



# HARVEST HILL

## CSA NEWSLETTER

Week 13: September 10th, 2015

### WHAT'S IN THE BOX

Lettuce  
Bok Choi  
Carrots  
Tomatoes  
Squash  
Broccoli  
Onions  
Potatoes



### BILL'S FUNKY MINUTE:

It's harvest time here at the farm. For the next month we will be cranking with harvesting the storage crops as well as the weekly harvest of veggies that have been planted throughout the season.

One of our main storage crops harvested here at the farm is onions, which we just finished harvesting Monday afternoon. They will now finish curing in the seedling greenhouse before being delivered to you. Potatoes, carrots, red and green cabbage, parsnips, napa cabbage, fennel, Brussels sprouts and red and gold beets will also find their way into the barn and cooler to be sold throughout the fall and early winter. We are definitely keeping busy with all these new fall crops in addition to our usual harvesting schedule.

As the season enters fall, there is cleanup in the fields. Taking down pea and bean fences, cleaning the tomato greenhouses, the list always seems to go on. The crew's last 7 weeks at the farm will be amongst the busiest.

Enjoy and be well,  
Bill

*\*Please remember* that there is a farm dinner in cooperation with Green Mountain Farm Direct, this Thursday from 5-7. All food served will be veggies from the farm. Come and enjoy a brief tour of the farm and see where your veggies come from! Family friendly event that will go on rain or shine.

For more info, contact Bill at  
563-2046 or [gershunhalf@gmail.com](mailto:gershunhalf@gmail.com).

### INTERN PERSPECTIVE:

This past Thursday, while lying on the lawn after a long day of work, we spotted not just one but two Red Tail hawks soaring above the pond. Molly brought down her binoculars for us all to get a better look at the wildlife enjoying the cool breeze and sunshine. As the hawks moved onto their next destination, we poured ourselves a well deserved beer, took a group selfie, and called it a day.



# RECIPES: Inspired by this week's produce



## Chicken (or Tofu) Bok Choi Stir-fry

*By Real Simple*

### INGREDIENTS

1-2 teaspoons canola oil  
(4) 6-oz. boneless, skinless chicken breasts, cut into 1-inch pieces (or one package firm tofu)  
1 head bok choy, quartered lengthwise  
1/4 cup store bought barbeque sauce  
1/4 cup soy sauce  
1 onion, thinly sliced  
Salt & pepper

### DIRECTIONS

7. Heat the oil in a large skillet over medium-high heat. Season the chicken or tofu with 1/4 teaspoon of salt and pepper.
8. Cook the chicken/tofu in the oil, tossing occasionally, until browned and cooked through (about 4 to 6 minutes). Transfer to a plate.
9. Add the bok choy and 1/4 cup water to the skillet. Cover and cook until the bok choy is just tender (3 to 4 minutes).
10. In a small bowl, combine soy sauce, barbeque sauce, and onions. Add to the skillet and bring to a boil.
11. Return the chicken/tofu to the skillet and cook, tossing, just until heated through (1 to 2 minutes).
12. Serve with rice!

## Maple Glazed Carrots

*By Budget Savvy Diva*

### INGREDIENTS

1 bundle of carrots  
1/2 teaspoon of salt  
1/2 teaspoon of pepper  
1/4 cup of maple syrup  
2 tablespoon of unsalted butter

### DIRECTIONS

1. In a large skillet, add 1 cup of water, salt, and carrots.
2. When it reaches to a boil, lower heat to low medium and cover.
3. Cook until carrots are tender (about 8 minutes) then drain water from skillet.
4. Place carrots back into skillet. Add butter, syrup, and pepper.
5. Increase heat to medium and stir constantly for 5 minutes.
6. Once everything is well glazed, serve hot and enjoy!



Send us photos and/or recipes of what you created with your Harvest Hill CSA box to be featured in a future newsletter!

Email us at: [clyle@rams.colostate.edu](mailto:clyle@rams.colostate.edu)