



# WEEK TWENTY

## COMMUNITY SUPPORTED AGRICULTURE

CSA: Community Supported Agriculture. The idea that started in the 80s has taken roots in American culture. CSA is more than just a model of food distribution; it is a commitment by an entire community to support their local farmers. When you sign up to grab a box, bag, or basket of weekly or bi-weekly produce, you are supporting a local farmer kick start a growing season.

The Concept is fairly new to me and my family. We didn't have such a system back in India and each farmer had to save up enough to purchase seed and fertilizer and make it through the growing season. In the developed world, most farmers have a choice to continue with this 'occupation' or to do something that doesn't require 16 hrs days out in the summer heat. But in parts of the world where farming is not a choice but the only means of survival for some, this CSA concept can be a game-changer. COVID-19 has put such a tremendous focus on who and what is really 'essential' and the importance of a shorter food chain. In these times the word 'Local' takes on a whole new meaning. The only way we are able to sustain these local businesses and shorter supply chains is through community partnership. So, again, thank you for your partnership. Together, we have (almost) made it through this unprecedented year, 2020.

At the farm, we are getting ready for temperatures to drop in the coming days. Apples from La Mancha Ranch & Orchards will continue adding color and flavor to the harvest box for another week. Roast these apples together with carrots and potatoes, or try apple-carrot bread. Kalette leaves are a new item in the box this week. Kalette leaves can be eaten raw in salads or blanch-drain and then thrown into pasta with olive oil. Enjoy!



Until next week, Stay Safe, Stay Healthy

Ruby

## WHAT'S IN THE BOX

- \*Topaz Apples (from LaMancha Ranch & Orchard)
- \*Kalette Leaves
- \*Yellow Potatoes
- \*Grape Mix Tomatoes
- \*Leeks
- \*Carrots
- \*Rainbow Chard
- \*Cucumber
- \*Eggplant

## RECIPE

### Apple-Carrot Bread

Reference: [AverieCooks](#)

- 1 Large Egg
- 1/2 Cup Light Brown Sugar
- 1/3 Cup Coconut Oil
- 1/4 Cup Granulated Sugar
- 1/4 Cup Sour Cream (or Greek yogurt)
- 2 Teaspoons Vanilla Extract
- 2 Teaspoons Cinnamon
- 1/2 Teaspoon Ground Nutmeg
- 1 Cup All-Purpose Flour
- 1/2 Teaspoon Baking Powder
- 1/2 Teaspoon Baking soda
- Pinch of Salt
- 3/4 Cup Grated Apples
- 3/4 Cup Grated Carrots

Preheat oven to 350F. Spray one 9X5 inch loaf pan with floured cooking spray. Set aside.

In a large bowl, add the first 8 ingredients, through nutmeg, and whisk to combine. Add the flour, baking powder, baking soda, salt, and fold with spatula until combined. Add carrots, apples, and combine. Turn batter out into the prepared pan, smoothing the top lightly with a spatula.

Bake for about 50 minutes, or until the top is golden, the center is set, and a toothpick inserted in the center comes out clean, no batter.

Allow bread to cool in the pan for about 15 minutes before turning out on a wire rack to cool completely before slicing and serving.

## ABOUT CSA CREDIT

If you have CSA Credit and would like to use it this season, here are the options and prices.

Please send an email to [riverlandfamilyfarms@gmail.com](mailto:riverlandfamilyfarms@gmail.com) by Saturday 9 pm to place an order to be picked up with your produce box on Tuesday/Wednesday. All produce subject to availability.

| Produce Item                          | Quantity  | Credit Equivalent |
|---------------------------------------|-----------|-------------------|
| Red Potatoes                          | 10 lbs    | \$20              |
| Sunshine Squash                       | 14 lbs    | \$20              |
| Delicata Squash (available early Nov) | 14 lbs    | \$20              |
| Sweet Potatoes                        | 7 lbs     | \$20              |
| Fresh Ginger                          | 1.25 lbs  | \$20              |
| Fresh Turmeric (available early Nov)  | 1.25 lbs  | \$20              |
| Strawberry                            | Half Flat | \$20              |
| Strawberry                            | Full Flat | \$35              |
| Extra Harvest Box upon request        | 1 box     | 1 credit          |