

THIS WEEK'S HAR-
VEST:

ACORN SQUASH
SWEET POTATOES
RADISHES
TATSOI
CANARY MELON
PURPLE TURNIPS
IITOI ONIONS
BEETS

WE NOW HAVE
CLOSE TO 300 CSA
MEMBERS!!!

THANKS FOR
SPREADING THE
WORD...KEEP IT UP!

FLAG CSA LOVES
VOLUNTEERS...
WHAT ARE YOU
GOOD AT? WANNA
COME PLAY!?

EMAIL OR CALL IF
YOU CAN HELP, POR
FAVOR.

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Giving of Thanks

Welcome to Thursday afternoon...it's been quite the week! A new feeling of pride and hope is settling over much of our country as we rejoice in our new leader. It's a feeling that has been long absent from our social fabric— this pride and comfort, this hope and faith. Thanks for your part in helping the pendulum swing! IT'S ABOUT DARN TIME!

So today we've got some young entrepreneurs who are doing their part in treading lightly on our earth's tired face: please welcome Savannah and Eva as they show us their skills at recycling old T-shirts into usable veggie—or whatever else—bags. The girls will be selling their bags at pick-up and could always use some more shirts, in good condition. If you've got shirts or some cash to invest in bags you'll proudly never forget at home, please support these two as they work creatively to make a difference in this community we all love so dearly.

There is an interestingly-named character on our veggie line-up today: Tatsoi. (Say that ten times fast!) As a member of the mustard family, also called

spoon mustard because of its thick round leaves, tatsoi adds flavor and crunch to salads or sautés nicely with other veggies.

Also, turnips are entering our dietary landscape once again and I can't help feeling sorry for these long-enduring roots: hard-working and often thankless, they plod along unnoticed until someone sees something beautiful in their ruddy complexion and sturdy composition. In my bible, *Healing with Whole Foods*, Paul Pitchford discusses the merits of turnips. Their pungent, sweet, and bitter flavor is great for building blood as we descend into the winter months; they improve circulation; resolve mucus and other *damp* conditions; relieve coughing; the pungent qualities can easily be destroyed by cooking, so sliced raw turnips are superior when pungency is needed to help dispel lung congestion; they are also very high in Vitamin A. Amazing?

As root veggies enter once again as key players on our culinary stage and fall embraces our capacity for stillness and silence, it is comforting to know that we have warmth whenever we need it, for there is always something to be given to show our thanks.

Meat n' Such

We are out of beef shares and there is one lamb share left. There is a possibility of obtaining a 2nd meat source from another local farmer later in the season if enough people desire more meat. (Let Karna know if you do...) There are, however, still plenty of chickens and turkeys available. Bring your checkbooks or cash if you're interested!

Contracts are due today...!

Coffee

Café de Dona Ella is always available for purchase at pick up. Enjoy your times! See you next week! Thanks for being great!

Congee Revisited

Hsi-fan, congee, or “rice-water” is eaten throughout China as a breakfast meal. It is considered to be one of the best things to eat in the morning—it is very easy for the body to assimilate. There are many different congees, the sky is the limit when it comes to the various combinations you can dream up. Rice is known to strengthen the spleen-pancreas digestive center and so other foods’ properties are enhanced when cooked for a long time in the rice and water. Some good fall/winter congees are:

Ginger—Warming and antiseptic to viscera; used for deficient *cold* digestive weakness (diarrhea, anorexia, vomiting, and indigestion).

Mustard—Expels phlegm; clears stomach congestion.

Yogurt and Honey—Benefits heart and lungs.

The best way to make congee is to put about a cup of rinsed rice in a crock-pot and add 5 cups of water. Put on lowest heat possible and cook for 4-6 hours or overnight. When you awake you will find one of the healthiest, most interesting breakfasts you’ve ever met. My mom lives on this stuff, it has changed her life and when I eat it I feel wonderful. Give it a shot! Google it!

(Healing with Whole Foods)

Basic Seeds

With squash bounty abounding, I wanted to mention that seeds are another highly edible part of this versatile food. Rinse seeds with cold water in a colander or sieve; let them dry a bit before cooking, at 400 degrees. Roast for about 10 minutes and give them a little shake so both sides cook evenly; roast a bit longer to your perfect preference. Top with salt and brewer’s yeast or whatever spices you love the most...throw them on salads, in soup, on popcorn, or just munch them fresh out of the oven.

(Vegetable Love)

Balsamic Roots

As many sweet potatoes as you’ve got

Beets too

A plump onion, any color you choose

Celery, about 2 stalks

Mushrooms (?), or tofu, or meat, or anything you like

A splash of olive oil, sesame, or butter

1 tsp. or so of balsamic vinegar

1/4 tsp. of salt

Cut potatoes and beets into sizes you’d like to bite into; boil mediumly for about 15 minutes; sauté onion, oil,

garlic, and mushrooms, (maybe abundant mustard greens would fit nicely?), for about 15 minutes as well. Add potatoes, beets, balsamic, and salt. A great dinner paired with warm rice and good company.

(liberally adapted from Vegetable Love)

Canary Melon

Did you know that there are winter melons and summer melons? The smoother-skinned winter melons ripen in the fall, while their sun-loving cousins with their “netted” skin and light colors prefer long days and warm nights. Canary melons ripen slightly after picking and you can tell a good melon by the strength of its fragrance; sniff at the stem end for best predictions of a ripe treat.

(Joy of Cooking)

Red Radishes with Itoi Onions

A bunch, or two, of radishes, well scrubbed

1 Tbsp. butter or oil

A bunch of Itoi onions, white parts and about 1-inch of green finely chopped

1/2 cup water or veggie or chicken broth

Cut radishes into bite-sized pieces; heat oil or butter in a large skillet over medium heat; add and cook, stirring often, onions and sauté for 2-3 minutes. Add radishes and water or stock. Cover pan and simmer until radishes are tender, about 3-4 more minutes.

Uncover, increase heat to medium-high and boil rapidly to reduce juices while shaking the pan back and forth a few times. Add salt to taste.

(Joy of Cooking)

Sourdough Starter

1 cup water

1 cup whole wheat flour

Sterilized jar and spoon (use hot water for this)

Mix water and flour together in jar; cover with cheesecloth or cotton rag, so that the live airborne yeasts will begin to turn it sour. Stir daily with clean spoon for uniform fermentation. Let this sit for 3 days in a darkish, warm, dry locale. To replenish, always leave a small amount of starter in the jar and add more flour and water, stir well and keep storing. Look for recipes on bread, bagels, pizza and pie crusts, muffins, and pita bread. ‘Tis the season for sour flavors!

(Healing with Whole Foods)