



HARVEST HILL

CSA NEWSLETTER

Week 16: October 1st, 2015

WHAT'S IN THE BOX

Spinach
Broccoli or Cauliflower
Carrots
Beets
Potatoes
Peppers (red or green)
Stoked hot peppers
Onions

Preparing the fields for next season with a magnificent view



BILL'S FUNKY MINUTE:

The magic of living in the Kingdom continues. The lunar eclipse on Sunday evening, with such a brilliant clear sky, was so much fun to watch developing. The layers of fog in the morning with the sun cutting through gives me time to pause in the early morning.

Fall is the time for me to think about the season and plan for next year on how I can do things differently and better. It also is a time of transition as I look at the barren fields of veggies, getting ready to plant winter rye to add organic matter to the fields which will be turned in before next spring's planting. I think about the food that has been produced here for you and others, the smiling and enthusiastic children who have come to the farm, the ownership that the interns Molly, Tim and Christy have taken, and my aching body. Though this farming season has been one of my worst in 22 years of growing, there is still so much joy, love and passion that continues in my heart. Though I look forward to the end of harvest in October of carrots, cabbage and brussel sprouts, I am getting ready for a great 2016 farming season.

Be well and enjoy,
Bill

* If you are interested in freezing some Stoked hot peppers they are available for sale: \$3 / lb.

Please contact Bill at: gershunhalf@gmail.com or

Call 563-2046. A check can be sent to:

421 Watson rd, Hardwick 05843

****The last CSA box will be
October 15th**

****There will be no winter squash in your boxes
this year due to crop failure. All apologies!**

RECIPES: Inspired by this week's produce



Lentil Spinach Soup

By The Garden Grazer

INGREDIENTS

- 1 onion
- 3 carrots
- 4-5 cloves garlic
- 2 cups dry lentils
- 15 oz. can diced tomatoes (or fresh)
- 4 cups vegetable broth
- 3 cups water
- 4-5 oz. spinach
- 1.5 teaspoons cumin
- 1 teaspoon smoked paprika
- Salt & Pepper

DIRECTIONS

1. Dice onion and carrots. Sauté them in a large stockpot over medium heat for about 7 minutes.
2. Add garlic, cumin, paprika, and salt to stockpot. Sauté 1 minute. Add broth, water, tomatoes and lentils. Increase heat and bring to a boil.
3. Reduce heat, cover, and simmer for about 30 minutes or until lentils are tender. Meanwhile, roughly chop spinach.
4. Add spinach during last couple minutes. Ready!

Red Beet Pancakes

By Weelicious

INGREDIENTS

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3 tablespoons light brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon kosher salt
- 2 medium beets, roasted & pureed (about 3/4 cups)
- 1 1/4 cup milk
- 1/3 cup plain greek yogurt
- 1 large egg
- 3 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract

DIRECTIONS

1. Sift the first 5 ingredients into a bowl.
2. Place the rest of the wet ingredients in a separate bowl and whisk thoroughly to combine.
3. Add the dry ingredients into the wet and stir until just combined (you don't want to over-stir the batter — some lumps are good).
4. Drop about 2 tbsp of the pancake mixture onto a greased griddle or pan over medium heat and cook for 3 minutes on each side.
5. Serve with desired accompaniments.



Questions or comments?

Email us at: clyle@rams.colostate.edu