



Week 18

Farm News:

Each year, we try to increase the amount that we grow in the fall and throughout the winter. Last year we learned a lot about which varieties grow well in our hoopouses in winter. We are building on that knowledge and will be filling our hoopouses with a good selection of winter greens this week, for the fall into winter CSA. This week, we also have a big push to get the last of the fall greens into the field and will be transforming the Elm Street location. We will be clearing all of the tomato plants from the field and the hoopouses, putting down organic fertilizer and other minerals important to the plants, tilling and transplanting a variety of greens and a few short season roots (all of our long season root crops like carrots were planted back in July). If the mild weather continues this fall, we will have a real bumper crop of greens!

This Week's Share (probably):

Carrots
Radish
Onions
Peppers
Sweet Potatoes
Tatsoi/pac choy
Swiss Chard
Lettuce (probably)

Pick-Your-Own Garden

Flowers are open. The dahlias are still the rock stars of the flower patch.
Herbs are open
Cherry Tomatoes are done. We have pulled the plants and transplanted greens there, so please be careful when in the flower patch.

Vegetable of the Week:

Sweet Potatoes

Sweet potatoes are closely related to morning glories (sweet potatoes in bloom are really pretty); however, they are only very distantly related to regular potatoes, which are in the nightshade family. There are a lot of different varieties of sweet potatoes, including potatoes with red, orange, yellow, purple, brown, and beige skin with white, yellow, orange, pink, or purple flesh. The orange, pink and red flesh sweet potatoes are sweeter and more moist than those with white or pale yellow

flesh. We grew one type this year, beauregard, a delicious orange flesh variety.

So the big question is what is the difference between a sweet potato and a yam. In the U.S. what we call a yam is really an orange fleshed sweet potato. True yams are native to Africa and Asia and aren't closely related to sweet potatoes (occasionally you can find true yams in specialty stores that have been imported).

Recipe of the week:

Veggie Burgers

Ingredients:

2 Tbs olive or canola oil
½ cup minced onions
3 cloves garlic, peeled and chopped
2 cups cooked black beans, slightly mashed
¼ cup fresh oregano
1 tsp salt
¼ tsp cayenne (or paprika for a non-spicy alternative)
2 cups cooked sweet potatoes, mashed
Salt and pepper to taste
Optional Garnish: sour cream, cilantro and/or cheese

Preparation:

1. In a large skillet over medium heat, add 1 Tbs of the oil. Sauté the onions and garlic until just cooked. Remove from heat
2. Add the beans and oregano to the onions and garlic.
3. Sprinkle cayenne and salt on top of the mashed sweet potatoes. Mix all ingredients together and chill for at least 45 minutes. Season to taste with salt and pepper.
4. Once chilled, form patties.
5. Heat a large skillet over high heat, add remaining oil. Fry patties until golden brown and crispy on both sides. Flip gently, as these burgers don't hold together as well as meat patties.
6. Serve with sour cream mixed with fresh cilantro, cheese, or any condiment that you would normally serve with a beef burger.