



October 14, 2021

Dear Friend,

Happy October and welcome back to another week of Manifest Love! Parsley has been a staple herb in the Manifest Love distributions since late May and we have harvested it all from only 2 successions (2 plantings). It is an incredibly resilient plant and continues to regrow after we have cut some for bunches. When the second succession of parsley was ready to harvest we mostly left the first succession alone. Instead of ripping out the plants and putting in cover crops, we left the parsley because they are a popular habitat for Black Swallowtail butterfly caterpillars. The caterpillars feed on the greens of the carrot family which include parsley, celery, carrot, dill, and parsnip. Like bees, butterflies are pollinators so we want to support their habitat and health as much as possible! It is always exciting to see the caterpillars on the parsley and see the butterflies pollinating our vegetables and flowers in the field.



Thank you for continuing to return your ChicoBag to your CSA distributor every week! We really appreciate it as we will be washing and reusing these bags for the duration of the *Manifest Love* project.



Items you will be receiving this week include:

please remember to wash all produce

- **Apples from Noquochoke Orchards** This local Westport orchard is donating these delicious apples to us throughout the month - enjoy this delicious taste of autumn!
- **Arugula and mizuna** these slightly spicy greens are the perfect base for a fall salad. We love them topped with roasted winter squash!
- **Purple top turnips, black radishes, carrots** Carrots are a good source of several vitamins and minerals. They contain plant compounds with powerful antioxidant activity that have been linked to improved immune function and reduced risk of many illnesses, including heart disease, various degenerative ailments, and certain types of cancer. Carrots can keep for up to a month in the refrigerator, as long as proper moisture is maintained. We'll be cutting off the carrot greens for you and just distributing the root, but if you do come across carrots with greens, make sure the leafy tops are removed before storing; if kept on, they will continue to pull moisture from the roots and won't keep as long. An alternative to storing carrots in a plastic bag is placing the carrots in a bowl of water in the refrigerator, or wrapping them in damp paper towels or dish towels in the refrigerator. As long as cold temperature and moisture is maintained, your carrots should remain crisp!
- **Bell peppers**
- **Parsley, cilantro**



Recipe: Butternut Squash Soup

(Adapted from: <https://www.gimmesomeoven.com/slow-cooker-butternut-squash-soup-recipe/>)

Butternut squash soup is a perfect meal to warm you up during the fall and winter. If you don't have coconut milk on hand, use regular milk to give it a bit of creaminess. This can also be made in a slow cooker as well.

Ingredients

- 2 cups vegetable stock
- 4 cloves garlic, peeled and minced
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 medium (about 3–4 lbs) butternut squash, peeled, seeded and diced
- 1 onion, peeled and roughly chopped
- 1 sprig fresh sage
- 1/2 teaspoon salt
- 1/4 teaspoon freshly-ground black pepper
- 1/8 teaspoon cayenne
- pinch of ground cinnamon and nutmeg
- 1/2 cup canned (unsweetened) coconut milk
- optional garnishes: extra coconut milk, smoked paprika, or see more ideas above

Steps

1. Add vegetable stock, garlic*, carrot, apple, butternut squash, sage, onion*, salt, pepper, cayenne, cinnamon and nutmeg a large stockpot. Toss to combine.
2. Cook on medium-high until the mixture reaches a simmer. Then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are all tender and mash easily with a fork.
3. Remove and discard the sage. Stir in the coconut milk.
4. Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until smooth, being extremely careful not to fill the blender too full with a hot liquid.) Taste, and season with additional salt and pepper as needed.
5. Serve warm, topped with your desired garnishes.



Wishing you all good health - from the farm to your table!

With love and positivity,

Desa & the RTB Team

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Thanks to our Manifest Love partners:

eliminating racism
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