



IN THIS BOX:

1/2# Salad Mix
 1 b Chard - Rainbow
 1/4# Asian Greens - Tatsoi
 1 Watermelon - Red Moon & Stars
 1 b Turnip - Scarlet Ohno
 1 Pepper - Golden Gather
 1 pint - Tomatillos
 2 # Sweet Potatoes - Covington
 1/2# Braising Mix - Kale, Chard & Beet Tops

PRODUCE



FRESH

About This Week's Produce

Turnip - Scarlet Ohno - is the colorful, hot pink, beauty of the week! This turnip is beautiful inside & out...with its pink-streaked white interior & mild turnip taste this might become one of your new favorites! Turnips contain Vitamins C, E, A & B - complex (folic acid, pantothenic acid, thiamin, niacin, riboflavin, pyridoxine) & manganese, copper & magnesium. The turnip greens supply many times the nutrients as the root including Vitamins A, C, E & B-complex (folic acid) & calcium, copper & manganese. Delicious & crunchy raw on salads, sautéed with olive oil or roasted.

Sweet Potato - Covington - is a sweet addition to the box this week. "Covington is an orange-fleshed, smooth-skinned, rose-colored, sweet potato developed by North Carolina State University. Named after the late Henry M. Covington, an esteemed sweet potato scientist at NC State. The flavor has been rated very good & scores as well or better than Beauregard, the dominant sweet potato variety grown in the United States." Sweet potatoes are an excellent source of Vitamin A, a good source of Vitamin C, manganese, copper, pantothenic acid & B6. Additionally, they are a good source of potassium, dietary fiber, B3, B1, B2 & phosphorus.

Braising Mix - Kale, Chard & Bulls Blood Beet Top is the super food of the week! I have described the nutritional value of chard & kale in past newslettersHowever, the beet tops are a new addition to the nutritional power house that definitely need a good nutritional introduction! Beet greens are an excellent source of Vitamin A & have slightly higher amounts of Vitamins C, B-complex (folic acid & pyridoxine) & C, calcium, iron magnesium, phosphorus & potassium than the beet root. So when purchasing beets please remember to EAT YOUR BEET GREENS! I like to sauté the braising mix ..in a medium pan add olive oil & sauté onion until translucent, chop basing mix to desired size & add to onions stirring to toss all the leaves with the oil, then add small amount of water by splashing it onto greens & adding a little water to the pan for a steaming affect, cover and cook about 5 minutes...and this is what we call braising! Enjoy

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Healthy Sweet Potato Fries

Ingredients

2 large sweet potatoes
 2 tsp coconut oil
 pinch or two of sea salt to taste
 1/4-1/2 tsp cumin (optional)

Yield: ~4 servings

Directions

Preheat oven to 400F. Grease baking sheet with coconut oil. Slice the potatoes into fries, I like to cut them thick like steak fry style. No need to peel the potato, the skin is filled with nutrients & taste great! Coat/massage the fries with coconut oil, sea salt & cumin (optional). Lay out in a single layer on greased baking sheet. Bake 20 min, then flip, then bake for another 15-20 minutes until crispy. Remove & serve with ketchup!!

Ketchup

2 cups tomato sauce
 1 1/2 Tbsp maple syrup or raw honey-add more if desired
 1 1/2 Tbsp onion granules
 1 cup tomato paste
 1 Tbsp lemon juice
 1/4 tsp garlic granules

Blend all ingredients until smooth, refrigerate one hour or overnight for best results...but not necessary.

Add Salt to taste!!!!!!!

Farm Happenings

Hurray...Chris is back! That's right we have our faithful friend Chris here this week and we are so thankful. With about 1500 row feet of sweet potatoes yet to harvest and garlic needing to be planted, we sure need the extra hands around here. Fall is my favorite time of year and this October has been a bit strange, the warm and cold keep going back and forth...we are hoping for a later first frost date this year! The Alaskan Humates arrived and with Chris's help, Larry was able to get the 6,000 pounds onto the farm with no "major" issues. Our boom sprayer is also in and we will be picking it up this week. The compost tea brewing barrel has also arrived and we are super excited about our fertility plan for next season...bring on the microbes! Sincerely, Your Farmers the Leshers