



What's in the box today?

Apples, Golden Delicious from Barthel's Fruit Farm in Mequon, Wisconsin

Brussels Sprouts

Celeriac

Honey, from Rare Earth Farm

Kohlrabi

Leeks

Peppers, Sweet Banana

Potatoes, Russet from Springdale farm in Plymouth, Wisconsin

Salad Mix or Lettuce

Onions, Yellow

Spinach

Winter Squash, Butternut



The honey in today's delivery is from our farm. We didn't have a super big yield this year but what they were able to provide us with is delicious. Enjoy!

Next Delivery: Thursday November 9th

A wonderful October we've had thus far. A couple weeks of really nice and almost unusual weather, we're managing to get the last of our fall outdoor activities done on days when it's been a pleasure to be outside. I have to take working outdoors as a special bonus to my farmer occupation as other things like insurance and paid vacations don't exist. I worked in the corporate world for twenty years and on those days when the weather was like it was this past two weeks, having to work indoors felt like I was being robbed of something I'd never have the chance to reclaim.

How important is it to you to experience a whole day being outdoors? The truth of the matter is we all know those perfect warm and sunny days of fall are coming to a finale. It's a curtain call for temperatures in the 70's and let's give a big round

of applause for the 50's, 40's, and the 30's? No way! In the next couple weeks we're hoping for an encore performance of high 60's and 70's. We'll see if our luck holds out!

So if you do have the privilege to take a day off to get outdoors don't hesitate to seize the moment. A statistic claims that eighty percent of our population in this country will spend eighty percent of their life indoors. Don't become a statistic and get outside while the weather is still excellent. Have a great week!

Sign-up for next year's CSA begins today!

CSA vegetable shares are now available for next summer. At the end of this section click on "Sign me up for

2018" and you'll be redirected to our online sign-up page.

If you're a returning member be sure to first click on the link at the top of the web page inside the green box.

Notice: The following pick-up locations will not be selectable at this time:

- Fox Point (proposed consolidation with our Cardinal Stritch pick-up)
- Urban Ecology Center (proposed consolidation with our Shorewood pick up)
- Germantown (a drop in people picking up in Germantown this year may require us to close this site for 2018 unless there's a greater interest.)

To reduce travel time on delivery day we'd like to consolidate the above sites for next season. If you're planning to return next year but picking up at any one of these locations is a deciding factor please send us an email to let us know by selecting the "Pick-up location Inquiry" below.

We'll notify you if or when these locations will become activated.

Click here to sign up:



[Sign me up for 2018!](#)

Click here to inquire about a pick-up:

[Pick-up location Inquiry](#)

Leek and Spinach Soup

2/3 cup **leeks**, thinly sliced, white portion only

1 small **yellow onion**, sliced

2 tablespoons butter

2 1/2 cups **potatoes**, peeled and sliced

2 cups chicken broth

Kosher salt to taste

6 ounces fresh **spinach**

1 1/2 cups milk

1 cup heavy whipping cream, divided

fresh chives for garnish

Small ring mold (an empty 8 oz tomato sauce can, both ends removed)

In a saucepan sauté leeks and onion in butter until tender but not brown; add potatoes, broth and salt to taste; bring to a boil, cover and simmer for 35 minutes. Remove from heat and add 1/2 cup heavy cream and the milk, puree in a food processor and return to saucepan; set aside. Blanch spinach 1 minute in boiling water; immediately plunge into ice water; drain and squeeze out excess water; puree in food processor with 1 cup of leek soup and 1/2 cup cream; add salt and pepper according to taste. Pour into a **separate** small saucepan. ***Both soups can be refrigerated at this point and reheated before serving.*** Place a ring mold in the center of a flat bottomed bowl, fill with green soup then pour the white mixture around the outside. Remove the ring and serve. Sprinkle with chopped chives. For less fuss at serving time simply combine the two soups together and serve.



This past week we got next years garlic crop planted. A whole summer is required beforehand in order to prepare the soil for planting. Just prior to planting the last of several summer cover crops are tilled in providing nutrient and organic matter needed to grow some

of he finest garlic without using additional fertilizer. The final step later this fall will be having to put a layer of straw mulch over the area. This will



provide insulation to prevent heaving during the winter, and in the spring is will serve as a weed barrier.

The majority of garlic consumed in this country today is imported from china. The United States ranks fourth in the world for garlic production. China leads production followed by South Korea, and India produce. Garlic being the labor intensive crop that it is it's no wonder other countries where more hand labor is readily available can out produce us. We certainly don't rank as a leading producer but on a little less than one quarter of an acre we produced 400



lbs of garlic. Most all of it with to our CSA members and the rest of it now is in the ground and will be back again next year and ready for harvest in July. Hope you enjoyed the garlic we provided you with this year.





Slipping out of our street shoes and into our mud boots was our first step before marching out to the field to cut spinach and lettuce. The crew worked hard to wash the greens but a bit of grit may still require a final rinse before serving.



“When life throws you a rainy day, play in the puddles”

Author Unknown

Cheddar Soup with Celeriac and Apple

- 1 large **yellow onion**, peeled and finely chopped
- 2 Tbsp. butter
- 2 ½ cups **celeriac**, peeled and cut into small cubes
- 2 ¼ cups **potatoes**, peeled and cut into small cubes
- 1 **apple**, peeled and cut into small cubes
- 4 ½ cups chicken broth
- ¾ cups cheddar cheese, broken into pieces (grate some for garnish)
- ¼ bunch parsley, chopped

Heat butter in a saucepan. Add onion and sauté for 4 minutes until translucent. Add celeriac and potatoes, and continue sauté until fork tender about 10 minutes. Add stock and apple, bring to a boil then cover and simmer for 15 minutes. Season to taste. Add cheese and melt. Serve sprinkled with parsley and grated cheese.

Celeriac and Kohlrabi Rösti

Rösti is a Swiss dish of grated root vegetables formed into a flat cake and fried. In America here we call it a "Pancake"

1 **celeriac**, scrubbed, peeled, coarsely shredded

½ **kohlrabi**, peeled and coarsely shredded

3½ Tbsp. chickpea flour

A handful of dill, roughly chopped

1 egg

2 Tbsp. cold water

1 garlic clove

1 tsp salt and pepper

1 Tbsp olive oil

lemon juice

sriracha

Toss shredded celeriac and kohlrabi with the chickpea flour, dill, beaten egg, water and seasonings. Process, in brief bursts, until the contents are fairly evenly mixed. By hand, simply mix well.

Heat a tablespoon of oil in a non-stick frying pan over medium-high heat. Drop tablespoons of this mixture into the hot oil and cook for 2-3 mins on each side, until browned and cooked through. Set aside in a warm oven until all the rösti are cooked. Enjoy with a squirt of lemon juice and sriracha.

Roasted Maple Brussels Sprouts with Bacon

2 Tbsp. butter

1 clove garlic

4 slices bacon, chopped

1 lbs **Brussels sprouts**, chopped in half

1/2 cup maple syrup

Salt and pepper to taste

In a large saucepan add butter and melt. Add the garlic and sauté for 1-2 minutes until tender. Add the chopped bacon and cook. Add the brussel sprouts and cook at medium high until they start to soften 1-2 minutes.

Preheat oven to 350 degrees. Add ingredients to a 9x13 inch pan and sprinkle with salt and pepper. Drizzle with maple syrup. Bake for 30 minutes until the edges start to brown and the inside is tender.

Butternut Squash Gnocchi with Sage Brown Butter

- 1 lb. **butternut squash** ★★★★★
- 1 Tbsp. olive oil
- 1 12-14 ounce **russet potato**, peeled, quartered
- 3/4 cup finely grated Parmesan cheese, divided
- 1 large egg, beaten to blend
- 1 1/2 tsp. freshly grated nutmeg
- 1 tsp. salt
- 1 3/4 cups (or more) all purpose flour
- 1/2 cup (1 stick) butter
- 2 Tbsp. chopped fresh sage or 1 Tbsp. dried
- Additional grated Parmesan cheese



Gnocchi made by farmer Steve. This recipe is fabulous! Well worth the time and effort.

Preheat oven to 400°F. Cut squash lengthwise in half; discard seeds. Place squash halves, cut side up, on baking sheet and brush with oil. Roast until squash is very tender when pierced with skewer and browned in spots, about 1 1/2 hours. Cool slightly. Scoop flesh from squash into processor; puree until smooth. Transfer to medium saucepan; stir constantly over medium heat until juices evaporate and puree thickens, about 5 minutes. Cool. Measure 1 cup (packed) squash puree (reserve remaining squash for another use).

Meanwhile, cook potato in medium saucepan of boiling salted water until very tender, about 20 minutes. Drain. While potato is warm, press through potato ricer into medium bowl; cool completely. Measure 2 cups (loosely packed) riced potato (reserve remaining potato for another use).

Mix squash, potato, 1/2 cup Parmesan, egg, nutmeg, and salt in large bowl. Gradually add 1 3/4 cups flour, kneading gently into mixture in bowl until dough holds together and is almost smooth. If dough is very sticky, add more flour by tablespoonfuls. Turn dough out onto floured surface; knead gently but briefly just until smooth. Divide dough into 8 equal pieces.

Line 2 large rimmed baking sheets with parchment. Sprinkle parchment lightly with flour. Working with 1 dough piece at a time, roll dough out on floured surface to about 1/2-inch-thick rope. Cut rope crosswise into 3/4-inch pieces. Working with 1 piece at a time, roll gnocchi along back of fork tines dipped in flour, making ridges on 1 side. Transfer gnocchi to baking sheets. Repeat with remaining dough. Cover loosely with plastic wrap and chill at least 1 hour. **DO AHEAD** Can be made 6 hours ahead. Keep chilled.

Working in 2 batches, cook gnocchi in large pot of boiling salted water until very tender, 15 to 17 minutes (gnocchi will float to surface but may come to surface before being fully cooked). Using slotted spoon, transfer gnocchi to same parchment-lined baking sheets. Cool. **DO AHEAD** Can be made 8 hours ahead. Cover loosely and chill.

Cook butter in heavy large skillet over medium heat just until golden, stirring often, 3 to 4 minutes. Add sage; stir 1 minute. Add gnocchi; cook until heated through and coated with butter, 5 to 7 minutes. Season with salt and pepper. Transfer to bowl. Sprinkle with 1/4 cup Parmesan. Serve with additional Parmesan.