



What's in the box today?

Apples, Cortland from
Barthel's Fruit Farm in
Mequon, Wisconsin

Broccoli

Cabbage, Savoy

Carrots

Cauliflower

Cilantro

Garlic

Lettuce

Onions, Red

Parsley

Peppers, Assorted Sweet

Winter Squash, Butternut



Keeping bees has been an integral part of our whole farm system for almost 15 years. It was just a little over ten years ago where I took over caring for the colonies that had previously been managed by another bee keeper. Of all the different hats I wear at the farm donning the bee bonnet has offered me passage into one of the most mysterious and magical worlds I've ever encountered. You read everything you can about caring for bees, and you perform hours of hands on work inside the hives but still there's always something unexplainable and baffling about the nature of bees that humbles me from claiming to be an expert. Still I have a great time caring for bees and even getting stung on occasion doesn't change my love of bees. So because of my crazy fascination with the honeybee we'll all get a chance to enjoy some local raw honey a little later on this fall.

Our primary interest in having bees at the farm is to unite their services with other native pollinators helping to pollinate some of our vegetable crops. The honey they produce is a sweet extra bonus. It's claimed that eighty percent of the pollination of fruits, vegetables, and seed crops in the United States is accomplished by honey bees. Visiting nectar bearing plants honeybees bring their cache of nectar back to their hives where they deposit and convert it into honey. The bees fan the nectar with their wings until they achieve the perfect moisture content of about twenty percent. Last they seal off each cell filled with honey with a wax cap. In this condition the honey has an indefinite shelf life.

Populations in the hive flux over the year but by peak summer each colony can be home to sixty to eighty thousand bees. All of them contributing in some way to the total production of honey which can add up over the season to a couple hundred pounds in each hive. This week it was time to remove the honey that we'll bottle and pass out to our CSA members. Although it was not a banner year for the nectar flow it does appear

we'll get a pretty respectable amount of honey. Hope to have it all bottled up within about three weeks.

Good news for cilantro lovers, and bad news for cilantro haters. Today we wanted to send you one more bunch along with a couple more recipes. Our last planting of cilantro did exceptionally well and for that reason we have a little more to pick before it's gone.

You may be one of those who are genetically challenged when it comes to cilantro giving those people a taste reaction similar to eating a bar of soap. We think you can overpower this sensation by just eating more cilantro. Here are a couple recipes that may change your thoughts about cilantro. Have a great week!



Avocado Cilantro Lime Rice

- 4 - 5 cups cooked brown (preferably day old)
- 2 medium ripe avocados (11 oz before peeling and coring)
- 2 Tbsp fresh lime juice
- 1/4 cup chopped cilantro
- 1/4 + 1/8 tsp ground cumin
- 1 small clove garlic , minced (optional)
- Salt and freshly ground black pepper

Mash avocados in a large mixing bowl. Stir in lime juice, cilantro, cumin and garlic, then season with salt and pepper to taste. Stir in warm cooked rice and serve warm.

Citrus Infused Rice with Cilantro

- 2 Cups of Water
- 2 Cups of Citrus Juice
- 2 Cups of Rice
- 1 Tbsp of Olive Oil or Butter
- 1 Tsp. of Salt
- 1/2 Cup of Chopped Cilantro

Add all ingredients except cilantro into a large saucepan and bring to a boil while stirring. Cover and reduce heat to a low simmer until rice is cooked (approximately 22-25 minutes). Add cilantro, fluff rice and serve.

Butternut Squash Enchiladas

- 4 cups cubed (1/2-inch), uncooked butternut squash
- 1/2 sweet onion, finely diced
- 2 garlic cloves, minced
- 3 tablespoons freshly chopped sage + more for topping
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon nutmeg
- 1 cup beans (chickpeas, cannellinis, black, etc)
- 1 tablespoon brown butter
- 2 1/2 cups freshly grated fontina cheese
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 1 1/2 cups low-sodium vegetable stock
- 1 cup milk (I actually use vanilla almond milk - perfect!)
- 8 whole wheat tortillas



Preheat oven to 375 degrees F. Lightly spritz a 9x13 dish with nonstick spray.

Heat a large skillet over medium heat and add olive oil. Add onions, garlic and sage, cooking for 2-3 minutes until slightly softened. Toss in squash, salt, pepper and 1/4 teaspoon nutmeg, stirring well to coat. Cover and cook for 8-10 minutes. You don't want to overcook the squash because it will be mushy, so cook until it's slightly tough but you can bite through a few pieces. Make sure to taste 2-3 pieces! Once finished, stir in beans and mix well. Remove squash and bean mixture, placing in a large bowl and drizzle with brown butter, then toss with 1/2 cup fontina. Set aside.

In the small skillet, raise the heat to medium-high and add butter. Once sizzling add in the flour and whisk for 2-3 minutes until a golden, nutty roux forms. Pour in stock and milk, whisking again until bubbly and slightly thick. Reduce heat to low and stir in 1 cup of fontina, stirring until combined. Add in remaining nutmeg and taste to season with additional salt and pepper if desired. Spoon about 1/3 cup of sauce into the bottom of the baking dish, then spoon a few spoonfuls of the squash mixture in the center of each tortilla, rolling up tightly.

Place all the rolled tortillas carefully into the dish, then cover with remaining sauce. Sprinkle with the rest of the cheese and some extra chopped sage. Bake for 20-25 minutes, until cheese is bubbly and melted. Serve immediately!

Cabbage & Straw

- 2 russet potatoes, peeled and cut into 1/2-inch dice
- 1 pound fettuccine or pappardelle pasta
- 1 small head Savoy cabbage (about 1-1/4 pounds) quartered, cored and shredded
- 1 stick (4 ounces) unsalted butter, cut into small pieces
- 3 garlic cloves, smashed, skins removed and cloves halved
- 16 fresh sage leaves, 6 whole and 10 thinly sliced
- 1 teaspoon coarsely ground pepper
- 1 1/2 cups freshly grated Pecorino Romano cheese
- Salt



Bring a large pot of water to a boil; salt it. Add the potatoes and cook for 7 minutes. Add the pasta and cook for 2 minutes. Stir in the cabbage and cook for 5 minutes. While the potatoes and pasta are working, melt the butter in a large, deep skillet over medium heat. Add the garlic and whole sage leaves. Cook until the sage is crisp, 3 to 4 minutes. Remove the garlic and sage leaves to a small plate. Add the sliced sage and ground pepper to the skillet; just before draining the potatoes, pasta and cabbage, add 2 ladles of the starchy cooking water. Drain the potatoes, pasta and cabbage and add to the skillet. Stir it all together, adding the Pecorino Romano as you work to get a cheesy, buttery coating. Adjust the salt and garnish the pasta with the reserved whole sage leaves and garlic.

Honey Balsamic Grilled Carrots & Carrots

- 1 **red onion**, cut into 1/2-inch slices
- 6 large **carrots**, peeled
- 1/3 cup balsamic vinegar
- 2 1/2 Tbs. olive oil
- 2 Tbs. honey
- 1 Tbs. pomegranate juice
- 2 **garlic** cloves, minced
- 1/2 Tbs. fresh rosemary leaves, chopped
- 1 tsp. fresh thyme leaves
- Salt and pepper, to taste

Place the sliced onions in a large zip locking bag. After peeling your carrots, cut them in half widthwise (so you have two long pieces). Place the narrow carrot halves (at the point, not near the stems) in the bag and then cut the thicker halves lengthwise down the center and add to the bag. In a medium bowl, whisk vinegar, oil, honey, pomegranate juice, garlic, rosemary, thyme, salt, and pepper vigorously until fully combined. Pour into the zip locking bag and secure it shut, making sure to push out as much excess air as possible. Refrigerate for at least 8 hours or overnight. Preheat the grill to medium heat. Place the onions and carrots on the grill, reserving excess marinade. Cover and grill for 5-6 minutes (or until they begin to soften and grill marks begin to appear). Use tongs to turn the vegetables over and grill the onions for another 3-4 minutes and remove from heat. Continue grilling carrots for another 3-4 minutes, or until desired degree of softness is achieved. Remove from heat. If desired, while grilling the vegetables pour the excess marinade into a small saucepan. Bring to a boil and then reduce heat to medium low. Simmer the mixture, stirring frequently until the mixture thickens and coats the back of a spoon (20-30 minutes). Drizzle over onions and carrots.