



2023 CSA

# NEWSLETTER

WEEK 17

## Fall Storage Produce

It's week 17, and it is time to start thinking about using CSA vacation credits. I am including a list of storage produce that you can order from. This is one way to use your vacation credits. Please email me at [csa@riverlandfamilyfarms.com](mailto:csa@riverlandfamilyfarms.com) to place your order and it will be delivered along with your box.

CSA Member Prices Only		
Produce Item	Quantity	Credit Equivalent
An extra harvest box	1 box	1 credit
Delicata 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>Butternut Squash, Turmeric, Sweet Potatoes</i>	<i>Coming soon</i>	

## In the box

Rainbow Chard	Bunch
Basil	Bunch
Carrots	Bunch
Purple Majestic Potatoes	1.5 lbs
Salad Mix	½ lb
Scallions	Bunch
Sweet Mini Peppers	Pint
Interlaken Grapes	1 lb

## Grapes

Week 17 box includes Interlaken Grapes. These grapes are seedless and sweet. I am including a few ideas on how to use these grapes in jams, jellies, tarts, and lots more. Hope you enjoy the experiments.

**Grape Jam or Jelly:** Turn grapes into a delicious homemade jam or jelly. Cook grapes with sugar and lemon juice to make a sweet spread for toast or desserts.

**Fruit Salad:** Include grapes in a fruit salad for a burst of sweetness and freshness. Combine them with other fruits like apples, oranges, and berries.

**Roasted Grapes:** Roasting grapes intensifies their sweetness and flavor. Toss them in a little olive oil, sprinkle with salt and pepper, and roast in the oven. Roasted grapes can be served with roasted meats or added to salads.

**Grape Smoothie:** Blend grapes with yogurt or your choice of milk to make a delicious and nutritious smoothie.

**Grape Salsa:** Combine chopped grapes with diced red onion, cilantro, lime juice, and a bit of jalapeño to make a fruity salsa. Great as a topping for grilled chicken or fish.

**Grape Tarts:** Use grapes as a topping for tarts or galettes. Arrange halved grapes on a pastry crust with a custard or cream cheese filling for a lovely dessert.

**Grape and Cheese Platter:** Pair grapes with a variety of cheeses for a delightful cheese platter. Grapes complement both mild and sharp cheeses.

**Grape Infused Water:** Drop some grapes into your water for a refreshing and lightly flavored drink.

**Grape Chutney:** Cook grapes with spices, sugar, and vinegar to make a tasty grape chutney. It's a great accompaniment for cheese, meat, or bread.

**Grape Kebabs:** Skewer grapes with other fruits or cheese for a fun and colorful fruit kebab