

Crescent Farm CSA Newsletter

WEEK 16



Eat Local. Eat Well

www.crescentfarmsc.com

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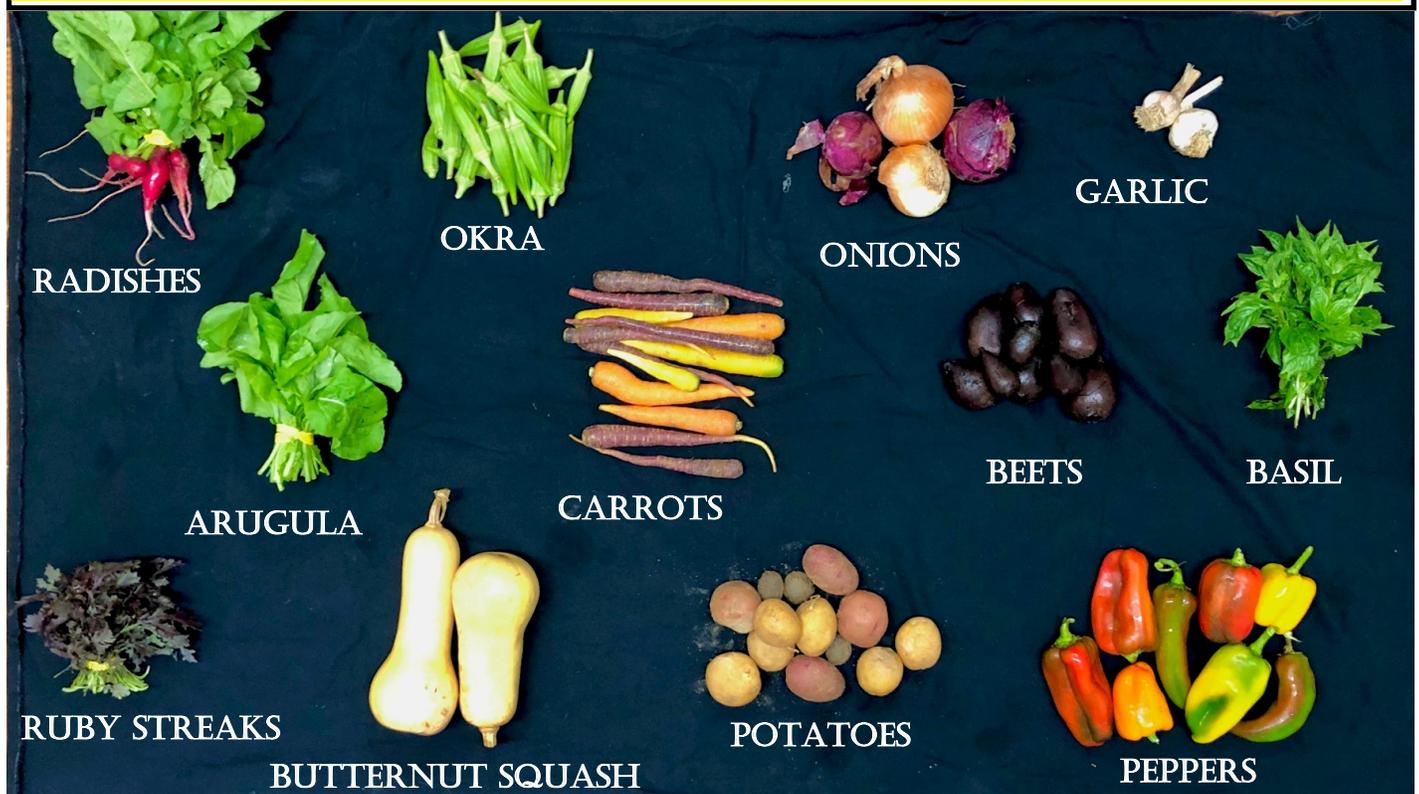
Welcome back! We are officially kicking off our fall season with the first of our winter squash, this week you will receive butternut squash.

There are a few summer crops that will continue until frost including peppers and okra. Carmen and bell peppers will be in your box this week.

You will also have radishes, onions, garlic, arugula, carrots, beets, basil, ruby streaks mustard and potatoes. We have seen some internal brown spots on a few of the potatoes; is from a nutrient deficiency in the soil. We have cooked plenty of them and have not noticed any difference in flavor, and the color tends to fade when cooked. So go ahead and use them, even if you see brown spotting when you cut them open. If you find differently, please let us know.

We hope you enjoy your vegetables this week.

Half Share Pickup this week: Laurens



What's Happening on the Farm



We have begun to harvest sweet potatoes. The first two fields are out of the ground and in the greenhouse curing. They will sit in a warm humid environment for 2-3 weeks. In that time, the skins will toughen and the starches will develop into the characteristically sweet creamy flesh that we all enjoy.



The Kubota cultivating tractor that we have used the last 5 years broke back in June. After much deliberation and weighing of options, we settled on the classic cultivating tractor, an International 140. These have been used since the '60s to cultivate tobacco and other single row vegetable crops. We got this one, spread the wheels out wide and Jon fabricated a new cultivator to go underneath it so that it can now cultivate our 1, 2 and 3 row crops. So far it is running well and doing a good job.



The fall carrot crop has germinated and is growing well. The seedlings thankfully made it through the rain on Thursday and seemed to grow almost an inch overnight. If all goes well, we will begin harvesting them in October or November.

	Storage	Preparation	Recipes
Radish	Separate bulbs and tops. Store unwashed in a container or plastic bag in the refrigerator. Greens will store for 3-4 days, bulbs about 1 week	Clean well and trim tops. Radishes do not need to be peeled. Slice or chop as desired.	Thinly slice and place on top of salad or eat whole. Roasted Radish Chips Quick Pickled Radishes Watermelon Radish Salad & Arugula Roasted Radishes
Okra	Place unwashed okra in a paper bag, or wrap it in a paper towel and place in a perforated plastic bag. Will only store for 2-4 days. For longer storage, blanch and freeze.	Wash and dry. Slice or cook whole.	Crunchy oven fried okra Pan-fried Okra with Cornmeal Spicy Oven Roasted Okra Garlic Sautéed Okra Fried Okra w/Spicy Remoulade Sauce
Onions	Store in a cool dark place.	Trim off the very bottom of the bulb, slice or chop.	Caramelized Onions French Onion Soup
Garlic	Store in a cool dry place. Do NOT refrigerate, it will make the head mushy.	Separate cloves, peel, chop as desired. Can also be roasted whole for mellower flavor.	Garlic Parmesan Baked Steak Fries Roasted Garlic Garlic Mashed Potatoes Sheet Pan Lemon Garlic Parmesan Chicken and Vegetables
Ruby Streaks & Arugula	Store in a container or plastic bag in the refrigerator. Will keep like this for one week. If leaves wilt, soak in ice water for 10 minutes to revive them.	Wash and spin dry. Chop. Great in salads or to add a little spice to a sandwich.	Arugula Salad One Pot Penne w/Sausage & Arugula Arugula, Egg & Cheddar Sandwich Rice nests with roasted spicy greens
Beets	Removed bulb from leaves. Wrap leaves in paper towel and store in a plastic bag in the refrigerator. Store root in a plastic bag in the refrigerator as well. Leaves will store for 1 week, roots will store for months.	Slice off top and bottom, peel and chop. Or bake/boil whole, skin easily falls off when done.	Quick Pickled Beets Beet Salad w/Lemon dressing Coconut Oil Roasted Beets Roasted beet wedges Beet Power Smoothie Beet Brownies
Basil	Trim stem ends and make sure leaves are completely dry. Place in a cup filled partially with water. Cover loosely with a plastic bag and store on the counter	Wash well and chop.	Cod with basil and tomatoes Drying Basil (in the microwave!) Pesto Chicken Sandwich Basic Pesto
Butternut Squash	Store in a cool dry place. Will keep for several weeks.	Can be roasted, boiled, pan roasted, or cooked whole in a crockpot	Grilled Butternut Squash & Steak Crockpot Winter Squash Maple Cinnamon Butternut Squash
Potatoes	Store at room temperature for up to two weeks. Store potatoes out of the light or skin will turn green.	Wash or peel. Chop slice or grate	Buttery Roasted Crushed Potatoes Oven Roasted Potatoes Fried Potatoes Skillet Potatoes
Peppers	Store unwashed in plastic bag in refrigerator.	Wash thoroughly. Use a sharp knife to remove the membranes and seeds. Chop .	Copycat Chipotle Peppers & Onions Chicken Fajitas Southwest stuffed bell peppers