

NEWSLETTER

2024 CSA

WEEK 18



Fall Harvest

Welcome to week 18. With only 4 more weeks to go, it is time to start thinking about using your vacation credit (if you have a balance). 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 to place your order and it will be delivered along with your box.

Item	Quantity	Credit/ \$Equivalent <small>(CSA Member Prices Only)</small>
Extra Harvest Box	1	1 credit/ \$20
Delicata Squash	14 lbs	1 credit/ \$20
Butternut Squash	14lbs	1 credit/ \$20
Red or White Onions	12lbs	1 credit/ \$20
Potatoes (Red, Yellow, Purple Majesty, Purple Viking)	12lbs	1 credit/ \$20
Strawberries	Half flat	1 credit/ \$20
Strawberries	Full Flat	1 credit/ \$40
Roma Tomatoes	15lb	1 credit/ \$20
Turmeric, Sweet Potatoes	Coming Soon	

Thank you for supporting your local organic farm!

-Ruby, G.

Roasted Beet, Fennel, and Spinach salad

Ingredients:	1 tablespoon balsamic vinegar
3 or 4 small beets	4 tablespoon olive oil
1 medium fennel bulb	3 slices bacon (optional)
Zest of half an orange	4 or 5 ounces of spinach
1/2 teaspoon Dijon mustard	1/4 cup walnuts, chopped
1/2 teaspoon honey	Juice of half an orange



Recipe: dummies.com

in the box

Beets	bunch
Fennel	each
Onion – Red	1 or 2
Spinach	1/2 lb bag
Green Bell Pepper	2 each
Parsley	bunch
Slicing Tomatoes	2 each
Lacinato Kale	bunch
Red Raspberry	Half-pint

1. Preheat the oven to 350 degrees. Place the beets and fennel on a cookie sheet and roast for 20 to 25 minutes or until tender.
2. In a small bowl, combine the orange zest, orange juice, mustard, honey, vinegar, and 2 tablespoons of the olive oil and mix well.
3. Remove the roasted beets and fennel from the oven and remove the peels, which should slip easily off the roasted beets. Chop the beets, thinly slice the fennel, and toss in the remaining olive oil in a medium bowl.
4. Fry the bacon over medium-low heat until crisp (about 4 minutes). Transfer it to several layers of paper towel to drain, blotting slightly. Chop the bacon into small pieces. (skip this step if not using bacon)
5. To assemble the salad, lay down a bed of spinach and top with the roasted beets and fennel and the walnuts. Sprinkle with the bacon and drizzle with the orange vinaigrette.