



A Program of **Minnesota Food Association**

Community Supported Agriculture

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## A view from the ground

So this is it folks! We've come to the end of our regular season and its bittersweet. On the one hand, it feels right to be winding down, what with this snow we've had recently. And on the other hand, it's been so rewarding knowing we're sending you home with, literally the fruits of our labors. We do hope you have enjoyed your boxes this summer, as well as the recipes and news that has come along with them. We do hope to see you back again next season and we'll be keeping a reservation list until we open up sign-ups again in January. If you know you'd like to be a part of the Big River Farms CSA community again in 2010, be sure to get your name on our reservation list!

**A big thanks** to ALL OF OUR VOUNTEERS!! You rock! We truly would not have been able to accomplish what we did this season without the help of our weekly and work-day volunteers!

We want to thank you for being a member of Big River Farms CSA this year! Now is when we begin planning for the next growing season and we would like your input. Your ideas and experiences are really important to us. We appreciate every time we have gotten any feedback from you and we are hoping you

### *what is in your box ?*

**Carrots**  
**Onions-yellow**  
**storage**  
**Leeks**  
**Broccoli**  
**Beets**  
**Turnips**  
**Red Cabbage**  
**Collard Greens**  
**Butternut Squash**  
**Acorn Squash**

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### *what is growing on?*

*We are done for the season. It is both sad and wonderful We are pleased with the season overall, tired from the work and excited to plan for the next year.*

*We will let you know near the first of the year, where our dropsites are and what our prices will be along*

will take a few minutes to complete [this survey](#). It is totally anonymous and we will use the information to help plan next years season.

### More This 'n That:

*A note about **thyme**:* thyme is one of the most essential herbs in my book. I use it almost daily, as it brings out flavor and adds a savory-ness (if that's a word!?) I really like. Use it fresh by stripping stems directly into your dish of choice as its cooking. Or, mince it finely and add the whole darned thing! Thyme is hardier than some of the volatile herbs like mint or basil, so I don't really worry too much about when I add it to my dishes, usually somewhere in the middle when I'm not chopping something else. If you don't end up using it within the week, hang the bunch upside down and dry it, once dry, store in a sealed container (a small jar works beautifully), in a cool, dry place. Dried herbs will keep indefinitely, but are best used within the year.

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## RECIPIES YOU'LL WANT TO TRY!

### No-fault Pumpkin Pie

from *The New Moosewood Cookbook*  
makes one 9-inch pie

#### Filling:

2 cups cooked pureed pumpkin or squash [butternut works very well]  
1/4 cup white sugar  
1/4 cup brown sugar  
2 tbsp molasses  
1/2 tsp ground cloves or allspice  
2 tsp cinnamon  
2 tsp powdered ginger  
3/4 tsp salt  
2 beaten eggs  
1 cup evaporated milk (lowfat ok)  
1 unbaked 9-inch pie crust (see quiche recipe from the week 14 newsletter)

#### Optional Toppings:

whipped cream with a little sugar and rum  
whipped cream with a little sugar and vanilla extract  
vanilla ice cream

1. Preheat the oven to 375 degrees F.

*with any other changes we might make.*

*If you know now that you want to sign up for next year, let me know and I will put you on the reservation list. Send [Joci](#) an email and we will make a note to let you know right away when we open the sign up.*

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### This n That:

We're still taking bulk orders for selected fall crops! We have an abundance of onions, carrots and winter squash.

The Squash will come in a 30 pound box with 8 squash for \$30. The onions will come in a 15 pound, 1/2 bushel box for \$15.00 and the carrots will come in a 5 pound bag for \$6.50 or a 18 pound box for \$22.00.

If you're interested in stocking up your pantry with yummy storage veggies before the winter sets in, let us know!! Please contact [Joci](#) to place your fall bulk order on any Monday this fall and you can pick it up at the farm on any Thursday until November 19.

#### *Things to remember!*

1. Bring a canvas bag or grocery sack to take your produce home in.
2. Be considerate and break down your box.

*How to break down your box:*

1. Turn it upside down
2. Unfold the flaps by

2. Place pumpkin or squash puree in a medium-sized bowl, and add all other filling ingredients. Beat until smooth.
3. Spread into the pie crust and bake at 375 degrees for 10 minutes. Turn the oven down to 350 degrees; and bake another 40 minutes, or until the pie is firm in the center when shaken lightly.
4. Cool at least to room temperature before serving. This pie tastes very good chilled, with rum- or vanilla-spiked whipped cream, or some high-quality vanilla ice cream.

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### Lauri's Favorite Winter Salad with Creamy Tahini Dressing

from *Farmer John's Cookbook: The Real Dirt on Vegetables*  
makes 4-6 servings

#### The Salad:

- 2 cups any combination of grated **beets**, **carrots**, and/or red cabbage
- 2 cups any combination of grated celeriac, **turnips**, kohlrabi, Jarusalem artichokes, green **cabbage**, and/or **winter squash**
- 1 1/2 cups chopped kale and/or parsley [you could probably substitute finely sliced **collard** greens here]
- 1 medium **red onion**, finely chopped
- 1 cup sprouts (optional)
- 1/2 cup chopped fennel (optional)

Toss all ingredients with Creamy Tahini Dressing, below, or your favorite dressing.

#### The Dressing:

- 3 Tbsp sesame seeds
- 1/2 cup tahini
- 1/4 cup lemon juice
- 1/4 cup sesame oil
- 1/4 cup canola oil
- 1/4 cup soy sauce, tamari, or shoyu
- dash of bottled hot pepper sauce or pinch of cayenne
- 1 tsp dried dill weed

Toast sesame seeds in dry skillet or hot oven several minutes, tossing often. Cool and mix with remaining ingredients and 1/4 cup water. Makes 1 1/2 cups.

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sliding them up, carefully, do not rip them.

3. Flatten and store in designates space

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Questions, concerns,  
Praise?

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*We are always looking  
for great recipes. Go  
ahead and drop me a  
line.*

[info@mnfoodassociation.org](mailto:info@mnfoodassociation.org)  
*Thanks in advance.*

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Delivery Information:  
*Boxes will be ready to  
pick up about 10:30 at  
the farm. Other pick  
up sites between noon  
to 8:00 except St.  
Paul., Wilder, pick  
up by 4:30 at the latest  
and Golden Thymes  
pick up by 6  
pm. or Friday before  
noon.*

**Green Pizza**

from *Eating Well Magazine*, October 2009

makes 6 servings

This recipe calls for broccoli and arugula, but I think you'd be able to get away with spinach or even collards cut finely. Its pizza, how can it go wrong!?

1 pound prepared pizza dough, preferably whole-wheat  
 2 cups chopped broccoli florets  
 1/4 cup water  
 5 ounces arugula [or spinach, or try collards cut finely], any tough stems removed, chopped (about 6 cups)  
 Pinch of salt  
 1/2 cup prepared pesto  
 1 cup shredded part-skim mozzarella cheese

1. Position oven rack in the lowest position; preheat to 450 degrees F. Coat a large baking sheet with cooking spray.
  2. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
  3. Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in the arugula and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt and pepper.
  4. Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.
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**Red Cabbage with Apples**

from *Vegetarian Cooking for Everyone*

makes 4 to 6 servings

3 Tbsp sunflower seed oil  
 1 small onion, finely diced  
 1 Tbsp caraway seeds  
 1 medium red cabbage, about 2 pounds, quartered, cored, and finely sliced  
 2 Granny Smith or Pippin apples, quartered, cored, and diced  
 salt and freshly milled pepper  
 Apple cider vinegar

1. Heat the oil in a large skillet. Add the onion and caraway, give them a stir, then cook for a few minutes over medium heat until the onion is translucent. Add the cabbage and apples and season with 1 tsp salt.
2. Cover tightly and cook very slowly until the cabbage is meltingly tender, up to an hour. Taste for salt, season with pepper, and toss with vinegar to taste.

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