



CSA Newsletter—Week 17 September 20, 2018

Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Fridays 3:30-6:30 Troy Farmers Market

Troy Apple Festival September 28

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Hi All— Thanks for the great turn out at the Harvest Festival! Was great to see many of you there. We had a wonderful day and made lots of new connections with folks we don't typically see at the Farmers Markets. We were feeling especially thankful as the rain poured down on Sunday that the weather stayed clear and sunny the day before. It's funny how much weather can dictate an event, but it's totally true, we would have been going home with an enormous amount of produce if Saturday had been the weather of Sunday. Instead, we were able to share our hard won bounty with many new people and we are totally grateful!

First confirmed frost on a Hoot Owl plot happened this morning (Thursday). We decided this week to kick the eggplant out of the hoop house to make room for cold hardy crops. It's a really hard decision, and it seems that we always make it later than would be ideal, but the fact is that it's more valuable to have a fall crop coming into it's prime rather than protecting a summer crop for the last few fruits that it may (or may not) put out. We've got plans in place for next year to have our summer crops in the hoop house going while concurrently being able to direct seed fall crops like spinach and Asian greens—this'll involve some changes to our layout and landscape fabric covers, but we think it'll be pretty sweet to be harvesting spinach AND tomatoes from the SAME bed at this time next year!

Have a great week—Bonnie & Rudy

This Week's Share



Salad Mix

Delicata Squash

Turnips

Microgreens

Potatoes

Onion—Patterson cured yellow storage onions, can be stored several months in a cool, dark, dry, well-ventilated spot. If you encounter a little rot in your storage onions, just cut away the bad sections. Using a very sharp knife and chilling onions before cutting can reduce the tears associated with onion cutting.

Cucumber

Napa Cabbage

Peppers



Fall is in the Air...

No really, it's all over in the air! The time of year has come when debris in the air is at it's maximum. The winds are kicking up, larch needles are starting to yellow and drop, squirrels are cutting cones and dropping all manner of materials from the tree tops, and moss and lichen are blowing every which way. This is all well and good, but it does mean that our salad mix is getting particularly pummeled by debris from above. We do our best to keep the greens clean, sometimes employing row covers specifically for this purpose. While we're pretty confident that most debris doesn't make it through our greens processing, the truth is that nothing is perfect, and you will likely find a stray Doug Fir or Larch needle in your salad mix at some point this fall. Hopefully when you find this special treat, you can choose to think of it as we do...just a nuance of agricultural crops being produced in the forest. Hey, you're eating local—the evidence is in the greens!

Baked Delicata Egg Cups with Crispy Herbed Crumbs –From *Better Homes and Gardens*

Farmer Note: If you subscribe to BH&G, the October 2018 issue has several great recipes for Delicata Squash specifically!

Ingredients:

3 Tbsp olive oil
1 large clove garlic
1/2 cup bread crumbs
1/4 cup Parmesan cheese
1 Tbsp chopped parsley
1 lb. delicate squash, washed and trimmed
4 eggs
Hot sauce (optional)



Instructions:

1. Preheat oven to 425 deg. In an 8- or 9-inch cast iron skillet, heat 2 Tbsp olive oil over medium. Add garlic; cook 3-4 minutes until golden brown, turning occasionally. Remove garlic; finely chop. Add bread crumbs to skillet; cook 4 minutes or until golden. Transfer to a small bowl; stir in chopped garlic, 1/4 tsp salt, and 1/8 tsp pepper; let cool. Stir in cheese and parsley.
2. Cut squash into four 1 3/4- to 2-inch thick rings. Using a spoon or melon baller, scoop out seeds and flesh to create a 1 1/2- to 2-inch diameter hole.
3. Wipe skillet. Add remaining 1 Tbsp olive oil. Sprinkle with 1/4 tsp salt and 1/8 tsp pepper. Add squash turning to coat with oil. Sprinkle with 1/4 tsp salt. Bake 15 minutes; turn squash. Crack an egg into a small cup or bowl; slide into a squash ring. Repeat with remaining eggs. Sprinkle eggs with 1/4 tsp salt and 1/8 tsp pepper. Bake 10 to 12 minutes more or until whites are set. Top with bread crumb mixture. If desired, serve with hot sauce.

** Tip: to make fresh bread crumbs, add 1 slice bread to a food processor; pulse.

Quick Beef and Napa Cabbage Pho - *Classic Vietnamese noodle soup typically takes hours to make, but this quick pho recipe gets tons of flavor by cooking the spices before adding to the broth.*

Ingredients:

1 Tbsp peanut oil
1 medium onion, cut into 6 wedges
1 piece fresh ginger, sliced
1 cinnamon stick
1 tsp cardamom pods
1 tsp coriander seeds
1 tsp fennel seeds
4 cups beef stock or broth
2 cups water
2 1/2 Tbsp fish sauce
4 oz. thin rice noodles
8 napa cabbage leaves, cut into 2-inch pieces
12 oz. sirloin or boneless rib-eye steak, very thinly sliced
2 cups mung bean sprouts
1 cup fresh mint and/or Thai basil leaves
1 jalapeno pepper, sliced

Instructions:

1. Heat oil in a large pot over medium-high heat. Add onion and ginger; cook, stirring, until starting to brown, 2 to 3 minutes.
2. Add anise, cinnamon stick, cardamom pods, coriander and fennel seeds; cook, stirring, for 30 seconds. Add stock (or broth), water and fish sauce; bring to a boil.
3. Reduce heat to maintain a lively simmer, cover and cook for 5 minutes.
4. Prepare rice noodles according to package directions. Drain and rinse well with cold water. Divide among 4 large soup bowls.



5. Carefully pour the broth through a fine-mesh sieve into a large bowl (discard solids). Return the broth to the pot and bring to a boil.

6. Add cabbage, cover and cook until tender, about 5 minutes.

7. Divide the cabbage, beef and broth among the bowls. Top with bean sprouts, mint or basil and jalapeno.