



# CSA Newsletter

Week #20 | October 10, 2019 | EVEN Week

## Upcoming Events:

**Fall Bounty Market**, Friday October 18th, 3:30-6:30 @ Troy Baptist Church

[www.hootowlfarm.net](http://www.hootowlfarm.net)

[info@hootowlfarm.net](mailto:info@hootowlfarm.net)



For updates in your newsfeed,  
Like us on Facebook ...@hootowlfarm

Last week of the CSA season! We feel pretty good about making it all the way through, and you guys should too. Making a commitment to eating fresh, local produce for 20 weeks is not the simplest way to feed yourself, especially when some of those vegetables might be strange and unfamiliar (kohlrabi?!?). But CSAs offer a lot of value that few things do in this day and age.



1. You have a direct physical connection to your food, seeing pictures of its growth, hearing about the work that goes into it, laying hands on it sometimes mere hours after it's left the ground. In future, we'd love to be able to actually have our members come out to the farm so they can see it too!

## Crop Focus: Microgreens

About time we throw a little attention on microgreens, huh? The nutritional value of micros is often touted, but a recent (2012) study by the University of Maryland put some numbers to it. Micros of varying types are anywhere between 4- to 40- times more concentrated in nutrients than their mature counterparts! For example, red cabbage microgreens had 40 times more vitamin E and six times more vitamin C than mature red cabbage. Cilantro microgreens had three times more beta-carotene than mature cilantro.



**To store:** Microgreens are typically delicate and don't have the longest storage life, but they can last up to a week in a plastic bag or airtight container in the fridge.

2. You are making a very real difference in the livelihood of your farmers. We were able to purchase needed supplies and seeds early on in the season because of your willingness to pay up front. Because of that, we got a jump on the season and began as early as possible. Without the boost that you guys provided, a 20-week season would not have been possible.

3. The food that you received in your CSA boxes was at its peak in nutrition, quality, ripeness, etc. Because of this direct to consumer model, we were also able to grow varieties that we wouldn't otherwise (and that you don't typically find at the store).

Way to go on sticking with us through the whole season! We SO appreciate all of your support, tips, recipes, and just generally visiting with you guys at the market! Cheers, Rudy & Bonnie



Pics - Clearing out summer crops & salad in the snow.

## This Week's Share

Spaghetti Squash
Turnips
Potatoes
Baby Bok Choy
Peppers
Carrots
Onions
Delicata Squash
Green Tomatoes (Fried Green Tomatoes recipe on back!)

# Recipes

**Submitting Recipes** – You're never more likely to try a recipe than if it's got a seal of approval from someone you know and trust. If you have a great one, or stumble upon a good method or idea while using our produce, please pass it along. If it fits with what's in a share, then we'd love to include it in the newsletter.

Fried Green Tomatoes - *From AllRecipes, though you can find a bunch of variations online. What a great way to use up some of those green tomatoes at the end of the season that gardeners in the North always inevitably have!*

## Ingredients:

4 large (or more small) green tomatoes  
2 eggs  
½ cup milk (or buttermilk)  
1 cup flour  
½ cup cornmeal  
½ cup bread crumbs  
2 tsp salt  
¼ tsp pepper  
1 quart vegetable oil for frying  
(less if you use a smaller pan)

## Instructions:

Slice tomatoes ½ inch thick. Discard the ends.  
Whisk eggs and milk together in a medium bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat.



In a large skillet, pour vegetable oil (enough so that there is ½ inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.

Breakfast Stuffed Delicata Squash - *From Hungary Hobby. We love stuffed delicata so much, it is definitely a good breakfast food too! These are sweet roasted delicata squash boats stuffed with a savory and salty mix of eggs, bacon, garlic, and onion...Basically heaven.*

## Ingredients:

2 delicata squash  
3 pieces bacon  
6 eggs  
½ tsp garlic salt  
1/8 tsp pepper  
2 green onions sliced  
1 Tbsp oil  
Optional: Cheese for topping, parsley for garnish

## Instructions:

Preheat oven to 350 degrees  
Wash the outside of your squash and then dry. Cut in half length ways. Place the squash cut-side down on a greased pan. Bake for 20-25 minutes or until squash is tender.

While squash is cooking, whisk the eggs, onions and seasonings in a medium bowl. Add eggs to a large skillet with cooking fat, crumble in bacon and scramble the eggs. (For a fluffy texture, add 1 Tbsp of water to the eggs before whisking them and use a

silicone spatula). When squash is done roasting, remove from oven, flip them over and fill the centers with eggs (divide equally among the four halves). Garnish with additional bacon crumbles, green onions and dried parsley. Optional (top with cheese).



**Sharing Recipes** - If you find a great recipe in the off season, still send it our way. We'd love to share on our facebook page or with the group. Not to mention, winter is the time when we get to spend more time enjoying cooking and long complicated recipes – it's just a bummer that we're not so flush with awesome produce at that time!