



“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

~ John Fitzgerald Kennedy ~

## Carrots and their tops!

It is true...carrot tops are edible. You should take your tops off of your carrots right away for storage. The carrots will last for weeks if you keep them in a plastic bag in the fridge. The green tops will last a few days. You can either freeze them for use later in making a vegetable stock, or quickly make up a batch of carrot top pesto.

### Carrot Top Pesto

#### Ingredients

½ cup toasted almonds	1-cup Parmesan cheese, grated
2 cloves garlic, minced	1 bunch carrot tops, leaves only, no stems
Juice of 1 lemon	1 tbsp. honey
½ cup olive oil	salt to taste

#### Directions

1. Put all the ingredients in a food processor and blend thoroughly. Add more oil to make it thicker or creamier. If you have some tahini around your house, a few tablespoons of that will add some “creaminess” to the pesto as well.
2. Serve on bread, hard-boiled eggs, pasta, etc.

## This week's CSA share contains:

- Kale
- Long Island Cheese or New England Pie Pumpkin
- Oakleaf Lettuce
- Rainbow Carrots
- Green Magic Broccoli
- Purple Top Turnips
- Nero Tondo or Easter Egg Radish
- Baby onions
- Butternut Squash



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Here is a recipe that incorporates pumpkin from this week's CSA share!

## Vegan Pumpkin Bread

Total Time: 60 mins.

Servings: 1 loaf



### Ingredients

1-cup white flour	1-cup dark brown sugar
1/2 tsp. salt	1/2 tsp. cinnamon
1-cup pumpkin puree	3 Tbsp. maple syrup
1/2 cup chopped walnuts	3/4 cup whole wheat flour
1/2 tsp. baking soda	1/2 tsp. nutmeg
1/2 tsp. allspice	1/2 cup oil (of your choice)
3 Tbsp. water	

### Preparation

1. Preheat oven to 350 degrees.
2. Grease and flour a loaf pan.
3. In a large bowl, mix together pumpkin, oil, syrup, and water.
4. Add wet mixture to dry; combine until just moistened. The batter will be very thick; don't worry!
5. Fold in nuts.
6. Pour into prepared pan and bake 45-50 minutes or until top is browned and a toothpick inserted in the center comes out clean.
7. Let cool 20 minutes; use a butter knife to gently loosen bread from the sides of the pan, then invert onto a cooling rack.