

THIS WEEK'S HARVEST:

EGGPLANT

BASIL

MUSTARD GREENS

BUTTERNUT SQUASH

ASIAN PEARS

ROASTED ANAHEIM CHILIES

TOMATOES

MIZUNA

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

EMAIL OR CALL IF YOU CAN HELP, FOR FAVOR.

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Looking Forward, Reaping Joy

Hello and welcome! Today marks a new season—indeed a new chapter—of fresh, local, loveable food with a sense of purpose. A sense of direction and pride. And we're the fortunate humans who get to eat it! Yippeeeee-doooo-daaaaahhhh!

So. The word on the street is that there are going to be some significant additions to our Community Supported Agriculture, some expansions and new delights.

The first and most important: new members. As a community of concerned, conscientious people with at least a few things in common, it is with joy and open arms that we welcome all newcomers: You're in for a real treat!

The second part of this is that we wish to spread the bounty even further still, so please convert your friends, neighbors, co-workers, and strangers too.

Next we've got a list of new local items that shall be available to purchase. Honey, olive oil, goat cheese, lamb from another local source, and soy milk will enter the stage of our culinary richness, joining the delicious Café de Dona Ella

and humanely raised meats from A Bar H Farms. (Speaking of meat...contracts will be available for a pre-Thanksgiving encounter; pick-up will take place Thursday, November 20th). Our Thanksgiving week pick-up will take place Wednesday, November 26.

As we cast our eyes forward, to the reality around the next corner, it is with gratitude and joy that we must face the newness of each day. And the challenges and triumphs of this life are marked by the meals we share. The ingredients by which we live shape our spirits, strengthening our minds and bodies. They become us and someday we will become them too. As privileged humans with the resources and impetus to eat well and live full, plentiful lives, it is our job to continue spreading this goodness. We're teaching our children, our families what it means to make important choices. Ears fill with laughter, hearts brim with shared love, as hands grateful and true welcome and thank you for your role in this community, this *Kula*, this clan.

Let us be a family.

And cheers to reaping joy.

Sincerely,

Anne Mouritz (my new pseudonym)

Logistics

Prices: CSA runs for nine months out of the year, Farmer's Market takes over in summer. It is divided into fall, winter, and spring 12-week and a 10-week season, each season is \$240/\$200, or \$20/week. You may pay in two installments if you wish. (Splitting a share with someone is a great idea, simply alternate weeks or divide each share at pick-up). Fall Dates: Thursday October 9th-January 8th. Pick-up is each Thursday from 4-7pm at Bilby Research Center. See you!

Care to Save Paper?

In the age of online everything, it's easy to enjoy the feel of hard-copy. But, if you care to save some trees and go paperless with this newsletter, that's something we support vigorously. Thanks.

Melanzana Ripiena (Stuffed Eggplant)

Serves 4

2 medium eggplant
1/3 cup olive oil
1 medium onion, finely minced
1/2 cup peeled, chopped tomatoes, fresh or canned
2 Tbsp. capers
1/4 cup chopped black olives
1 tsp. salt
1/2 tsp. freshly ground black pepper
1/4 tsp. dried oregano
1/4 tsp. dried basil
1/4 cup dry bread crumbs
1/4 cup freshly grated Parmesan cheese

Preheat oven to 375 degrees. Wash eggplants and pat dry, lovingly. Remove stems but do not peel. Cut in half, lengthwise. Remove pulp, leaving a shell about 1/4 inch thick. Chop pulp. Heat 2 Tbsp. olive oil in a skillet. Add onion and sauté until soft. Add chopped eggplant, stir, and continue cooking for 5 minutes. Add tomatoes capers, olives, salt, pepper, oregano, and basil. Mix well and cook, uncovered, over medium heat for 10 minutes, stirring occasionally. Mix in bread crumbs and 2 Tbsp. of cheese. Stuff mixture into eggplant shells, top with remaining cheese and oil, and arrange in a greased baking pan, skin-side-down. Cover with foil and bake for 40 minutes. Remove cover and continue baking for 10 more minutes. Serve hot or cold with fresh salad. Mmmmm...

(The Little Italian Cookbook)

Pesto

4-6 servings, or enough for 1 pound of pasta
1/2 cup freshly grated Parmesan cheese
1/3 cup pignoli (pine nuts), or chopped walnut meats
1/2 cup olive oil
4 cloves garlic, minced
2/3 cup fresh basil leaves, minced
1/3 cup flat Italian parsley, minced

Whir dry ingredients in a blender, or crush to a fine paste with a mortar and pestle, adding the olive oil, a few drops at a time. Work the oil in well after each addition, until it is all gone and the texture is smooth. Add to hot, drained pasta or gnocchi with 2 tablespoons of minced butter. (Note: Pesto will keep in the fridge for several days...cover with a thin layer of olive oil and store in a covered jar).

(The Little Italian Cookbook)

Chick Pea Salad with Red Onion and Mustard Greens

4 delightful servings
1 Tbsp. fresh lemon juice
1 Tbsp. red wine vinegar
2 tsp. olive oil
1/2 tsp. Dijon mustard
1 clove garlic, minced
1 tsp. minced fresh oregano or 1/2 tsp. dried
1 1/2 cups cooked chick peas (a.k.a. garbanzos)
1 1/2 cups thinly sliced mustard greens
1 small red onion, thinly sliced and separated into rings
2 Tbsp. crumbled goat cheese (optional)

In a smallish bowl, whisk together the lemon juice, vinegar, oil, and mustard. Stir in garlic and oregano. Put the chick peas, mustard greens and onion into a medium bowl. Add the dressing, tossing well to coat every tasty morsel before settling down to enjoy the magnesium and vitamin C of mustard greens. *(The Good Herb)*

Vegan Pumpkin or Winter Squash Pie

8 servings
3 cups pureed, cooked pumpkin or squash
3/4 cup maple syrup or honey
2 Tbsp. molasses
1/4 tsp. ground cloves
3 tsp. cinnamon
1 1/2 tsp. ground ginger
1 tsp. salt
1 1/2-2 cups scalded soy (or other) milk
Whole wheat pie shell

Heat oven to 450 degrees. Cut pumpkin into large chunks, removing seeds as you go. (Save seeds to roast after pie is done). Steam until soft, 20-30 minutes. Scoop out flesh; mash or puree to a thick paste, adding a bit of water if necessary. Mix all ingredients and pour into pie shell. Bake for 10 minutes; reduce heat to 350 degrees and bake until set, about 45-50 minutes longer. Cool before serving and top with cream or berries or birthday candles or nothing at all.

(From Asparagus to Zucchini)

Do you have any favorite seasonal recipes? Suggestions? Requests? Email me please: macy.mouritsen@gmail.com