



CSA Newsletter—Week 19

October 4, 2018

Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Troy Fall Bounty Market October 19 3:30–6:30

@ the Troy Baptist Church on Hwy. 2

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Hi All— We're down one market this week, and will only be attending the Libby Farmers Market. The difference between preparing for one vs. two markets is a lot! Probably most of all because there wasn't enough time to do much preparing between the two, so there was always a lot of up-front prep going on for both markets. We're glad to be winding down for the season just because we've been working pretty hard for several months and it will be good to give our bodies and minds a much needed break. We still have a lot of crops to harvest, but are pretty much done planting (except microgreens). It's a little bit strange to see our nursery so empty, for months now it's been on a constant cycle off flats going in and out, but always containing a bare minimum of 20-30 flats at a given time.

As for markets, this week's is the last 'official' Libby Farmers Market. Hoot Owl Farm will be at the same spot next week with produce though, so we consider that to be the 'actual' last market. Then the following week, October 19th, is the Fall Bounty Market over in Troy. This special indoor market will be held at the Baptist Church (on the right side of Hwy. 2 as you're headed into Troy from Libby). Past that, we'll just have to see what the weather does. We would like to be able to supply our wholesale restaurant customers for a couple additional weeks, but will have to take it on a weekly basis. Have a great week—Bonnie & Rudy

This Week's Share



Salad Mix

Red Kuri—1 large, or 2 small

Bok Choy

Microgreens

Cherokee Purple tomato

Spinach— keep greens in a plastic bag in the refrigerator for up to 1 week. Use cooked spinach in quesadillas, crepes, lasagna, or even for breakfast-sauté slivered greens and garlic in the frying pan before adding to eggs for scrambling.

Carrots

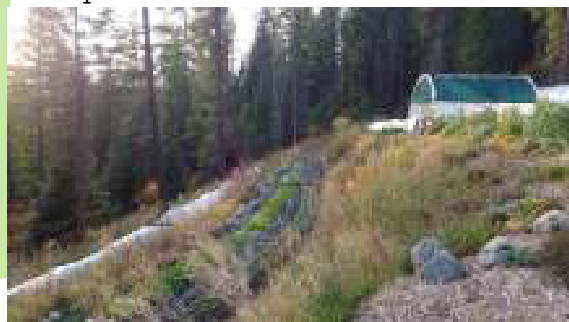
Onions

Potatoes—4 large

Parsley



It's hard to get a visual of our 'Home Plot' because it is so steep. Above is part of our main garden terrace, and below you can see a couple of additional terraces below.



Failures...

When searching for a topic for this week, Rudy came up with the honest truth about things that didn't go quite right this year. To start out, SPINACH—we didn't get spinach in the share nearly as much as we'd planned both in the Spring and Fall, we also wanted to have quite a lot for market and wholesale. This just wasn't the year for spinach though—trouble with germination, weed pressure, and general lackadaisical growing. Kohlrabi—we've got some beautiful purple and green kohlrabi for you guys...they'll be ready in a few weeks, so the timing was off on that one! Fall cabbage and broccoli—another timing issue here as we have some pretty good looking broccoli that may be ready for the Fall Bounty Market and some cabbages that may or may not make it to harvest stage before freeze-out stage. Salad—you guys got salad pretty much every week, but we have had some issues towards the end of the summer that resulted in us cropping out entire beds rather than getting a 2nd or 3rd cutting. Because of this we were short on salad several weeks at market, and we HATE it when we run out! Let's see, probably worth a mention too is Brussel Sprouts. We're not entirely sure why these failed; these plants were very promising through most of the summer but we're not going to end up with much of a harvest off of them. Plenty of things didn't turn out as planned this season, but we've learned a lot from all of them and we can hopefully improve next season, especially on the timing aspect.

Garden Stuffed Twice-Baked Potatoes –From *All-Recipes*: <https://www.allrecipes.com/recipe/18287/garden-stuffed-baked-potatoes/>

Ingredients:

4 large potatoes
2 Tbsp butter
1 small onion, chopped
1 (10 oz.) pkg frozen broccoli
(or try spinach or another
fresh green vegetable)
1/2 cup Ranch dressing
1 Tbsp oil
Salt & Pepper to taste
2 tsp dried parsley (or fresh!)



Instructions:

1. Preheat oven to 425 degrees F. Pierce the skin of the potatoes with a fork.
2. Microwave pierced potatoes on HIGH for 12 minutes. Place partially baked potatoes in the preheated oven and bake for 15 minutes. Slice off potato tops, scoop out the bulk of the interior of the potato being careful to leave the potato skins intact. In a medium bowl, mash the removed potato interior.
3. Heat a small skillet over medium heat, stir in butter. Saute onions in the skillet until tender, about 5 minutes.
4. Combine onions, broccoli, and ranch dressing with the mashed potato. Brush the outside of the potato skins with oil. Spoon potato mixture into the skins. Arrange stuffed potatoes on a cookie sheet.
5. Bake potatoes for 15 minutes in the preheated oven, or until heated through. Season with salt, pepper, and parsley.

Farmer Note: Personal experience tells us that this recipe is also delicious with Parmesan or other cheese sprinkled on top and with bacon mixed into the potato mixture.

Roasted Red Kuri Squash with Cannellini Bean and Spinach Salad - From *NaturallyElla*, <https://naturallyella.com/roasted-red-kuri-squash/>

Ingredients:

Squash

1 red kuri squash
1 tablespoon olive oil
Salt/Pepper

Salad

2 cups fresh baby spinach, shredded
1 1/2 cups cannellini beans, drained and rinsed if using canned
1/4 cup minced red onion
1 tablespoon minced flat-leaf parsley
1 tablespoon julienned basil
1 tablespoon minced chives
1 ounce goat cheese
2 tablespoons olive oil
1 tablespoon lemon juice
Salt and Pepper, to taste

Instructions:

Preheat oven to 375°. Using a sharp knife, cut the squash in half from the top to bottom then cut each section in half. Scoop out the seeds and place in a baking dish. Rub with olive oil, sprinkle with salt and pepper, and roast until tender, 35 to 45 minutes. Remove from oven and let cool slightly.

While the squash is roasting, combine the spinach with the beans, onion, herbs, and goat cheese. whisk together the olive oil and lemon juice, pour over the salad and toss until spinach and beans are well coated. Season with salt and pepper as desired.

To serve, divide the salad evenly amongst the squash

