

Shared Ground Coop Fall CSA Newsletter



A highlight photo of the year- Anna from Stone's Throw trellising tomatoes in St. Paul

Notes for tomorrow

- 1) Last share of the year! Don't forget to bring any boxes back to your pick-up site. We re-use them whenever we can.
- 2) Tomorrow, 12/22, is ALSO a meat share pick-up day. Look for the reminder email with the details about pick-up timing.



Another highlight photo of the year- Rodrigo and his farm helper bringing in broccoli from Cala Farm.

Dear Members,

Thank you for a successful Fall Share season! It has been a rare warm fall and we were able to put produce like head lettuce, broccoli rabe, and lots of brussel sprouts, in the boxes that we maybe would not be able to during 'normal' years. We are so thankful for your intention and the time you take to pick up the boxes and cook through all that produce.

As mentioned in the last newsletter, we are interested in putting together a 'Core

Group' of CSA Members that would act as advisers to Shared Ground and guiding voices for our CSA program. We do not yet know what that structure would look like yet. Feel free to contact us if you have any ideas or know you would be interested in getting more involved! If you'd like to read about a farm that does have a successful CSA Core Group check out [Spring Hill Farm](#) in Prairie Farm, Wisconsin.

Have a wonderful holiday season. We'll see you next June!

Robin Major
CSA Coordinator

P.S. Our website will be up and ready for CSA sign-ups in a couple days!

What's in the Box



Store all of the veggies in your box in a plastic bag or crisper drawer in your fridge, unless stated otherwise

Red Beets

Cabbage

Carrots-- *(as mentioned in the email that went out a couple weeks ago- we learned our lesson about storing carrots in the same cooler with apples- don't do it! Apples release ethylene*

Recipe Inspiration



Rustic Cabbage Soup

101 Cookbooks

- 1 tablespoon extra virgin olive oil
- a big pinch of salt
- 1/2 pound potatoes, skin on, cut 1/4-inch pieces
- 4 cloves garlic, chopped
- 1/2 large yellow onion, thinly sliced
- 5 cups stock (see head notes)

that causes carrots to turn faster. They are still crisp and totally edible, but less sweet than carrots from the earlier boxes)

Garlic

Onions- *you can leave either in your pantry or on your kitchen counter*

Potatoes

Butternut Squash-*you can leave either in your pantry or on your kitchen counter*

Acorn Squash OR mini butternut squash OR sweet dumpling squash

Purple-Top Turnips

Kale

Watermelon Radishes OR Daikon

Radishes

Dried Sage

- 1 1/2 cups white beans, precooked or canned (drained & rinsed well)
- 1/2 medium cabbage, cored and sliced into 1/4-inch ribbons
- more good-quality extra-virgin olive oil for drizzling
- 1/2 cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes - it's o.k. to uncover to stir a couple times. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning - getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc)...

Serve drizzled with a bit of olive oil and a generous dusting of cheese.

Serves 4.

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