



**11/28/23**

Spiral Path Farm                      phone: 717-789-4433  
538 Spiral Path Lane                www.spiralpathfarm.com  
Loysville, PA 17047                e-mail: csa@spiralpathfarm.com

**Your Share Menu:**

**Potatoes**  
Store inside a cool, dark cabinet.

**Acorn Squash**  
Store at room temperature.

**Napa Cabbage**  
Store in the fridge.

**Red Onion**  
Store at room temperature.

**Red Beets**  
Store inside a sealed bag in the fridge.

**Garlic**  
Store at room temp on the stem.

**Shallots**  
Store at room temperature.

**Lacinato Kale**  
Store in the fridge inside a sealed bag.

**Brussels Sprouts**  
Store stalk inside a grocery bag or remove sprouts and store inside a sealed bag in the fridge.

**Broccoli**  
Store inside a sealed bag in the fridge

**Broccolini**  
Store inside a sealed bag in the fridge.

*Recipes are  
on the  
back!*

**Check out our website:**  
**Weekly CSA Menu** - Posted every Monday morning!  
**Virtual Farm Cookbook** - Search by veggie item! Hundreds of recipes shared by us and other members.

**Greetings!**

Only two weeks are left after this of CSA deliveries. This Friday December 1<sup>st</sup> we will be launching sign-ups for our 2024 CSA season. Emails will be sent out about the launch that day as well with links to the new sign-up. Gift card sales will also be opening up on Friday as well so if you still have some Christmas shopping left to do, perhaps this is the perfect idea. This week we should be finishing up with broccoli and broccolini. This leaves just brussels sprouts left to be harvested and put into shares.

**Stock up for the Winter with Bulk Orders:**

- Red or Yellow Onions, Butterkin, and Delicata Squash:** \$25 for ½ bushel
- Sweet Potatoes:** \$30 for ½ bushel
- Kale:** \$30 for 16 bunches
- Red Cabbage:** \$25 for 10 heads

**Meet the Beet**

The beet’s ancestors grew wild along the shores of the Mediterranean as well as in Northern Africa and Asia. In these early days, people only ate the beet greens and didn’t touch the roots. They weren’t cultivated as a crop until the ancient Romans began using the roots for medicinal purposes. Invading tribes eventually helped spread the beet from Rome throughout northern and western Europe where they were originally used as animal fodder and later (finally!) for human consumption, gaining popularity in the 16<sup>th</sup> century.

The beet’s popularity finally skyrocketed in the 19<sup>th</sup> century when French chefs discovered that they were a concentrated source of sugar. In fact, when the British restricted access to sugar cane, Napoleon decreed that the beet be used as the primary source of sugar. It was around this time that the beet made the jump across the Atlantic to our shores where they now flourish.

Beets are an excellent source of antioxidants, especially vitamin C and manganese. Studies have also supported the beet’s benefits for eye health and overall nerve tissue health. Their anti-inflammatory benefits are also documented, and they are being studied in relation to their help fighting certain types of heart disease and even Type 2 diabetes.

**Isla’s Ideas**

There is a newspaper cat that comes around near our kitchen door. By newspaper, I mean that the cat is black and white. We have wild cats on the farm, so maybe it's one of those? We had to be really careful around it because it was really scared of us and it hissed a lot. Over the past month it has become friendlier and has let us pet it. It's name is Peaky Sneaky but my Dad wants to call it Oreo. It's black on the top and white on the bottom, so if you have any great cat names, write to me and let me know! [Csa@spiralpathfarm.com](mailto:Csa@spiralpathfarm.com).

## **Napa Cabbage Stir Fry**

- 1 lb. ground beef
- 3 cloves garlic (sliced)
- 1 cup onion (chopped)
- 2 Tbsp sesame oil
- 2 cup carrots (chopped)
- 1 cup turnip greens (chopped)
- 1/2 or whole head napa cabbage (sliced thin, use the ribs also)
- 1 tsp salt
- 1 can organic coconut milk blended with Thai peanut sauce or -1 and a 1/2 cups stir fry sauce
- 1 lb. package of wide Thai rice noodles (cooked)

*Brown the ground beef in a large pot. Add the carrots, garlic, and onions. Stir often over medium heat. When carrots are soft, add the cabbage and salt. Stir often until cabbage is completely wilted down. Add sauce. Serve hot over rice noodles. If you like spicy, use Red Curry paste with coconut milk, instead of peanut sauce.*

## **Stuffed Butterkin or Acorn Squash with Sausage and Kale** *Shared by Terra Brownback*

- 2 butterkin squash or 4 small acorn squash (acorn will create a nuttier flavor and butterkin will create a sweeter taste)
- 1 lb. spicy sausage (can also use plain sausage along with 1/2 cup minced hot peppers)
- 1 large bunch kale or spinach (minced)
- 2 leeks (white part only) or 1 large onion or 2 shallots (minced)
- 2 cloves garlic
- 2-3 oz. cream cheese
- Salt
- Pepper
- Olive oil
- 1 1/2 cups Parmesan cheese
- 1/3 cup walnuts (chopped)
- 1/3 cup breadcrumbs or panko

*Cut the butterkin squash lengthwise (horizontally) and deseed. If using acorn squash, cut through the stem (vertical cut) and deseed. Generously brush olive oil over the flesh of the squash. Generously salt and pepper. Turn upside down and place on parchment paper lined cookie sheet. Bake for 45-55 minutes at 400 degrees until the flesh is soft. While squash is baking, prepare the stuffing. Brown the sausage well in a large pot. Remove the sausage and place aside. Add to the pot the leeks and add olive oil if needed to prevent burning. Cook 3-4 minutes or until leeks soften. Add garlic and stir for 1 minute. Add all the kale and mix to combine. You want to steam the kale so that it is soft. You can add a small amount of water, chicken broth, or white wine. Cover and let kale cook for 5 minutes. Add meat back to mixture and stir to combine. Season to taste with salt and pepper. Stir in cream cheese (it will melt as you stir it in) and 1 cup of Parmesan cheese. Let sit while you prepare the squash. Once squash is soft, pull out of oven and let sit for a few minutes. Using a spoon, scoop out the squash - leave enough to help keep the shape of the squash. Mix the squash "guts" with the meat mixture and fill the squash up with the filling. Bake for 15-20 minutes to heat through at 400 degrees. While it is heating, combine chopped walnuts, breadcrumbs and 1/2 cup parmesan cheese in a small bowl. Sprinkle this mixture over the tops for the last 5 minutes and broil to melt cheese and brown breadcrumbs. This dish can be made ahead and refrigerated before baking. Enjoy!*