



October 5, 2020

As fall is upon us, our work in the fields has shifted towards preparing our beds for cover crops. Tomato trellises have been dismantled and the former beds of summer crops, mowed and harrowed. We are seeding a “cover crop” in these beds, which is a mix of plants that will grow over the fall, winter, and spring and provide nutrients to the soil. Some plants, like those in the legume family (beans, peas, vetch), have the ability to take nitrogen from the atmosphere and infuse it into the soil. These “nitrogen-fixing” plants are common in cover crop seed mixes, because they restore nitrogen reserves in the soil (and these reserves will eventually feed hungry vegetable crops!). Because plants are home to a complex, thriving ecosystem, both above and below ground, growing cover crops can be an important part of building healthy soil.

For this week’s share, we have Included a special labor of love from the RTB Kitchen, that brings back the essence of summer sweetness: blackberry jam! Every day during the summer, the RTB garden crew diligently harvests blackberries. Fresh berries have a short shelf-life, so we typically freeze the berries until there is enough harvested to make large batches of jam. Here at RTB, jam is more than just a thing to pair with peanut butter. In a jar of jam is the energy, time, love, attention, patience, diligence, and care that goes into making it.

**Items you will be receiving this week include:** *\*please remember to wash all produce, including fruits\**

- **Daikon Radish** (pictured right) are also known as “icicle radish.” Good sources of vitamin C and fiber, they can be eaten raw, roasted, sauteed, or lacto-fermented - try shredding them and adding them to your sauerkraut recipe! (\$2 value)\*
- **Cabbage** (\$6 value)\*
- **Winter Squash (Butternut or New England Pie Pumpkin)** (\$4 value)\*
- **Eva’s Garden Pea Greens** (pictured right) from Eva’s Garden, an organic neighboring farm. They are delicious fresh on a sandwich or in a salad or you can even lightly saute them. They have a huge amount of nutritional value and are packed with vitamin A. (\$5 value)\*
- **Noquochoke Orchards Pears & Apples** (\$2.75 value)\*
- **Round the Bend Farm Blackberry Jam** (\$6 value)\*



**\*We have been asked to share what the financial value is of each item for transparency.**

## **Cajun Cabbage Stir Fry Recipe:**

RTB Executive Chef Shaun has been making this stir fry for lunches and it has been a huge hit. It's quick, easy, and delicious. He shares his recipe with you, below:

### **Ingredients:**

1 head green cabbage  
2 medium sized onions  
Oil  
2 Tbs butter  
Cajun spice blend (see below)

### **Instructions:**

1. Slice thinly 1 head of green cabbage;
2. Slice thinly two medium sized onions;
3. Heat 2 tablespoons of oil in a saute pan and add onions and cabbage and cook until they start to soften, add in 1 tablespoon of butter and 2 tablespoons of the cajun spice blend and mix in and cover and cook for an additional 10-15 minutes stirring occasionally.

### **Cajun Spice Blend Ingredients:**

3 Tbs onion powder  
3 Tbs garlic powder  
1 ½ Tbs black pepper  
1 ½ Tbs white pepper  
6 Tbs paprika  
½ - 1 Tbs cayenne pepper (adjust to suit taste buds)  
1 1/2 Tbs oregano  
1 Tbs dried parsley  
1 1/2 Tbs dried thyme  
1 1/2 Tbs dried basil

### **Cajun Seasoning Instructions:**

Combine all the ingredients in a bowl or jar, and stir so that all the ingredients have been fully combined. Store in any airtight container.

Some of you may now be receiving your shares in small, rectangular plastic baskets. Like the ChicoBags, PLEASE remember to return these baskets to your CSA distributor so we may sanitize and re-use them for future distributions. These baskets were salvaged from a local farm and have a new life cradling your shares. Please take care and help us ensure these baskets (and ChicoBags) can remain in circulation. THANK YOU!

**We hope you always remember-- you are loved!**

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