
- ~Slicing Tomatoes
- ~Salad Mix
- ~Arugula
- ~Cherry Tomatoes
- ~French Breakfast Radishes
- ~Carnival Squash
- ~Garlic
- ~Tomatillos
- ~Hot Peppers

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It is the last CSA box of the 2011 season. There is some great diversity in this box with some fall crops, and some summer crops. The potato harvest continues to amaze me. I'm still surprised to be harvesting such nice potatoes since they were planted so late in the season.

The warm weather earlier this month also brought us some unexpected ripening of some slicing tomatoes. Enjoy these end of the season fruits.

Arugula and salad mix are also doing well on the farm. Some of you may not be huge arugula fans so here are some ideas of ways to use arugula:

- Use arugula instead of lettuce in a BLT
- Replace spinach with arugula in quiche or casseroles
- Blend arugula and olive oil in a food processor. Strain. Use the olive oil to make salad dressing. The arugula can be added to a stir-fry. Or mix it with some cheese, nuts and garlic to make pesto.

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### THIS WEEK'S RECIPES

#### Finger Lickin' Edamame with Asian Sauce

*(From Asparagus to Zucchini 3<sup>rd</sup> Ed)*

- 1 pound edamame in the shell
- 2 tablespoons soy sauce
- 1 tablespoon each sesame oil, canola oil and rice vinegar
- 2 garlic cloves, minced
- 1 teaspoon brown sugar or honey
- 2 tablespoons sesame seeds

Boil edamame in salted water 5-8 minutes. Combine other ingredients in a saucepan and bring to simmer, stirring, to dissolve sugar or honey. Toss with hot edamame. Serve immediately, letting diners pop beans out of the pod. The recipe works with shelled edamame too. Makes 6-8 servings.

## Stuffed Carnival Squash (Simply in Season)

2 carnival squash  
Cut squash in half and remove seeds.  
Place cut side down on lightly greased  
baking sheet. Bake at 350 degrees until  
almost soft but not mushy, 40-50  
minutes. Remove from oven, fill with one  
of the following stuffing options and  
finish baking.

### Apple Stuffing:

2-3 tart apples, diced  
¼ cup maple syrup  
¼ cup butter, melted  
Combine. Stuff into cooked squash, cover  
and bake at 375 degrees for 30 minutes.

### Mushroom Stuffing:

1 onion, chopped  
½ cup mushrooms, chopped  
2 cloves garlic, minced  
2 cups bread crumbs  
½ teaspoon sage and salt  
Dash pepper  
In large frypan sauté onion, mushrooms,  
and garlic until soft. Add remaining  
ingredients and stuff into cooked squash.  
Bake at 375 degrees for 20 minutes.

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## Final Words

It has been another interesting season.  
The weather has again played an  
important role. The excessive heat in  
June and July slowed down some of our  
summer crops. It also prevented some  
crops from being planted simply because  
the soil was too hot and dry. All of our  
fall broccoli and cabbage was delayed.  
These crops are just starting to mature  
now instead of coming in during  
September.

But some things went really well this  
year. We got the tomatoes and  
cucumbers planted early in the  
hoophouses and they all did really well.  
Our fall crops like radishes, salad mix  
and arugula have been great.

I also had a great crew this year. I really  
appreciate all the help I got from both  
my regular crew and the worker share  
crew. Farm work is very physically  
demanding work especially when the  
weather is cold and the wind is blowing.  
But everyone worked really hard this  
season.

And the season is not yet over. There are  
still 3 weeks of farmers market on the  
square. Then the market moves in to  
Monona Terrace. I should be at the  
market through Thanksgiving.

There is more to do then harvest and go  
to market. Garlic still needs to be  
planted. Irrigation lines need to be rolled  
up and plastic lifted from the fields.  
There are lots of plants to be cleaned out  
of the hoophouses. When all that is done,  
it will be time to order seeds for next  
season and start all the year-end  
paperwork. Planting for next season will  
start in mid-January and the cycle will  
begin again.

I want to thank all of you for being part  
of the CSA this season. Riley and I got to  
meet many of you while we did  
deliveries or at farm events. I hope you  
all enjoyed your time with us and that  
you ate many great veggies. Have a  
great fall and winter.

*Tricia, Riley, Sabrina and Mandalay*

