

What's in the box today?

- Apples, Golden Delicious & Honey Crisp from Barthel's Fruit Farm in Mequon, Wisconsin
- Brussels Sprouts
- Cabbage, Green
- Carrots, Certified organic from Parkridge organics farm in Fond Du Lac, WI
- Kale
- Kohlrabi
- Leeks
- Parsley
- Parsnips
- Peppers, Poblano
- Rutabaga
- Sweet Potatoes, organically grown but not certified from Springdale farm in Plymouth, Wisconsin
- Onions, Yellow
- Spinach
- Winter Squash, Sunshine & Delicata

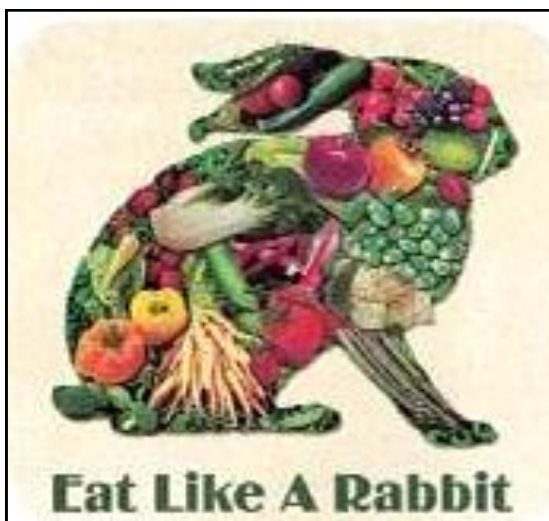
**Final 2017  
 Delivery:  
 Wednesday  
 November 22nd**

It's 'hard water season' once again as we find ourselves on the cusp of another Wisconsin winter. There's been a thin layer of ice on the puddles in the mornings and our fingers and feet feel like popsicles harvesting in preparation for the last remaining deliveries. Even though we're past our prime time of the season for vegetative growth we still have a great variety of food to send your way. One exception missing this fall in our offering is our lettuce. We had a major invasion of deer this year on the farm and consequently we haven't been able to put as much lettuce in the shares that we normally like to provide you with. The pictures above is what the entire field now looks like after deer had been visiting

**Renew for next year's CSA today!**  
 CSA vegetable shares are now available for next summer. Click on "Sign me up for 2018" and you'll be redirected to our online sign-up page.  
**Sign me up for 2018!**

nightly and grazing on our lettuce patch. Keeping deer from entering into areas where our greens are growing will probably require an electrified fence around the perimeter of these crops. The deer in this area have a good variety of food choices to nibble on but it seems they have a strong preference for our greens over the corn and soybeans they consume elsewhere in the area. I should have been better prepared to protect these crops but it's never been quite this bad. Hope what measures we're able to take will correct this problem next summer.

Beside my regular farmer duties I've really enjoyed putting on my writing hat and composing the newsletters each week. Some of you who are more skillful in the art of writing may of spotted my novice like journalism. A little extra work but none the less the information therein I felt was important to write about, and actually therapeutic at times for me to share my positive thoughts and my frustrations. If anything I hope my writing gave you a little better insight to who we are, how your food is grown, and just what it takes to uphold our commitment to all our members. I've always felt it important for our



subscribers to know not only where your food comes from and how it was grown, but to know a bit about the people behind the scenes making it possible to get food from our farm to your table each week. Let me tell you our staff has been a really hard working awesome bunch!

Thank you again for participating with the farm this year and thank you for reading my newsletters. I hope you learned a little something. We appreciate your business and the opportunity to be your primary source of organic, local, and seasonal produce. Take care and eat well!

## Brussels Sprout Naan Pizza with an Egg on Top

To Make one pizza:

- 1 whole grain naan bread
- 1/4 cup shredded cheddar
- 6-7 pieces of shaved parmesan

- 2- 4 tsp. onions, diced
- 1 egg
- 1 cup of **Brussels sprout** leaves
- 1 Tbsp. olive oil
- salt and pepper to taste

Preheat oven to 350 degrees F.

On a baking sheet, place the naan bread. Top with shredded cheddar, shaved parmesan and onion. Crack an egg onto the middle of the pizza. Surround the egg with Brussels sprout leaves. Drizzle the entire pizza with olive oil and season with salt and pepper. Place in the oven for 13-15 minutes or until the egg sets.

## Roasted Root Vegetable Bisque

- 1 large **sweet potato**, peeled and chopped into 1" dice
- 1 **parsnip**, peeled and diced
- 1 **rutabaga**, peeled and chopped into 1" dice
- 2 **carrots**, peeled and diced
- 1 **poblano chili**, seeded and chopped into 1" strips
- 1 cup coconut milk
- 1 quart (4 cups) vegetable stock
- 1 1/2 tsp. salt
- 1/4 tsp. fresh minced rosemary
- 1/4 tsp. cayenne pepper
- 1 Tbsp. pure maple syrup
- 1 tsp. fresh minced thyme

Preheat oven to 400 degrees.

Place a piece of tin foil on two cookie sheets and generously spray each with cooking spray. On one cookie sheet, place the diced carrots, parsnips and poblano chile. On the other cookie sheet, place the sweet potato and rutabaga.

Place both cookie sheets in the oven and roast veggies until tender — about 35 minutes. The sheet with the carrots may be done first; be sure to check periodically.

When all veggies have finished roasting, remove from oven and very carefully transfer to a high-speed blender. Add the coconut milk, stock, thyme, rosemary, maple syrup, cayenne pepper and salt. Place the top tight on the blender and process soup until very, very smooth and velvety. If you don't have a good blender, try either an immersion blender or a food processor. If you have a Vita-Mix, use it for this recipe!

When the soup is smooth, serve immediately or pour into a large pot and re-heat on the stove briefly. Season with additional salt to taste.

## Kohlrabi, Carrot, and Jalapeno Fritters

- 1 cup **kohlrabi**, shredded
- 1 cup **carrots**, shredded
- 1 Tbsp. salt
- 2 Tbsp. fresh **poblano pepper**, diced
- 2 eggs
- 2 Tbsp. flour
- 2 Tbsp. coconut oil, for frying

Put the kohlrabi and carrot shreds in a colander and sprinkle with salt. Let that sit for 5-10 minutes. While you're waiting, dice the poblano and heat a skillet to medium heat. Squeeze the liquid from the kohlrabi and carrots with your hands. Place in a bowl and add the poblano, eggs, and flour. Stir until everything is combined. Melt coconut oil in the heated skillet. Plop about 1/4 cup of veggie mixture into the skillet and flatten into fritters with a fork. Cook for 4-5 minutes on each side.

## Parsnip, Apple, and Leek Soup

1/4 cup butter

3 **Leeks**, white parts only, sliced

4 **parsnips** peeled, cut into 1/2-in. pieces

4 cups vegetable broth

2 cups water

2 large yellow potatoes, cut into 1/2-in. pieces

2 **apples**, peeled and coarsely chopped

1/4 cup chopped **parsley**

1 tsp. fresh thyme

1/2 cup heavy cream

For Garnish:

1 parsnip, peeled and thinly peeled into ribbons

1 tsp. olive oil

Melt butter in a heavy pot over medium. Add leeks and sauté until tender, about 5 min. Stir in parsnips and cook, 5 min. Add broth, water, potatoes, apples, parsley and thyme. Boil, then reduce heat to medium-low. Simmer, covered, stirring occasionally, until potatoes are tender, about 30 min.

Preheat oven to 400F. Toss parsnip ribbons with oil. Arrange on a large baking sheet. Bake in centre of oven until golden and crispy, 8 to 10 min. (If using turnip, add 2 to 4 more min.)

Puree soup in batches in a blender. Return soup to pot. Stir in cream. Season with fresh pepper. Ladle into bowls and garnish with parsnip ribbons.

## Kale Stuffed Sweet Potatoes

2-3 large **sweet potatoes** (or however many you want)

1/2 pound fresh **kale**, steamed

1/3 cup maple syrup

2-3 Tbsp. yellow mustard

salt/pepper to taste

Preheat oven to 400F. Clean sweet potatoes well then wrap in foil. Bake for 1 hour and 30 minutes. Give or take depending how big they are. When the potatoes are done set aside. Steam kale for about 10 minutes.

Transfer greens to bowl and add maple, mustard, salt and pepper. Mix well. Stuff potatoes with kale. Enjoy!



## Rutabaga Fries

- 1 small **rutabaga**, skin removed
- 1/4-1/2 tsp. salt
- 1/4-1/2 tsp. cayenne powder
- 1/2 tsp. garlic powder
- 1/4 tsp. dried oregano
- 1/4 tsp. black pepper
- 1-2 tbsp. olive oil

Preheat oven to 450F. Line a baking sheet with parchment paper. Slice the rutabaga in half, and then cut into "fries." Add 1 tbsp. olive oil and toss until evenly coated. Add the spices and toss again. Transfer to baking sheet and spread out so no fries overlap. Place into oven and bake for 15 minutes. Remove from oven and flip. Continue baking for another 10-15 minutes, or until desired consistency is reached. Remove from oven and serve immediately.

## Rutabaga, Kale, Sweet Potato Casserole

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|---|----------------------|
| 2 medium <b>sweet potatoes</b> , peeled and diced                               | 2 eggs, beaten       |
| 2 <b>rutabagas</b> , peeled and sliced thin                                     | 1 tsp. cinnamon      |
| 2 cups cooked <b>kale</b> , water squeezed out<br>( <b>spinach</b> can be used) | 1 tsp. salt, divided |
| 1 <b>yellow onion</b> , sliced thin   | 1/4 tsp. nutmeg      |
| 1 cup coconut milk  | fresh black pepper   |

Pre heat the oven to 350 degrees F

Place the sweet potatoes in a pan and cover with water. Bring to a boil and then simmer until they are tender about 20 minutes. Drain and mash. Mix in 1/2 teaspoon salt, 1/2 teaspoon cinnamon and 1/8 teaspoon nutmeg, set aside. In a large bowl mix the the eggs, coconut milk, 1/2 teaspoon cinnamon, 1/2 teaspoon salt, 1/8 teaspoon nutmeg and a few grinds of fresh black pepper. Add the onion and rutabaga and mix well.

In a baking dish, cover the bottom with the kale. Then pour in the rutabaga mixture and top with the mashed sweet potatoes.

Bake for an hour and serve.