

Victory Garden Initiative

CSA Newsletter

2019

Week 15 -- September 17th

What's in your box?

- Beets or Radish, w/ greens
- Tomatoes (Beefsteak or Roma)
- Green or Red Cabbage
- Sweet Corn
- Green Beans
- Lavender
- Sweet & Sour Salad Mix (Lettuce, Spinach, Sorrel, Baby Swiss Chard, Nasturtium Flowers)

Farm Fresh Facts

Fresh Food in Fall

Included in your boxes is a fresh salad mix from fall greens, two of which are my favorite salad additions that are often mysteries: sorrel and nasturtium flowers!

Sorrel: sorrel is a French green with an intense lemony tang. It is loaded with Vitamin A & C and potassium, making it one of the healthiest greens available! It is great mixed into any salad or cooked into pasta dishes or soups.

Nasturtium: This plant has a mild peppery flavor, much like a mustard. The flowers are best enjoyed raw as salad or burger garnishes, while the leaves can be cooked. I love them for fall as they have a lot of immune system boosting properties.



Field Report

Summer is officially over. You can tell because the leaves are already starting to change, the zucchini squash plants are shriveling up, and pumpkin spice is being advertised on every fast food sign. Couldn't be more clear cut than that! We're excited for fall, we really are. We are currently pulling out spent crops, like the aforementioned zucchini, as well as some pretty depressing tomato plants that never amounted to anything, and old rows of flowering broccoli. In their place, we'll be planting garlic for next year as well as some crops that we will overwinter under plastic. Spinach, leeks, kale, onion, and arugula are some cold hearty crops that will hang out under plastic all winter and be up and ready come spring! We are also going to be adding compost to the rows we won't be putting crops in and putting mulch or cover crops like fava beans, vetch, and buckwheat in places to improve the soil quality for next year. If you are looking to volunteer, we definitely need a few more groups and individuals to help us get the farm ready in the coming weeks!

In addition to getting the farm ready for winter, we are also beginning to think about next years growing season already. We are working on our first thorough crop plan for this winter. Seems like something we should have, but as we have always been an educational space our farm has been one big experiment for all the seasonal farmers, college interns, and youth in our programs. This experimental time has allowed us to learn about and understand our little piece of urban land and figure out what works and what doesn't. Every piece of land is different, but urban farming in particular makes it hard to just go by "best practices." All the little quirks of an urban farm mean that you need to take the time to test things out. We've done that and are now ready to take our farm to the next level. Again! So, come on out to volunteer, check out the Farmraiser on the 28th, and keep following us on Social Media! We've got lots of plans and would love to hear from you about what you loved, what you wish you would have seen, and what just didn't work for you so we can incorporate your voice in our plans! Till next week! -Christine

Weekly Recipe

Beets n' Beans with Balsamic and Bacon

Ingredients

- 2 strips thick cut bacon
- 1 cub green beans, trimmed and chopped in 1 in. pieces
- 3 cloves garlic, minced
- 2 medium sized beets, chopped and roasted
- 1/4 cup raw pecans
- 1/3 cup balsamic vinegar
- creamy goat cheese or feta to garnish
- Sea salt to taste



Directions

- In a large skillet, cook bacon over medium heat until crispy.
- Place the strips of bacon on a cutting board, leaving the bacon drippings in the pan.
- Add the green beans and minced garlic to the pan with the bacon drippings and sauté beans have softened but are still al dente.
- Add the chopped beets and salt and continue to sauté until beets are hot.
- While the vegetables are sautéing, pour the balsamic vinegar into a small skillet and bring to a full boil. Allow vinegar to boil until reduced by half (about 3 minutes).
- Remove from heat and set aside until ready to serve.
- Once the vegetables have finished cooking, transfer them to a large serving platter or serving bowl.
- Chop the strips of bacon and sprinkle on top of the veggies.
- Add the pecans and cheese. Drizzle the balsamic reduction over everything and serve.

Community Corner Roadside Farmstand

We are likely going to extend the Farmstand into October! So even after the CSA is over, you can stop by for fresh produce from our farm until the weather changes!

Tuesdays, 4-6pm
240 E. Concordia Avenue

Farmraiser

The Farmraiser is just around the corner! We've got some delicious plans...vegan food by Caroline Carter, complimented by dishes from Braise and Amilinda. Great music by SistaStrings and DJ Loop. Poetry, yoga, kids games, community tables and more!



September 28th, 4-8pm
220 E. Concordia Avenue

"This magical, marvelous food on our plate, this sustenance we absorb, has a story to tell. It has a journey. It leaves a footprint. It leaves a legacy. To eat with reckless abandon, without conscience, without knowledge; folks, this ain't normal."

Joel Salatin, farmer and author of Folks, This Ain't Normal