

**CSA  
WEEKLY**

**Week 19  
2017**

**In The Box:**

- Kale
- Arugula
- Squash, Butternut
- Sweet Potatoes
- Apples
- Tomatoes & Cherry Tomatoes
- Onions
- Potatoes
- Eggplant
- Peppers: Bell, Banana, Jalapeno (hot)
- Radishes

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**ALL AROUND THE FARM**

It may be Fall now but we have spring greens again!!! Arugula joins the kale for a "greens team" duo! We do have lettuce and spinach planted as well but still hoping it will be ready to harvest for the last week of the summer CSA.

We also planted another area of zucchini, cucumbers, and turnips. They had been just sitting there, but Dale reports at least the zucchini is blooming now. The green beans that we have been waiting for should be blooming soon too. Rhubarb should join the CSA box again next week.

The major task to accomplish is digging all the potatoes...only 27 rows left to go! Sweet potatoes only have 14 rows left to dig. It is pretty muddy out there now with the rain received and more rain expected so we are not sure when we can get it done. Whenever it is fit to finish that job, that is where you will find us!

As the summer CSA and farmers market season is ending, I'd like to thank you all for your patience and understanding as I tried to report in this newsletter what was happening "all around the farm" with my limited understanding and experience. I've have been learning as I go-- trying to understand the farmer's lingo, the plants we farm, the methods we use, the reasons for how we do things here and I have almost made it through the first season...WHEW! Only one week of the summer CSA is left but I still have LOTS of learning ahead. Farmer Dale is a patient teacher as I have watched, asked questions, and got my hands (and feet, and face, and clothes) DIRTY!!

Tyler and Amanda have been invaluable with their research of farm ideas and understanding of the consumer's view of packaging, appearance, and marketing. Some were implemented this year and others will come later.

I do know this: the reason we do all we do is to provide you with high quality, fresh, chemical-free, and therefore, healthy produce choices to feed yourself and those in your care. Thank you for helping us do that for you!

The Fall CSA starts the week of Oct. 16 and lasts for 4 weeks. We will need to know if you plan to participate when you pick up your box this week (Week 19) and have payment by the final week (Week 20) or by Oct. 15. We will have some flyers at the markets or print out the attached application. Pick up locations will be customized for each area. Be sure to tell others to make sure there is enough interest in your area. Sign up now to reserve your spot! Thank you for your support of Bridgewater Farm!

## -Food Tips-

Be sure to keep your kale and arugula in the crisper in the refrigerator. Store squash, onions, and potatoes in a cool, dark place and do not wash until ready to use them.

Store spaghetti squash in a cool, dry place.

The fruits, peppers, radishes can go anywhere in the fridge but best in the crisper. Tomatoes on the counter.

## Excerpt from an expert:

### **Michael Pollan, author of Food Rules**

There are only a few more weeks to share some of the 64 rules in this book, so we will concentrate on a few simple, proven strategies for the remaining rules shared here.

**Rule 58: "Do all your eating at a table.** No, a desk is not a table. If we eat while we're working, or while watching TV or driving, we eat mindlessly—and as a result eat a lot more than we would if we were eating at a table, paying attention to what we're doing. This phenomenon can be tested (and put to good use): Place a child in front of a television set and place a bowl of fresh vegetables in front of him or her. The child will eat everything in the bowl, often even vegetables he or she doesn't ordinarily touch, without noticing what's going on. Which suggests an exception to the rule: When eating somewhere other than a table, stick to fruits and vegetables." (page 127)

## Recipe of the Week

### **Cinnamon Roasted Butternut Squash (inspiredtaste.net)**

**1 large butternut squash, peeled, seeded, and cut into 1" cubes (about 3 lbs or 8 cups cubed)**

**2 T. olive oil**

**2 T. brown sugar**

**$\frac{1}{2}$  t. cinnamon**

**1 t. kosher salt**

**Dash cayenne, optional**

**Heat oven to 425 degrees. Line two large cookie sheets with aluminum foil. Toss squash cubes with all remaining ingredients until coated. Tumble coated squash onto baking sheets and spread into one layer. Try not to crowd so they will brown. Bake squash, turning once and rotating pans once, until edges are lightly browned and centers are tender, 40-45 minutes.**