



"It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in the Autumn.

~B.C. Forbes~

### This week's CSA share contains:

- Kale
- Assorted Cucumber
- Cherry Tomatoes/Beefsteak Tomato medley
- Rainbow Beets
- Krimzon Lee Peppers
- Beaver Dam Pepper
- Habanero Pepper
- Black Summer Bok Choy
- Lettuce Mix
- Wyatt Green Beans
- Delicata or Acorn Squash

### Krimzon Lee Frying Pepper

This pepper is a paprika like pepper that has thick walls, which makes it great for frying, as it won't lose its form when cooked. In its green stage, it isn't as spicy as it gets when it is red. We picked them green because they looked beautiful, and we weren't sure that they would turn red before our first frost sets in. These peppers are great for roasting, frying, grilling, or even adding raw to salsas.



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Here is a recipe that incorporates acorn squash, onion, peppers, sorrel, and kale from this week's CSA share!

## Warm Bok Choy, Kale, Beet and Feta Salad

Total Time: 40 mins.

Servings: 2



### Ingredients

2-3 beets, peeled, diced	4 cloves garlic, chopped
1 tsp. olive oil	1 head bok choy, chopped into bite size pieces
2 Tbsp. peanut oil	1 ½ tsp. butter
1 bunch beet greens, chopped	1 bunch kale, tough ribs removed, chopped

### Preparation

1. Preheat oven to 425 degrees. Put each acorn squash half flesh side down in a baking dish. Fill dish with an inch of water. Cook for 25-45 minutes, until tender. Cooking time depends on your oven.
2. Heat oil in a skillet over medium heat. Add onion; cook, until brown, about 3 minutes. Add garlic. Stir in tomato sauce and salt and pepper and hot and bell pepper. Stir in kale and sorrel, cover and cook until tender, 3-5 minutes. Stir in white beans and cook until heated through.
3. Position rack in center of oven once squash is done cooking. Change oven to Broil.
4. Combine breadcrumbs, Parmesan and ½ Tbsp oil in a bowl. Fill each squash half with about 1 cup of the kale mixture. Place in the baking dish. Sprinkle with breadcrumb mixture. Broil in center of oven until breadcrumbs are brown, 1-2 minutes.