



Dear CSA Members,

Lately as I walk around the farm throughout the day I run into many people asking me, "So, things must be slowing down a bit?" Although the intensity of July and August has subsided and cooler weather makes us think that fall is fully here, the to-do list is as long as ever. September is a big harvest month with the "hot" crops like tomatoes, peppers and squash still producing, but also the beginning of the fall crops coming on including the beautiful kale in the share this week and very soon, winter squash.

However, we are turning a slight eye towards winter since as farmers we are forced always to be thinking a few months ahead. This week on the farm we have been planting cover crop in sections of fields that are finished for the season in order to replenish the fertility given to the vegetable crops. Some sections will be in cover crop all next season to give the soil a good rest and others just for the winter to both add nutrients and organic matter, but also prevent any erosion from winter precipitation. As a biodynamic farm, cover cropping is one of the most important practices we employ to ensure that our soil is well cared for and able to continue to produce quality food for our community. (Cover crop photos to come in future newsletters).

I am greatly looking forward to coming down to the city on the CSA delivery this week. I have had the opportunity to meet some of you fine folks over the past few seasons, but am really excited to be coming to you and seeing how the produce we grow makes its way into your lives. Your support as CSA members, not only of Hawthorne Valley, but also of an agriculture that is healthful for both land and people is vitally important and I can't wait to express my gratitude to you all on Thursday! Thanks for being a part of our farm and community.

Lucy

In this week's share:

1/2 # Lettuce Mix

Kale
Sweet Pepper
Tomatoes
Green Beans
Potatoes
Leeks
Beets
Dill
Fruit Share: apples

Recipes!

Pasta with Potatoes, Greens and Rosemary

Adapted from Chez Panisse Vegetables, Alice Waters

Serves 4.

Keep this basic recipe in mind as the autumn comes and pair any variety of CSA vegetables with rosemary and pasta: roasted tomatoes and delicata squash, broccoli and chard, potatoes, fennel and pea shoots.

1 lb potatoes

½ cup extra-virgin olive oil

salt and pepper

2 extra-large handfuls of arugula, chopped chard, or chopped kale (about ½ lb)

1 small red onion

4-6 cloves garlic

¾ pound penne, other tubular pasta, or cooked whole grain such as wheat berries, farro, or buckwheat.

Preheat the oven to 400 F.

Slice the potatoes about 1/3 inch thick and toss them with a small amount of the olive oil, salt, pepper. Spread them in a single layer in an ovenproof dish or on a baking sheet and roast in the oven until they are golden brown and cooked through, about 15 minutes.

Meanwhile, wash the arugula or other roughly chopped-to-arugula-leaf-sized greens, drain, and set aside. Slice the red onion thinly. Peel and chop fine the garlic cloves and the rosemary leaves. Put a large pot of salted water on to boil for the pasta.

When the potatoes are done, remove them from the oven and put the pasta on to boil. Heat a sauté pan, add some olive oil, and sauté the sliced onion until it is soft and translucent and starting to brown, about 5 minutes. Lower the heat, add the potato slices, the garlic, and the rosemary, and toss together for a minute or two. When the noodles are done, drain them and add to the potatoes and onion along with the greens. Add a squeeze of lemon juice and toss everything together. Drizzle a little olive oil over and serve.

Peshawari Red Pepper Chutney *(a kind of Pakistani-Afgani salsa)*

At Home with Madhur Jaffrey

So good on rice and with grilled meats, flatbreads, potato pancakes, tuna sandwiches...

½ large red bell pepper, seeded and coarsely chopped

20 large fresh mint leaves

2 T lemon juice

1 clove garlic
½ teaspoon cayenne pepper
½ tsp salt
freshly ground black pepper
1 T almonds or walnuts, chopped
1 tsp fresh chopped dill

Put the bell pepper, mint, lemon juice, garlic, cayenne, salt, and black pepper into a blender in the order listed and blend until smooth. Add the almonds and blend again. Pour into a bowl and check seasonings. Mix in the dill.

Mark your calendars! Come visit us at the *Fall Festival on October 13th! Fun and games, pie contests, hay rides and hay slides, visit with the pigs and cows, and meet your farmers.*

[Check out more photos and news from the farm and from the CSA sites on Facebook](#)