



"Remember, remember, this is now, and now, and now. Live it, feel it, cling to it. I want to become acutely aware of all I've taken for granted."

~Sylvia Plath~

This week's CSA share contains:

- Delicata Squash
- Kale
- Lemon Basil
- Assorted Cucumber
- Red Flame Peppers
- Sweet Nardello Peppers
- Bell Peppers
- Assorted Eggplant
- Purple Top Turnips
- Yellow Onions
- Stir-Fry Mix
- Habanero Pepper (HOT!!)

Our Stir-Fry Mix

This is the third year that we have grown our Stir-Fry mixture. We absolutely love it, and hope you do to. The mixture contains green mustard (curly green leaf), red mustard (deep red leaf), red Russian kale, tatsoi (similar to bok choy) and hon tsai tai (purple stem leaf, similar to bok choy).

You can eat this mixture raw like a salad with a nice ginger dressing. You can also easily chop it up and add it to any stir-fry meal you are preparing. The mustards give a nice hint of spice to your meal, while the tatsoi and hon tsai tai balance it off with a little sweetness.



Here is a recipe that incorporates eggplant, stir-fry mix, delicata squash, onion, turnips, and peppers from this week's CSA share!

Stir Fry with Peanut Sauce

Total Time: 40 mins.

Servings: 1-2



Ingredients

¼ cups smooth, peanut butter	¼ cup toasted sesame oil
¼ cup light brown sugar	2 Tbsp. soy sauce
2 Tbsp. water	½ Tbsp grated ginger
½ tsp. salt	2 turnips, diced
2-4 peppers, cut into 1-inch pieces	1 delicata squash, deseeded, chopped
1 medium onion, chopped	2-4 cloves garlic, minced
1/3 lb. stir-fry mix	1 eggplant, cubed

Preparation

1. Puree peanut butter, sesame oil, brown sugar, soy cause, water, ginger, garlic and salt in a blender or food processor. Set aside. This is your sauce.
2. Heat sesame oil in a large sauté pan over high heat. Stir in onions and ¼ tsp. salt and pepper. Cook for 1 minute.
3. Lower heat to medium-high and add the delicata squash and cook for 10 minutes. Then add the eggplant and turnips and another ¼ tsp. of salt. Cook for 2 minutes.
4. Add the peppers and a little water. Cook until they are tender and then add the stir-fry mix and chopped turnip greens. Add it in batches if you have to, it will cook down. Add the peanut sauce and cook for another few minutes.
5. Serve with rice! You could also add some cooked chicken, beef or tofu to the dish! Also throw in a hot pepper if you want some more heat!