

Crescent Farm CSA Newsletter

WEEK 20



Eat Local. Eat Well

www.crescentfarmsc.com

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Week 20

A few summer crops are making their final appearance, suitable for the warmer weather we have been having. This week you will receive a watermelon and a few tomatoes. Also in your box is a bunch of basil, Swiss chard, sweet potatoes, peppers, arugula, turnips, kale and potatoes.

We hope you enjoy all of your vegetables this week.

Half Share Pickup this week: **Laurens**





We planted our winter cover crop seeds last week, ahead of the rain. We broadcast the seed across the field and then lightly disk it in to encourage good germination.

Several of our fields were planted in a mix of cereal rye, winter wheat, oats and winter peas. Others were seeded with mustard, peas, and clover. We use a different species mix in each field based on when it will be plowed under in the spring, and which crops will be planted there next season.

Cover crops are an integral part of organic farming. They provide multiple benefits including; building soil fertility, attracting beneficial insects, and suppressing weeds.

The legume cover crops; clover, and peas draw atmospheric nitrogen (which is not accessible to most plants) out of the air and store it in their roots. When that plant dies, or is killed, the nitrogen is released into the soil and it becomes available, in a usable form, for the next crop that is planted there. We mix these legume cover crops with grass and grain crops. Their purpose is to scavenge and store any nutrients that are left in the soil after the main crop is harvested and to generate biomass which will be mowed and tilled into the soil before our next market crop is planted. As the grasses break down they serve as “green manure”, adding nutrients back into the soil, available for feeding the crops that follow.



Fall carrots are starting to size up.

We harvested another field of sweet potatoes last week. We have one final field to go for the 2020 season.



	Storage	Preparation	Recipes
Melons	Refrigerate whole melon for up to 5 days.	Wash outside, slice and enjoy	Eat it chilled on a hot summer day.
Basil	Trim stem ends and make sure leaves are completely dry. Place in a cup filled partially with water. Cover loosely with a plastic bag and store on the counter	Wash well and chop.	Cod with basil and tomatoes Drying Basil (in the microwave!) Pesto Chicken Sandwich Basic Pesto
Swiss Chard	Place leaves in a container or plastic bag and store in the refrigerator.	Wash and remove stem. The stem can be chopped and used with the leaves. Just cook for 4-5 minutes before adding leaves.	Easiest Way to Make Swiss Chard Penne with Chard & Sausage (I used kielbasa instead of ground sausage and it was quite good) Easy Swiss Chard Sauté Swiss Chard and Sweet Potatoes
Sweet Potatoes	Do not wash until just before you use them. Store in a cool, dark place.	Scrub skin (no need to peel), roast whole or chop to desired size.	The Best and Quickest Baked SP Grilled Sweet Potatoes Oven Roasted SP Fries
Peppers	Store unwashed in plastic bag in refrigerator.	Wash thoroughly. Use a sharp knife to remove the membranes and seeds. Chop .	Copicat Chipotle Peppers & Onions Chicken Fajitas Southwest stuffed bell peppers
Arugula	Store in a container or plastic bag in the refrigerator. Will keep like this for one week. If leaves wilt, soak in ice water for 10 minutes to revive them.	Wash and spin dry. Chop. Great in salads or to add a little spice to a sandwich.	Wilted Arugula Arugula Salad One Pot Penne w/Sausage & Arugula Arugula, Egg & Cheddar Sandwich
Tomatoes	Store tomatoes at room temperature for best flavor.	Wash, slice, dice or chop as desired.	Use in salads, on a sandwich, etc!
Turnips	Trim the greens off roots. Store roots and greens, unwashed, in separate containers or plastic bags in the refrigerator. Turnip roots will store for several months, greens for 1 week.	Trim off the tops and wash the roots well. Salad turnips do not need to be peeled.	Turnips can be boiled, sautéed, or grated raw into a salad. Pan Roasted Turnips Herbed & Spiced Hakurei Turnips Pan Roasted Turnips Oven Roasted Turnips
Kale	Place leaves in a container or plastic bag and store in the refrigerator. I always strip leaves off of stem immediately (see video link to the right) and store leaves in a bag - saves time and refrigerator space!	Wash thoroughly, remove tough mid-rib and chop.	How to Strip Kale (technique can also be used for any leafy green) Massaged Kale Salad Gnocchi with Kale (I made this last night and it was really good)
Potatoes	Store at room temperature for up to two weeks. Store potatoes out of the light or skin will turn green.	Wash or peel. Chop slice or grate	Buttery Roasted Crushed Potatoes Oven Roasted Potatoes Fried Potatoes Skillet Potatoes