



Riverland Family Farms



CSA Week 19

Corvallis, Oregon

Layer Up

Seems like we went from heat wave to frost in just a few days! Time to get layers of clothing back on. Farm is getting ready for the winter which also involves layers. Green houses have their covers back on. Citrus will require additional 2 layers of fabric to keep the plants from dying in frost. All this would result in delicious winter produce. In a few weeks we will have more greens, carrots, spinach, citrus (lemons, pomegranate), leeks, turmeric, purple sprouting broccoli and more. This week, butternut squash is ready and its in the box. Many of you have been waiting for it and I really hope you can make good use of it. Enjoy!

As a reminded, if you have CSA vacation credit, you can use it to order Fall storage produce (1 vacation credit = \$20). Please send an email at csa@riverlandfamilyfarms.com by **Saturday 5pm** to place an order to be picked up with your produce box on Tuesday/Wednesday. All produce is subject to availability. The Fall storage produce list is included below.

You still have the option of using your vacation credit at our Corvallis Farmers' market booth (Saturday and Wednesday) until the last market day this year, November 24th.

Produce Item	Quantity	Credit Equivalent
An extra harvest box upon request	1 box	1 credit
Butternut Squash (Available late October)	14 lbs	\$20
Delicata Squash (Available late October)	14 lbs	\$20
Sunshine Squash	14 lbs	\$20
Fresh Ginger	1.25 lbs	\$20
Fresh Turmeric (Available late October)	1.25lbs	\$20
Red Onions	12lbs	\$20
Red or Yellow Potatoes	12 lbs	\$20
Strawberry	Half-flat	\$20
Strawberry	Full- Flat	\$40
Sweet Potatoes	7 lbs	\$20

WHAT'S IN THE BOX?

- Basil *bunch*
- Broccoli *head*
- Carrots *bunch*
- Fresh Ginger *1/4 lb*
- Purple Kale *bunch*
- Red Bell Pepper *2 each*
- Shallots *1 or 2*
- Butternut Squash *each*
- Liberty Apples *2 lbs (from LaMancha Ranch & Orchard, Sweet Home)*



Broccoli Carrot Pot Pie

Source: cozi.com

Ingredients:

- ◊ 1 package pre-made pie crust (includes 2 crusts)
- ◊ 2-3 medium potatoes cut into 1/2 inch pieces
- ◊ 3-4 tbsp butter
- ◊ 1/4-1/2 onion, chopped
- ◊ 2 carrots, diced
- ◊ 1/2 small head of broccoli, cut into small florets
- ◊ 1/2-1 cup green peas
- ◊ 3 tablespoons flour
- ◊ 1/2 cup of milk
- ◊ 1/2 teaspoon salt
- ◊ Pepper to taste
- ◊ 1 pinch nutmeg (optional)
- ◊ 3-4 large handful of shredded cheese (mozzarella, cheddar, etc)
- ◊ 1 beaten egg + 1 tsp water



Defrost the crust for at least 15 min. Preheat oven to 375 degrees. Blanch potatoes in salted water for 1-2 minutes. Drain and set aside. Heat butter on medium high. Add onions and sauté for 1 minutes. Add carrots and sauté. Add broccoli and sauté, and cover for a minute to release the liquid. Stir in green peas. Sprinkle flour over vegetables and stir until flour dissolves. Pour milk over vegetables and stir until sauce thickens. Add more milk for a thinner sauce. Stir in potatoes. Add salt, pepper, and nutmeg to taste. Remove vegetable mixture from heat. Add vegetables mix to the pie crust, filling it halfway. Sprinkle with handful of cheese. Fill crust to the top with vegetable mixture and add more cheese. Cover with second crust and pinch to seal. Poke holes in top of crust and brush with beaten egg mixture. Bake at 35 for 40-45 minutes until the crust is light brown.