

CSA Share Week 13:

Bag of salad mix	1 Italian zucchini
1 or 2 heads broccoli	1 cucumber
1 bunch carrots	2 amazing melons
1 bunch kale	1 bunch basil
Heirloom or cherry tomatoes	



About the Produce/Recipe Ideas:

Fall-like weather is here and so is our new crop of **kale**. Many of you will receive a new-to-us variety called Madeley kale that has some really huge leaves! Remove the stems and chop up the tender leaves and maybe try one of the three suggestions below:

[Sauteed Kale with Garlic and Vinegar](#)

[One Pot Farro with Tomatoes and Kale](#) (Either cherry tomatoes or chopped fresh tomatoes would work here)

[Sheet Pan Gnocchi and Veggies](#) (Again, either tomato will work. Use **zucchini, kale, broccoli and basil** as well).

Recipe of the Week

Kale Sauce with Pistachios and Tomato

From *Grains for Every Season* by Joshua McFadden

Bring a large pot of water to a boil and add enough salt so it tastes like the ocean.

Put **2 smashed and peeled garlic cloves** and **¼ cup olive oil** in a skillet over medium heat and cook until garlic begins to sizzle. Reduce heat to low and gently cook until the garlic is light golden, soft and fragrant, 5-7 minutes. Pour the oil and garlic into a bowl so it can cool quickly.

When the water is boiling, add **1 bunch kale leaves, midribs discarded**, and boil until they are tender but not mushy, about 5 minutes. Scoop out a mugful of cooking water, then pull the kale leaves out with tongs and transfer to a blender. It's fine if they are still wet.

Process the kale in the blender with the oil-garlic mixture and **½ cup toasted pistachios**, adding just a bit of cooking water to help the process along and to make a nice, thick puree. Season with salt and pepper.

Cook **½ lb pasta of your choice** until al dente. Drain and return to the pot and pour in the kale sauce. Add **¼ cup grated parmesan cheese** and toss well. Add a touch of pasta water and toss until noodles have absorbed some sauce. Cook 1-2 minutes more until well coated.

Just before serving, add **1 large tomato, sliced or some cherry tomatoes, halved**. Drizzle with olive oil and more parmesan cheese if desired.

News from the Farm

Late afternoon on Saturday, Rebecca and I went out for a leisurely walk around the farm with 2 year old Clayton. He likes to forage for ground cherries (coming to your CSA share soon!), and we were planning on grabbing some veggies for a fresh cooked dinner. Our path to the ground cherry patch took us past the melon plants, and I was curious to see how the fruit was looking. The farm crew had just harvested about 100 melons the day before, so I was a bit surprised to see some ripe melons. Upon closer inspection, there were LOTS of ripe melons!

I'm a melon guy. When the rind color changes to that perfect creamy, yellow hue and the fruit slips just so off the vine, I know that they just have to be picked. Yes, it was 87 degrees on a smoky, Saturday late afternoon. Yes, it was about time to cook dinner, but I just couldn't let it go. Besides, how long would it take to grab a few ripe melons from the field?

Turns out I wasn't the only one interested in the sweet, fragrant melons. Yellow jackets were swarming all over them. They were crawling around the stems, looking for a way to bite through those tough rinds. But this only made me more determined. I wasn't going to let some pesky yellow jackets ruin our melons!



By the time I was finished gingerly prying those melons away from all those bees, there were so many that we needed to bring the tractor out to haul them in. Clayton served as chief melon inspector as we loaded up the totes.

Melon season is short and sweet around here, so you better believe I'm going to make the most of it. Like I said--I'm a melon guy.