

# NEWSLETTER

2024 CSA

WEEK 20



## Apples

Welcome to week 20. This week's box includes Crimson Gold apples from La Mancha Ranch & Orchard, Sweet Home. We partner with La Mancha Ranch every year to bring you a few varieties of apples.

If you have vacation credit, please use it by our last market of this year, November 27<sup>th</sup>. Credits will not carry over to the next year. 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.

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

Thank you for supporting your local organic farm!

Ruby

### Cauliflower & Squash Golden Salad

<b>Ingredients:</b>	Salt & Pepper to taste
½ head cauliflower, cut into small florets	Dressing Ingredients
1 yellow squash, thinly sliced	1 lemon, juice only
¼ red bell pepper	¼ cup olive oil
2 scallions, chopped	1 scallion, chopped
1 shallot, thinly sliced	¼ tsp re pepper flakes
1 tbs curry powder	Salt & pepper to taste
1 tbs coconut oil	

1. Fill a deep skillet halfway with water. Add curry powder and salt to the water and put the heat on medium high. Add the cauliflower and steam, stirring occasionally, for 7-8 minutes (should be tender with a slight crunch). Strain the cauliflower and set aside.
2. Heat a skillet to medium high heat. Add coconut oil and shallots. Cook 1-2 minutes while stirring. Add squash, 2 chopped scallions, bell pepper, salt & pepper. Cook while stirring 2-3 minutes. Remove from heat. Empty into a large bowl and add and add cauliflower.
3. Dressing: Add all the dressing ingredients to a mason jar. Seal and shake vigorously for 1-2 minutes until a light dressing is formed. Drizzle dressing on veggies, toss, and enjoy.

### in the box

Beets	bunch
Spinach	1/2 lb bag
Onion - Yellow	each
Russian Kale	bunch
Red Bell Pepper	2 each
Scallions	bunch
Cauliflower	each
Squash - Sunshine	each
Crimson Gold Apples	2 lbs.



Recipe: [brightrootkitchen.com](http://brightrootkitchen.com)

[www.RiverlandFamilyFarms.com](http://www.RiverlandFamilyFarms.com)

