



# CSA Newsletter—Week 16 September 13, 2018

## Upcoming Events:

- Thursdays 12-5 Libby Farmers Market
- Fridays 3:30-6:30 Troy Farmers Market
- [Kootenai Harvest Festival September 15](#)
- [Troy Apple Festival September 28](#)

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

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

Like us on Facebook to get our updates in your newsfeed...

[@hootowlfarm](#)

The big week is here, lots of harvesting for us. We may seem a little haggard at your pick up this week, but we'll be fine, we'll have a break on Sunday! Hope to see some of you at the Harvest Festival this Saturday at the Riverfront Park in Libby. If you can't make it, there's another festival on the horizon. The Troy Farmers Market's Apple Festival is coming up on September 28th. Always a fun event, this market has many more vendors, music, food, and of course lots of apples. There's an Apple Pie contest and a cider press that will be set up and free to use. So bring your apples and come on down. A fun fact about apple cider—it taste just as fresh when thawed from the freezer as the day it was pressed.

We still haven't had a frost at either of our plots (knock on wood), but we know of other growers in the area that have. So we're keeping one eye on the forecast and are ready to deploy row covers over sensitive crops if needed. This time of year we also roll down the sides of our hoop houses at night and roll them back up again in the morning. Even though we don't anticipate it freezing in there, if we can keep it warmer at night and keep the temperature fluctuations to a minimum, then the nightshade crops, like tomatoes, will ripen much faster.

Have a great week—Bonnie & Rudy

## This Week's Share



Salad Mix
Red Kuri Squash
Carrots
Microgreens
Onion
Kale—To easily prepare kale, fold the leaves in half lengthwise and slice out the stem. Then stack the leaves on top of each other and slice into 1-inch strips. Remember that kale is a wonderful addition to smoothies, it can be frozen or dried to stock up for future use.
Cucumber
Cilantro
Bok Choy
Peppers



## Topic...No room for a topic, just another recipe!

### Red Kuri Squash Soup - *From Bonnie, a variation on a recipe that we really enjoy!*

#### Ingredients:

- 1-1/2 lbs red kuri, peeled and cut into 1-inch cubes (3 cups)
- 1/2 medium onion, chopped
- 1 Tbsp olive oil & 1 Tbsp butter
- Salt & Pepper
- 1/2 cup whipping cream
- Optional: basil & feta cheese

#### Instructions:

1. Preheat oven to 375. In 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.
2. 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!

## Kale Chips – From <https://ohsheglows.com/2014/03/12/6-tips-for-flawless-kale-chips-all-dressed-kale-chips-recipe/>

*Crispy and chewy kale chips baked in the oven and seasoned to perfection. Enjoy these as a healthy alternative to potato chips.*

### **Ingredients:**

#### **per baking sheet:**

1. approx. 1/2 bunch kale leaves
2. 1/2 Tbsp extra virgin olive oil or melted coconut oil
3. approx. 2 tsp–2 Tbsp of spices depending on preference. An example of a spice mix is below:
  - 1.5 Tbsp nutritional yeast
  - 1 tsp garlic powder
  - 3/4 tsp chili powder
  - 1/2 tsp onion powder
  - 1/2 tsp smoked paprika
  - 1/4 tsp sea salt



### **Instructions:**

1. Preheat oven to 300F. Line a large rimmed baking sheet with parchment paper.
2. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Wash and spin the leaves until thoroughly dry.
3. Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine.
4. Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.
5. Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale begins to firm up. The kale will look shrunken, but this is normal. I bake for 25 mins. total in my oven.
6. Cool the kale on the sheet for 3 minutes before digging in! This really makes all the difference! Enjoy immediately as they lose their crispiness with time.
7. Repeat this process for the other half of the bunch

Stir Fried Kale and Bok Choy - *Kale is given an Asian twist in this easy, super-healthy stir-fry. If you don't have kale or bok choy, try turnip greens or napa cabbage instead.*

### **Ingredients:**

- 12 oz bok choy
- 8 oz kale, tough stems removed
- 2 tsp canola oil
- 3 cloves, sliced
- 1 1/2 tsp ginger root, fresh, grated
- 1 1/2 Tbsp soy sauce
- 1/4 tsp sesame oil
- 1/8 tsp crushed red pepper flakes

### **Instructions:**

1. Cut bok choy crosswise about 1/2-inch to 3/4-inch-thick (you'll get about 6 cups); set aside. Slice kale leaves crosswise about 1-inch-thick (you'll get about 8 cups); set aside.
2. Heat oil in large, deep nonstick skillet or wok over medium heat. Add garlic and ginger; cook, stirring frequently, until fragrant, about 1 minute.
3. Add bok choy and kale; stir-fry over medium-high heat until vegetables are tender, about 6 minutes. Remove from heat and stir in soy sauce, sesame oil and pepper flakes. Yields about 1 cup per serving.
4. Have leftover chicken, beef or pork? Add it to the stir-fry and heat through for an easy main dish. Or add tofu for a meatless main meal.

