

NEWSLETTER

2024 CSA

WEEK 19



Fall Harvest

Welcome to week 19. With only 3 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 (CSA member prices only)
Extra Harvest Box	1	1 credit / \$20
Delicata Squash	14 lbs	1 credit / \$20
Butternut Squash	14 lbs	1 credit / \$20
Red or White Onions	12 lbs	1 credit / \$20
Potatoes (Red, Yellow, Purple Majesty, Purple Viking)	12 lbs	1 credit / \$20
Strawberries	Half-Flat	1 credit / \$20
Strawberries	Full-Flat	2 credit / \$40
Roma Tomatoes	15 lbs	1 credit / \$20
Sweet Potatoes	10 lbs	1 credit / \$20
Fresh Ginger	1.5 lbs	1 credit / \$20
Fresh Turmeric	1.5 lbs	Coming soon

in the box

Carrots	bunch
Rainbow Chard	Bunch
Cucumbers – Snacking	3 or 4
Lemongrass	bunch
Napa Cabbage	Each
Jalapeno peppers	4 each
Potatoes – purple majesty	1.5 lbs.
Shallots	2 each
Figs	pint

Thank you for supporting your local organic farm!

Thai Napa-Cabbage Salad

Ingredients:	1 large garlic clove
1 head Napa cabbage	1 shallot
1 tablespoon coarse salt	2 tablespoons Asian fish sauce (or sauce of your choice)
2 fresh jalapeño chiles	2 tablespoons fresh lime juice
1 stalk fresh lemongrass	
1/2 teaspoon honey	



Recipe: epicurious.com

1. Discard outer leaves from cabbage. Quarter cabbage and core. Cut quarters crosswise into 1/4-inch-thick slices. Wash cabbage well in a large bowl of cold water and spin dry.
2. In a large glass or stainless-steel bowl toss together cabbage and salt until salt is dissolved, about 5 minutes.
3. Transfer cabbage to a colander set over a bowl. Drain cabbage for 1 hour. Rinse cabbage well and squeeze in small handfuls until as dry as possible.
4. While cabbage is draining, wearing gloves, seed and mince chiles. Discard outer leaves of lemongrass and trim root end. Separately mince garlic, shallot, and lower 2 inches of lemongrass.
5. In a large bowl toss together cabbage, chiles, lemongrass, garlic, shallot, fish sauce, and lime juice. Salad may be made 2 hours ahead and chilled, covered. Serve salad at cool room temperature.