

Dharma Ridge Farm

CSA Newsletter

week 20!!!!

October 22, 2008

Purple potatoes *onions *shallots *leeks *parsnips *carrots *beets* celery *savoy cabbage* pie pumpkin

Hi from the farm!

Well this is it, your last box of the season! Those weeks sure flew by! Thank you so much for participating in our CSA program this year! You, being the all important "C" !!!! It was a great summer and we really hope you will embark on this farming adventure with us again next season! Look for signup sheets in your mailbox in early 2009. If you have a build up of used boxes please drop them off at the food coop in the back by the dumpsters there are two bins of waxed boxes.

Thank you to those of you who have returned your surveys, keep them coming, we have had some great feedback so far and everyone will benefit from the collective input. As we put the fields to rest we make way for a new season and another chance to improve on the last. This afternoon we will work on planting garlic, a crop we will harvest next July. The cycle keeps going and we are already planting the seeds of next summer's bounty! Knowing what is in season, eating what is in season and what is the most fresh food available I hope you and your families feel a little healthier and more connected to the natural cycles and rhythms that ground us as humans. We are so lucky to have all of this good food to eat!

On to your last box of veggies... Zach managed to find enough good pie pumpkins for everyone. Some of them are still a bit green but they are capable of making you a lovely pie or batch of muffins just the same. Cut them in half; scoop out the seeds and SAVE them for toasting (recipe included) place your pumpkin face down on a baking sheet and bake at 350 till soft, scoop out the flesh and puree till smooth. The greener pumpkins may have a bit more water in them and may require a simmer on the stove after

the baking, just put your pureed pumpkin into a saucepan and cook down till the water is mostly evaporated out and the pumpkin is smooth.

VEGAN PUMPKIN MUFFINS MAKES 12 MUFFINS

1 $\frac{3}{4}$ C flour	$\frac{1}{2}$ t nutmeg	1 c pumpkin puree
1 $\frac{1}{2}$ C sugar	$\frac{1}{2}$ t ginger	$\frac{1}{2}$ c soy, almond, hemp, or hazelnut milk
1 T baking powder	$\frac{1}{4}$ t allspice	$\frac{1}{2}$ c vegetable oil
$\frac{1}{4}$ t salt	$\frac{1}{8}$ t cloves	2T molasses
1 t cinnamon	1 c pumpkin puree	

Preheat oven to 400, grease 12 muffin cups. Mix pumpkin, milk, oil and molasses and sugar together till smooth. In a separate bowl mix together the dry ingredients, then slowly add dry ingredients to the pumpkin mixture, combine well and spoon into muffin cups, bake at 400 for 18-20 minutes or until a toothpick comes out clean.

Sweet and spicy toasted pumpkin seeds

Preheat oven to 350

Scoop out a pumpkin seeds and rinse them to separate from flesh strands. Pat the seeds dry and toss together with

1 T brown sugar

$\frac{1}{2}$ t salt

$\frac{1}{8}$ t cayenne pepper

1 T melted butter or vegetable oil

Place the coated seeds in a single layer onto a nonstick oven proof pan, toast till golden brown, aprox 15 minutes.

Oven roasted parsnips serves 4

1 $\frac{1}{2}$ # parsnips peeled and julienned

3 T olive oil

2 pinches cayenne pepper

¼ t sea salt or more to taste

2 cloves garlic, peeled and minced

Preheat oven to 450 layer parsnips on baking sheets in single layers, sprinkle with the oil, cayenne and salt, tossing well to ensure everything is coated well. Roast for 15 minutes on bottom rack, stirring occasionally. Sprinkle with the garlic and roast until well browned, about 15 minutes longer. Let cool slightly and adjust salt if necessary and serve.

Roasted Beet Salad

3-4 medium beets scrubbed

¼ c olive oil

1 T sherry vinegar

1t Dijon mustard

Pinch sugar

3 small bunches greens, well washed, big stems removed.

Preheat oven to 450. Place whole beets on a piece of parchment paper lined aluminum foil, drizzle with 1T olive oil, season with salt and pepper. Fold foil over beets and place the packet onto a baking sheet, roast till tender approx 1 hour. (This is a good time to get some other veggies roasting while you are using the oven) Remove beets from oven, let cool enough to handle. Rub off the skins and cut into wedges. Wisk together remaining oil, vinegar, mustard, sugar, salt and pepper pour over greens and beet wedges, toss to coat. Can be served with walnuts and blue cheese...yum