

Hello All,

What an amazing week. The weather has definitely begun to change and we are in the fall mood here at the farm. The Winter squash have been harvested, the onions and garlic are cured and I had to wear a knit hat on Monday morning.

The garden looks beautiful. We are seeding the last of the fall cover crops to be tilled in the Spring. The garlic beds are being prepared and we are lining up hay bales to cover those beds for the Winter.

Something new we are trying this year as well; compost. There are many vegetable scraps, cuttings, husks etc around after harvest and we have been building quite a compost pile. I am beginning to incorporate some wet hay and organic manure to activate the mix. We will let this work its magic over the Winter and hopefully have finished compost in the Spring. This is a small scale trial of a larger idea for next year.

This has been a great week in the field. Tomatoes have once again come in very strong. The yellows are finished and the reds look amazing. This week is our pesto delivery. We will be bringing in lots and lots of basil. Pesto stores very well in the freezer.

The turnips in this weeks box are a speciality white turnip. They did much better in the fall planting than the Spring and I am really excited about these. They have an wonderful almost mushroom type consistency with a bit more crunch and great turnip flavor. They are not at all watery. I like to prepare these just like the radish recipe on the website. They can always be roasted with the carrots and served as a side, but they are very tender and delicate so I give them the stove top treatment. The turnip greens are also excellent sauteed. The flavor to me is similar to arugula with a bit more texture and a slightly bitter after taste when raw. A bit of butter, salt and pepper and you have a hearty replacement for a sauteed spinach side dish.

I have been planting carrots in different types of soil around the farm to see how they fare. Some have done beautifully and some not so much. This week is the not so much. They will not win any beauty contests. I am extremely happy with the sweetness and texture of the carrots and the overall flavor is outstanding. However, they are some ugly carrots, not very uniform and not very much consistency in size. Great for soup, just peel them up and enjoy. The carrots also make a great companion to the cabbage this week. There is more cabbage to come so for those of you making kraut, hold off a week.

The potatoes this week are a new variety called fingerling. I chose a heirloom variety of fingerling potato and they were very prolific. These potatoes are all different lengths but mostly the same diameter. The best way to prepare fingerling potatoes is by slicing rounds about ¼ inch thick and roasting them on a sheet pan with olive oil, herbs, onions and garlic. The French make a dish called Lyonnaise potatoes that are made using this variety. They are great roasting potatoes, not for mashing.

The super sweet beets are back. We removed the greens because we just couldn't possibly fit anymore in the box. The last of the green peppers are also delivered this week. Some are quite small but very sweet.

The first of the Winter squash are being delivered this week. These are called Delicata and they are excellent for roasting or soup squash. Squash need to cure, this is a fancy way of saying

they need to be off the vine for a few weeks to allow the sugars to develop. The Delicata variety requires only about a week, next weeks squash require 2-3 weeks. The Winter squash can be left to sit on the counter out of the sunlight or in a cool dry area of the house. My suggestion is to hold off on the squash until they are all delivered and in a few weeks when you are craving CSA vegetables and the first 40 degree day hits, make some roasted squash soup. I choose these varieties because of their amazing sweet and complex flavor.

The first week of the season we delivered what is called our Braising Mix, the greens combination of Tat Soi, Mizuna, Arugula, Red Russian Kale, and Mustard. We received such a great response I just had to squeeze them into another week. They are ready this week and will be delivered in the baskets along with some of the best spinach so far this season.

This weeks newsletter is short and sweet, enjoy and Bon Appetite.

Your Farmers,

[The Bistro Farm](#)