



“Autumn is a second spring when every leaf is a flower.”  
-Albert Camus

## A Letter From Your Farmers

Monday, Oct. 2

Greetings! Here on the farm, we are enjoying the fall weather along with the grasshoppers who are gleefully having their meal of week seeds and more. They hop around me in all directions as I walk out in the produce patch.

How did you like the black radishes!? Weren't they interesting?! They were new for us, and we thought they were tasty. They are kind of like little moons, reminding us of our shorter days. Now that it gets dark so early, we're not able to work much in the fields into the late evenings anymore.

We are still finding so much enjoyment in filling your boxes each week. It will surely seem like something is missing when the CSA season is over. There is a lot of flurry, excitement, and happy fellowship in the packing barn when we prepare your boxes. Everyone has their special job.

Some of the walnuts have begun to fall from our trees, and the race is on to gather a few before the squirrels get them! Last year, the little rascals got most all the good ones.

In our yard, we have a tree that was taken over by honey bees. We would very much like to get at some of that honey, but the hole that the bees use is so small that we'd have to cut the tree down to get at the honey. We don't want to do that, as it would ruin the bee's cozy home, so we'll just let them have their honey for their winter meals, which is, after all, what they've worked so hard for.

Best wishes until next time! Stay warm from the inside out.  
Many thanks for your support of our farms, Rachel

### In Full Shares (3/4 bushel)

- Butternut Winter Squash
- Green Beans
- Sweet Corn
- Brussels Sprouts
- Red Beets w/ tops
- Sweet Potatoes
- Napa Cabbage
- Orange Carrots
- Red Onions
- Sweet Peppers: Bells, Minis, Carmens
- Watermelon Radishes
- Pumpkin Apple Bread

### In Small Shares (1/2 bushel)

- Butternut Winter Squash
- Green Beans
- Brussels Sprouts
- Napa Cabbage
- Orange Carrots
- Carmen Pepper
- Nero Radishes\*
- Sweet Potatoes

\*Heirloom Nero Radishes are crisp, peppery, and hot; the skin is particularly hot, so peel for milder flavor.

[Click below for produce info:](#)

[October 5 Storage & Prep Tips](#)

[Inside this issue:](#)

**Page 2: Recipe Links & Farm Photos**

Recipe links from the Urban Grazer Recipe Library to help you enjoy all the fabulous veggies in your box!

## **Entrees:**

- [Grilled Shrimp Open Tacos](#) or [White Fish Tacos](#)
- [Wild Rice with Brussels Sprouts and Squash](#)
- [Beef and Brussels Sprouts Stir Fry](#)
- [Stovetop Ginger Chicken with Brussels Sprouts](#)
- [BBQ Chicken Pizza w/ Corn, Onions, Peppers](#)
- [Spaghetti with Garlic Roasted Winter Squash](#)
- [Butternut Squash Mac and Cheese](#)
- [Rice and Greens Bowl with Beets and Carrots](#)
- [Bow-tie Pasta with Beets and Greens](#)
- [Roasted Beets & Greens w/ Quinoa](#)
- [Beet and Onion Pizza](#)
- [Maple Sweet Potato Pecan Burgers](#)

## **Soups:**

- [Borscht](#)
- [Chicken, Cabbage, & Squash Basque Soup](#)
- [Roasted Squash and Rosemary Soup](#)

## **Salads:**

- [Curried Confetti Coleslaw](#)
- [Cabbage Salad with Buttermilk Dressing](#)
- [Colorful Coleslaw](#)
- [Warm Coleslaw](#)
- [Cabbage Beet Slaw](#) or [Carrot Beet Slaw](#)
- [Colorful Root Vegetable Salad](#)
- [Borscht Salad](#)
- [Beets and Greens Salad](#)
- [Bell Pepper & Green Bean Fajita Salad](#)
- [Brussels Sprouts and Red Onion Salad](#)
- [Brussels Sprouts Salad Ideas](#)
- [Autumn Squash Salad](#)
- [Roasted Squash and Cranberry Salad](#)
- [Grated Raw Squash Salad](#)

## October 5 Recipe Ideas

## **Sides & Misc.**

- [Corn Ceviche Shots](#) *A toast to the end of summer!*
- [Layered Lentil and Cabbage Gratin](#)
- [Quick and Easy Kimchi](#)
- [Cabbage and Noodles](#)
- [Stuffed Sweet Potatoes](#)
- [Sweet Potato Skin Fries](#)
- [Sweet Potato Hash with Peppers and Onions](#)
- [Roasted Carrots and Beans](#)
- [Garlic-Soy Green Beans](#)
- [Warm Beets & Greens with Maple Walnuts](#)
- [Roasted Brussels Sprouts & Variations](#)
- [Brussels Sprouts and Beets in Ginger Butter](#)
- [Shaved Brussels Sprouts with Mustard Sauce](#)
- [Skillet Brussels Sprouts and Carrots](#)
- [Brussels Sprouts with Apricots and Almonds](#)
- [Sauteed Corn, Beans, and Wilted Greens](#)
- [Asian Sauteed Cabbage and Squash](#)
- [Thyme Roasted Butternut Squash](#)

## **Treats:**

- [Easy Sweet Potato Pie](#)
- [Sweet Potato Ginger Muffins](#)
- [Sweet Potato Biscuits](#)
- [Sweet Potato Cranberry Bread](#)

## **Want more ideas?**

*Click link below to access to all Urban Graze recipes:*

## [Urban Grazer Recipe Library](#)

*To use the library:*

- Click on the "Get Cookin'" Tab
- Best search method: in column on the right side of page, click on the veggie name of your choice to access recipes using that veggie

*Click below for produce info:*

## [October 5 Storage & Prep Tips](#)



## This Week On Your CSA Farms

