



CSA Newsletter

Week #16 | September 12, 2019 | EVEN Week

Upcoming Events:

The Farmers Market at Libby - Thursdays 3-7 @ The Chamber

The Troy Farmers Market, Fridays 3:30 - 6:30 @ the Troy Museum

Kootenai Harvest Festival, Saturday Sept. 14, 12-6 @ Riverfront Park

www.hootowlfarm.net

info@hootowlfarm.net



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Lots of harvesting going on this week, we'll keep on going too past the markets in preparation for Saturday's Harvest Festival. Typically, Bonnie handles the Troy Farmers Market booth on her own, so that Rudy can have a chance to do planting and bed prep. But this week, it'll be another day of harvesting for Rudy! We're really looking forward to the Festival, it's a long day and we'll surely be exhausted at the end, but it's also a great time to showcase all that we've been working on this season as well as appreciating so many other local vendors. Not to mention that with the 6-hour timeframe, there should be enough downtime to sit back and enjoy the locally sourced meal while listening to music!



Crop Focus:

Red Kuri

Red Kuri (aka Hokkaido) is a type of Japanese winter squash with bright red/orange skin and flesh, it's in the Hubbard group of winter squash varieties. Winter squash is so named because it can be stored for an extended period of time after harvest...into the winter.



To store: Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. They get sweeter in storage as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.

We added eggplant to your share this week at the last minute when we realized we'd have enough. So...we don't have an eggplant recipe on back. One of the easiest ways to prepare eggplant is to slice it into rounds, coat in mayonnaise then bread crumbs and then cook at 350 for 20 minutes on each side (or until golden brown). Other notable options include eggplant parmesan, ratatouille, stuffed eggplant, and baba ganoush. Have a great week and we'll see you at the markets or the Harvest Festival!

Cheers, Rudy & Bonnie

This Week's Share

Carrots	
Tomatoes	Cherokee Purple heirloom(s)
Potatoes	Kennebec - a good all-purpose potato, similar to Yukon Gold.
Leeks	
Cucumbers	
Eggplant	
Red Kuri	Winter squash
Onions	
Microgreens	Rainbow Mix
BONUS: Apples	Golden Delicious apples from the Gillan's (Bonnie's parents) trees. Naturally grown, no pesticides.



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.

Red Kuri Squash Soup - *From Bonnie - this is a repeat for those who have been CSA members before, but this is our favorite way to have red kuri squash!*

Ingredients:

1 ½ lbs red kuri, peeled and cut into 1-inch cubes (3 cups)
½ medium onion, chopped
1 Tbsp olive oil
1 Tbsp butter
Salt & Pepper
½ cup whipping cream
Optional: Basil & Feta Cheese

Instructions:

Preheat oven to 375. In a large saucepan, combine the squash with the chopped onion and 3 cups of water and bring to a boil over high heat. Cover and simmer over low heat until the squash is tender, about 20 minutes.

Working in batches, puree the soup in a blender. Return the soup to the saucepan and warm over low heat. Stir in the butter

and whipping cream, and season with salt & pepper, and basil (fresh or dried). Add crumbled feta to the top of each bowl. Yum!

* We typically use the blender route, but a better alternative might be to leave everything in the pot and use an immersion blender to puree.

** The pic is from another recipe online, but shows the fabulous idea of garnishing the soup with microgreens!



Potato-Leek Hash with a Fried Egg - *From TastingTable, sounds like a great breakfast dish and if you're like us, then also a great breakfast-for-dinner dish!*

Ingredients:

2 medium Yukon Gold potatoes, peeled
1 Tbsp plus ¾ tsp salt, divided
5 Tbsps unsalted butter, divided
½ tsp freshly ground black pepper
¼ tsp dried red pepper flakes
3 medium leeks--white and light green parts only, halved lengthwise and thinly sliced crosswise
3 garlic cloves, very finely chopped
1 Tbsp finely chopped fresh dill
2 large eggs
1 Tbsp finely chopped chives
salt for serving

Instructions:

1. Add the potatoes to boiling water and 1 Tbsp of the salt and cook until a paring knife easily slips into the center of a potato, 20 to 25 minutes. Drain the potatoes and let them cool. To a large bowl, add the cooled potatoes and use a potato masher (or fork) to roughly smash the potatoes into medium-size chunky pieces.

2. Meanwhile: In a large skillet set over medium-high heat, add 1 Tbsp of the butter and the black pepper and red pepper flakes. Stir in the leeks and cook, stirring often, until the leeks are browned and crisp around the edges, about 5 minutes. Stir in the garlic and the remaining ¾ teaspoon of salt and cook until the garlic is fragrant, about 1 minute. Transfer the leek mixture to the bowl with the potatoes. Add the dill and use a fork to combine until the mixture is combined, yet still rough-textured (don't overmix).

3. To the skillet, add 3 tablespoons of butter. Once the butter is melted, let it brown, about 1 minute. Add the potato mixture, spreading it out into an even layer in the pan. Reduce the heat to medium and cook until the bottoms of the potatoes are crisp and browned, about 4 to 6 minutes. Turn off the heat and set aside.

4. In a large nonstick skillet set over medium-high heat, add the remaining 1 tablespoon of butter. Once it is melted, add the eggs, reduce the heat to medium, and cook until the whites are cooked through and the yolks are soft, 4 to 5 minutes. Turn off the heat.

5. Use a fork to stir the potato mixture and divide it between 2 plates. Top each with a fried egg. Sprinkle with the chives and flaky salt and serve.

