

DELIVERY
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IN THIS BOX:

- 1/2 # Not-So-Spicy Salad Mix
- 1 p Cherry Tomatoes - Black Cherry
- 1 Microgreen - Sunflower
- 1 Winter Squash - Tromboncino
- 1 Bell Pepper - King of the North
- 1 Watermelon - Sugar Baby
- 1 # Sweet Potatoes - Covington

PRODUCE



FRESH

About This Week's Produce

Winter Squash - Tromboncino is a fun addition to the box this week! This is the amazing Italian variety of squash that if harvested young can be a summer squash, when fully matured is a winter squash! Another really great thing about this squash is that the seeds form in the bulbous part at the end of the squash & the long length of the fruit is seedless. The skin is also edible, it will be just a bit tougher than zucchini skin, but not as tough as a winter squash, similar to a delicate squash. Good sautéed in olive oil & garlic, or it can be baked & added to any recipe that calls for winter squash. A good cooking tip is that it cooks faster if sliced thin. Once cut the pores begin to weep & it will start to dry out, so use it up within a couple of days at most if cut. You can also wrap it in plastic wrap or foil & place in the refrigerator after cutting. It will keep uncut in a cool place for as long as a few months.

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." These sweet treats were harvested yesterday so they have not been cured. If you would like to cure them place them OUT OF THE SUN in a warm, dry location in a single layer, so skins can dry for a week or so. If you plan to eat them within a month or two it is not necessary to cure them. 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

This is the time of year when we start planning for the 2018 growing season. We are excited to share that we just purchased a Gandy Drop Spreader that we plan to use to spread minerals and cover crop seeds. We have been hand sowing all of the minerals and cover crop seeds and this takes WAY TO MUCH TIME...we are so looking forward to the efficiency that this new tool will bring to the farm. In other news we are also thrilled with the sweet potato harvest that has just begun. We have 1600 row feet of sweet potatoes that will be hand dug this season...Wow! We are so thankful for the Fall harvest to share and for all of your support! Your Farmers the Leshers