



THE SEEDPOD STANDARD

CSA NEWSLETTER

9.13.15



"The greatest fine art of the future will be the making of a comfortable living from a small piece of land."
Abraham Lincoln

A NOTE FROM SEEDPOD FARM

Dear Partners,

As I type it seems quite evident that the fall season is upon us. The rains have returned, there's a nip in the air and my thoughts have turned to processing rather than planting.....with one exception- garlic. We gave garlic a "go" this year, planting 6 varieties, all of which did pretty well. It's true that we'll need to work that soil a bit (probably a life-long endeavor) to maximize the mineral-rich clay and fine silt that has been deposited on our soil during so many floods. Of course, that also means that if we have another flood- we'll need to work on re-establishing our soil in the veg patch. We're rolling the dice again as instead of planting rye grass (green manure) we're going to cover the beds with plastic mulch. This will give us a head start in the spring and will be a welcome weed barrier for next fall.

If indeed I were to have wanted more kale and brassicas, I would have planted those a few weeks ago. Luckily in our climate we have the opportunity to garden year round. Frankly though, with little ones in the mix, I welcome an "off season". Is there one??

The final basket will be delivered to you on **Monday September 28th between 4-6pm.** If this does not work for you, please let me know via e-mail. I appreciate your flexibility as we work with my schooling schedule this next week.

Warm Regards,

The Gulletts

The Likely Line-Up: **Potato Medley, Fresh Garlic- Elephant, White Russian Kale, Beet Medley, Rainbow Lights Chard, Spanish Onions, Pepper Assortment, Sugar Snack and White Satin Carrots, Apples, Herbs & more.....**

HARVEST HIGHLIGHT



Despite the fact that this crop is not in your CSA basket, I was too excited not to share it's impending harvest with you. Meet "rainbow quinoa". This South American native is a staple for many and surprisingly easy to grow. Gluten free, high in protein, quinoa is in the goosefoot family (like beets) and is known as a pseudo-cereal as it's not actually a grain, but a seed. One cup has better than 30% of your daily allowance of magnesium! We planted our

quinoa next to our mammoth sunflowers- which have reached over 9ft tall. The quinoa is a close second. These impressive plants have massive seed heads which can bend in the wind. Understandably, this is why the base of the stock back be up to 5 inches across. Look for quinoa as a direct market crop next year. It is labor intensive, as the seeds are harvested by hand, but it's uniqueness and health benefits are worth it.

FOR YOUR INFORMATION- Check out these additional facts about quinoa from whfoods.com-

- There are more than 120 varieties of quinoa in the world
- Quinoa's biodiversity and health benefits, ease of propagation and widespread use have earned it the label of a "super food".
- Researchers have recently taken a close look at certain antioxidant phytonutrients in quinoa, and two flavonoid—quercetin and kaempferol—are now known to be provided by quinoa in especially concentrated amounts. In fact, the concentration of these two flavonoids in quinoa can sometimes be greater than their concentration in high-flavonoid berries like cranberry or lingonberry.

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Caramelized Onions- From the Seedpod Farm Kitchen



Slice onions either in rings or thin slices. Place in a colander and sprinkle with 1T of salt. Toss. Place over a bowl and allow the water to drain off of the onions for approx 15 min. Place onions in a towel and squeeze out the remaining liquid. Melt 1T butter in a sauté pan. Add 1T of oil. Once fat mixture is foamy, add onions. Cook on medium heat stirring frequently. As onions begin to soften, add 2T of sugar. Continue to stir as the onions caramelize. Serve atop a sandwich, with crackers or by the spoonful. Add to cream cheese and minced chives for an amazing dip. Enjoy!