



#### This week's box:

- Lettuce
- Cabbage (savoy)
- Broccoli
- Potatoes
- Cipollini onion or leeks
- Spaghetti squash
- Bonus item in small boxes!

#### Large box also includes:

- Peppers, sweet and bell
- Tomatoes
- Sugar pumpkin
- Baby beets



**CSA member survey:** We appreciate the feedback that we're getting from our survey. If you haven't already done so, please fill it out when you have the chance. The responses will be compiled and shared with CSA members. Take the survey online: [https://www.surveymonkey.com/s/CSA\\_member\\_survey](https://www.surveymonkey.com/s/CSA_member_survey)

**What happened to my CSA box?** The shorter days and cooler temperature means that fewer vegetables thrive at this time of year. This is when winter squash, potatoes, onions, and brassicas shine. If you are feeling overwhelmed with the winter squashes, cook them and freeze the puree to use at a later date. When you start longing for cucumbers and mizuna, remember: you are truly getting a taste of the season and should give yourself a pat on the back for eating local, and making the best of what's in your box.

There are just three weeks left in the season. The last delivery is November 6th.

## Veggie of the Week

### Savoy Cabbage *Brassica oleracea*

Savoy cabbage is believed to have originated from England and Holland. It was introduced into Germany as "Savoyer Kohl" from the Savoy ruled region of the Alps bordering Northern Italy and France during the 18th century. Savoy cabbage is distinguished by its heavily textured, crinkled leaves with saw-like leaf margins. Despite this rough appearance, the leaves of the savoy cabbage are tender, even when eaten raw. It is milder and sweeter than other forms of cabbage. This makes them an ideal choice for salads, vegetable wraps, or as a bed for rice, fish, or other dishes.

## Storage and Cleaning Tips

**Beets** - Cut the tops off to keep beets firm, (be sure to keep the greens!). Leaving the tops on will draw moisture from the root, making them lose flavor and firmness. Beets should be washed and kept in an open container with a wet towel on top.

**Broccoli** - As with all organic produce that isn't sprayed for bugs, be especially careful about washing your broccoli and cauliflower to flush any out of nooks and crannies by soaking the head in cold, salted water for about half an hour. Shake off excess moisture and store in a loose perforated plastic bag in the fridge for about a week.

**Cabbage** - Can be left out on a cool counter for up to a week, or in the crisper drawer. Peel off the outer leaves as they begin to wilt.

**Lettuce** - Fill a large bowl or sink with cold water, break off the leaves, dunk them in the water, lift them out, change the water, and repeat until the water is clean. Dry greens very well with paper or kitchen towels or a salad spinner and store them in a plastic bag or airtight container with a couple paper towels.

**Potatoes** - Store in a loose bag unrefrigerated in cool, dark and dry place such as a pantry; a paper bag also works well.

**Pumpkin and spaghetti squash** - Store at room temperature in a dark, dry place. Will keep for up to a couple of weeks.



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