



2023 CSA NEWSLETTER WEEK 20

Fall Storage Produce Order

Welcome to week 20. We have only two more weeks to go for the 2023 CSA season. Please be sure to get your Fall produce order in.

This week's box includes delicious Crimson Gold Apples from La Mancha Ranch & Orchard (Sweet Home). Leeks are here and they make for a great soup. White turnips can be eaten raw, with or without a dressing, or cooked to add bitter sweet flavor to a dish. Hope you enjoy it.

-Ruby

CSA Member Prices Only		
Produce Item	Quantity	Credit Equivalent
An extra harvest box	1 box	1 credit
Delicata/ Butternut/ Sunshine Squash	14lbs	1 credit/ \$20
Red Onion	12lbs	1 credit/ \$20
Red or Yellow Potatoes	12lbs	1 credit/ \$20
Strawberries	half - flat	1 credit/ \$20
Strawberries	Full-flat	2 credits/ \$40
<i>Turmeric, Sweet Potatoes</i>	<i>Coming soon</i>	

Fall Produce Orders:

Please email me at csa@riverlandfamilyfarms.com to place your order and it will be delivered along with your box.

In the box

White Turnips	Bunch
Napa Cabbage	1 each
Butternut Squash	Each
Red Onion	2 Each
Arugula	Bunch
Leeks	2 each
Sweet Slicing Cucumbers	2 each
Red Round Radish	Bunch
Crimson Gold Apples	2 lbs

Butternut Squash & White Turnip Risotto with Arugula Pesto

Ingredients : For Risotto

1 cup Arborio Rice
1 small butternut squash, peeled, seeded, and cut into small cubes
2 white turnips, peeled and cut into small cubes
1 small onion, finely chopped

2-3 cloves garlic, minced

4-5 cups vegetable broth, kept warm
2 tablespoon olive oil
Salt & black pepper to taste
½ cup grated parmesan cheese (optional)

Ingredients : For Arugula Pesto

2 cups arugula leaves
¼ cup pine nuts, toasted
¼ cup grated parmesan cheese
½ cup extra virgin olive oil
Salt & pepper to taste

For the Arugula Pesto:

1. In a food processor, combine arugula, toasted pine nuts, grated Parmesan cheese, and garlic. Pulse until finely chopped.
2. With the food processor running, gradually pour in the olive oil until the mixture becomes a smooth pesto. Season with salt and pepper to taste. Set aside.

For the Risotto:

1. In a large pan or skillet, heat 1 tablespoon of olive oil over medium heat. Add the diced butternut squash and white turnips. Cook until tender and slightly caramelized. Remove from the pan and set aside.
2. In the same pan, add another tablespoon of olive oil. Sauté the chopped onion and minced garlic until the onion is translucent.
3. Stir in the Arborio rice and cook for a minute or two until the rice is well-coated and slightly translucent at the edges.
4. Begin adding the warm vegetable broth, one ladle at a time, stirring frequently and allowing the liquid to be absorbed before adding more. Continue this process until the rice is creamy and cooked to your desired level of doneness (usually about 18-20 minutes). Stir in the cooked butternut squash and white turnips.
5. Remove from heat and fold in the arugula pesto. Season with salt and black pepper to taste.
6. Optionally, stir in grated Parmesan cheese for added creaminess.
7. Serve the risotto warm, garnished with extra Parmesan cheese and a few arugula leaves.

Enjoy this flavorful and comforting Butternut Squash and White Turnip Risotto with a zesty arugula pesto!