

Dear Trevor,

The weather seems to be holding out for us for the last two weeks of the summer season. Usually by this time of the year my staff is getting used to standing in cold rain! From what I'm seeing, we won't have that this week during pickup days.

For the farmers, this weather is working out great. The broccoli and cauliflower are growing slowly but not "bolting," and other crops are holding on in the fields. For the grain farmers who are trying to put away crops for animal feed for the winter, the warm dry days will make their work much easier.

Also, lots of administrative things to discuss below. Please scroll

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down for:

- 1) Closing out summer season - account balances and putting items on account
- 2) Register for winter season. Only 200 spots left.
- 3) Salmon Club Shipment #2 goes out this week. There is a little left. First come first serve preorder online.

Thanks
Trevor

Trevor's Corner

Final Payments, Winter Season, and Thanksgiving.

As the season comes to an end, we have a few administrative things to go over with you.

1) Winter Season Registration. See below for more details, but we can help you at the back of the truck. Last week there was information put in your bag. If you didn't get an envelope with details and a registration form, please ask for one this week. We can help you register on the spot.

2) Thanksgiving Order. More details below, but look for an envelope and flier in this week's bag with more details.

3) Account Balance and Putting extra items on account. Please watch for an email from Lyn with your account balance. You may pay this online with a credit card or bring your checkbook to the back of the truck.

For those who like to put extra items on account, please try to bring cash or a checkbook the next two weeks. This isn't necessary but it will sure save us a lot of time from sending multiple payment reminder emails and it will speed up the checkout process. By not having an online balance, it also makes it easier to register for winter and/or a Thanksgiving package.

EGGS - We have a shortage, please preorder online.

Many of you have noticed the egg shortage lately. It has been terrible. Our hens have been slowing down a lot this fall. They do usually slow down some in the fall and more in the winter, but they are slowing down early this year. I'm wondering if this is a bad sign for the winter to come!

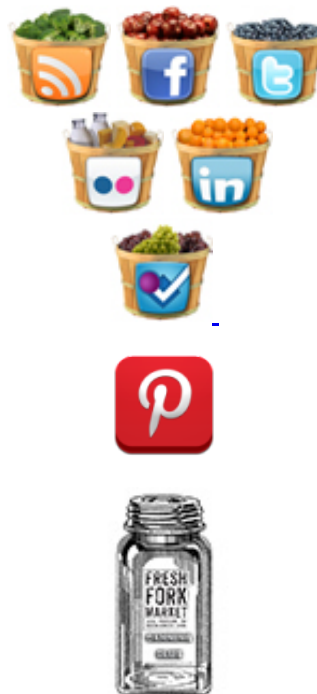
Our egg production is literally about 60% of our peak yield in the summer and we have only had enough eggs to fill pre-orders and about one or two routes per week.

To ensure that you get your fresh eggs, please preorder them online at <http://csalogin.freshforkmarket.com> by Tuesday at midnight.

[Pick Up Locations](#)

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Cabbage - Parker's Tips for Stuffed Cabbage and safe coring.

Coring Cabbage: It is important to safely core the cabbage.

With a chef's knife, square up the bottom of the cabbage by cutting off the "stem" where the head connects to the plant/roots. Place the head on the square up bottom and cut down through the middle from above.

For stuffed cabbage leaves, don't cut the head in half. Start by removing the stem as described above. Turn the cabbage over to expose the core area. With a sharp pairing knife, cut around the core with the point of the knife pointing into the core and up into the cabbage approx 2 inches. Cut

Winter Season Registration OPEN. Winter Season starts the week of November 3rd. We only have about 200 spots left so please don't hesitate to register.

A quick summary:

- weekly pickups in early November then every other week all winter long
- \$45 per delivery, which comes out to \$22.5 per week. Actually cheaper than the summer
- less perishable products and every other week schedule make winter easier to manage on many customers with a busy schedule
- no vegetarian or vegan options available. Sorry, I just can't offer a fair value. Please consider sharing/splitting a bag with a friend.

For the winter, we have most of the same pickup locations. We do cutout some of the late night stops. Full list of locations and more details at the link below.

Our Winter Season registration is now open. Details and registration below. If you have any questions, please write back or ask the greeter at the back of the truck.

More details and registration here: [Winter Season Info and Registration](#)

Salmon Shipment #2 is in. There is a little left. ORDER NOW. The second shipment from the Wild Salmon Co is now in. This is the once per year salmon buying club order.

As a reminder, this is wild caught, Alaskan Sockeye salmon that was quick frozen in Alaska as it was caught in September. Our friend Heidi, the fisher lady, is thrilled that it has been so well received here. Thank you guys for the support!

If you have already preordered your salmon for the second shipment, expect to receive a confirmation email from Lyn. Some of you received it yesterday; others will get it today. Please print this and bring with you to pickup.

If you have not yet preordered salmon, we have about 20 cases left. It is \$165 for the 10# case of center cut 6 oz salmon filets. If you buy the pieces individually, they are \$7 each individual portion. They are flash frozen and vacuum sealed in a very thick poly bag. They have a freezer life of 1 year.

Preorders for the remaining salmon should be placed ASAP at <http://csalogin.freshforkmarket.com>.

around the core. Your goal is to remove a cone shaped piece of cabbage.

Removing the cabbage leaves:
To remove the leaves, plunge the head of cabbage core side down into a large pot of boiling water. Be careful not to fill the pot to high and overflow the boiling water with the cabbage.

After 4 or 5 minutes, use tongs or a fork to carefully peel back the now softened cabbage leaves. Drop the leaves into a bowl of ice water. Continue removing the leaves until only half the head of cabbage remains. Remove this smaller, center portion of cabbage and save for another use.

To make cabbage rolls, lay a cabbage leaf on the cutting board. With a sharp knife, remove 2 to 3 inches of the thick, firm rib in the middle. This will make them easier to roll around the filling.

Join Our Mailing List

What's In The Bag?

Small Omnivore

Green Onion Bratwursts
Red Norland Potatoes - 2#
Shallots: a handful
Jonagold Apples - quarter peck
Carrots - 1 bunch
Kale - 1 bunch
Romaine Lettuce - 1 head
Napa Cabbage - 1 head
Broccoli - 1 head

Small Vegetarian

Small Omni, Minus Brats, add:
Eggplant - 1 to 2 depending on size
Sweet Peppers - 2 (red and yellow)
Spinach - 1 bunch
Beets - 1 bunch
Pears - 1 quarter peck

Small Vegan

Same as Small Vegetarian

Large Omnivore

Green Onion Bratwursts
Red Norland Potatoes - 2#
Shallots: a handful
Jonagold Apples - quarter peck
Carrots - 1 bunch
Kale - 1 bunch
Romaine Lettuce - 1 head
Napa Cabbage - 1 head
Broccoli - 1 head
Eggplant - 1 to 2 depending on size
Beets - 1 bunch
Garlic Dill Pickle Chips - 1 pint
Sweet Peppers - 2 (red and yellow)
Cilantro - 1 bunch
Pears - 1 quarter peck

Large Vegetarian

Red Norland Potatoes - 2#
Shallots: a handful
Jonagold Apples - quarter peck
Carrots - 1 bunch
Kale - 1 bunch
Romaine Lettuce - 1 head
Napa Cabbage - 1 head
Broccoli - 1 head
Eggplant - 2 - 3, depending on size
Beets - 2 bunches
Garlic Dill Pickle Chips - 1 pint

Sweet Peppers - 4 (red and yellow)
Cilantro - 1 bunch
Onions - 1
Spinach - 1 bunch
Pears - 2 quarter peck

Recipes

Beet and Sweet Pepper Soup

Ingredients

1 tablespoon oil or butter
2 shallots, chopped
2-3 sweet peppers, inside ribs and seeds removed, chopped
2 beets, scrubbed and peeled, chopped
3-4 cups veggie stock
Lemon Juice
Salt and Pepper

Heat the oil in a heavy bottomed pan over medium heat.
Cook the shallots until tender but not browned. Stir in the peppers and beets and allow to cook for a minute or two.
Add in the veggie broth and bring to a boil. Reduce heat and allow to simmer (covered). Cook until the beets are tender (time depends on size of beets, but probably around 30 minutes).

Once veggies are cooked, remove from heat. Allow to cool some, add lemon juice, salt, and pepper to taste. Puree in a blender and serve warm.

Bacon and Honey Glazed Carrots

Ingredients

1 bunch carrots, peeled and tops removed.
3 strips bacon, chopped
2 sprigs fresh thyme
1/4 c honey or maple syrup
salt and pepper
lemon juice from half a lemon (optional)

Precook the carrots first. If all carrots are about the same size, add them to boiling water. If they vary in size, either cook the carrots separately so that larger carrots cook longer or cut the larger carrots into smaller pieces before cooking. The goal is to have evenly cooked carrots. You want the carrots to be slightly tender but not completely cooked through (no mushy carrots).
When the carrots reach the desired done point, drain them and rinse under cold water to stop cooking.

In a skillet on medium heat, add the bacon and cook until crispy. Remove the bacon pieces with a spoon and drain them on a paper towel. Reserve bacon grease in pan. Add honey/maple and thyme (use a few pinches of dried thyme if you don't have fresh) to pan. Once combined, add carrots back into pan and toss so they are evenly coated and season with salt and pepper. Serve

with bacon bits on top and (optional) a squirt of lemon juice.

Spiced and Stewed Apples

Ingredients

Aromatic spices: sliced fresh ginger, cloves, cinnamon sticks, star of anise, allspice berries or cardamom pods all have a great flavor. Start small and experiment with what you like!

6 cups apple cider

8 large crisp and tart apples, peeled, cored, and cut into 1-2 inch dice

Tie up all your herbs in a little cheesecloth or a tea sachet. Bring the cider and the herb packet to a boil in a large pot, and then add in the apples. Once it reaches a boil again, drop the heat down so it just simmers, and cook for about 8-10 minutes.

Remove from the heat when the apples are tender but not mushy--don't let them cook too long or you'll have sauce before you know it.

Strain the apples (use the liquid as a base for a Fall cocktail or maybe a braising liquid for pork) and discard spice bag. Serve the apples warm (drizzled with honey, topped with ice cream or just straight from the pan.)

Carrot Souffle

Ingredients

1 lb of carrots, peeled and cut into 1/4" thick coins

1/2 cup whole milk or half n' half

1/2 cup salty cracker crumbs

1/2 cup grated sharp or smoked cheddar

1/4 cup onion, minced

1 tbsp butter

1/2 tsp salt

Dash of pepper and nutmeg (optional) to taste

3 eggs

Set your oven to 350. Butter a baking/souffle dish so that you're ready to go. Put the carrots in a large pot, and cover with lightly salted water. Bring to a boil, and then reduce heat and simmer until carrots are tender (about 8 min.) Drain, rinse with cold water, and set aside.

Add the carrots and all the other ingredients (except eggs) to your Vitamix or blender and puree. I like to leave it a little chunky for texture, but go ahead and liquify it if that's your thing. In a small metal bowl, whisk the eggs (or use an electric mixer) until frothy, and then fold into carrot mixture.

Pour into the prepared dish and bake 35-40 minutes, until gold/brown on top and puffy all around. Serve with a big spoon.

Roasted (or grilled) Napa Cabbage (w/ optional dressing)

Ingredients

1 head napa cabbage
oil
salt and pepper

Optional: bacon, cut in half then split lengthwise into skinnier strips.

Dressing (optional)

1 part acid/vinegar (lime juice, lemon juice, white wine or rice vinegar)
3 parts oil
Fresh Cilantro (to taste, probably about half a bunch)
Honey - 1 tablespoon
Garlic - 2 cloves, peeled and cut in quarters
Optional - cayenne, chili, curry, or some spicy spice

As you may know, last week was our cabbage mania class. We tend to get a lot of "cabbage haters" out there. I don't know why. It is so versatile. Well the napa cabbage is just a slight variation of the cabbage. A little more tender and more palatable raw.

This recipe can be adapted to be used with regular green cabbage as well. Think of roasted brussel sprouts (which we all love). You can roast regular cabbage as well and prepare like you would the little "cabbage on a stick" (as I call brussel sprouts). Think of things you like with sprouts - bacon, cream, salt, acid.

Start by washing your napa cabbage. Slice down the center to create two halves. Do not remove the core/stem. This is what holds it together. Rub it with oil on the inside and out. Sprinkle with salt and place outside up in a preheated 450 degree oven. Roast for approximately 15 minutes then flip. Optional: Lay strips of bacon across top and continue to roast for about 15 minutes more until tips of cabbage are starting to char and bacon is crispy and fat rendered into the cabbage.

Cut into wedges/chunks and serve immediately.

Variation: Instead of bacon, make a dressing and either dress the cabbage when you flip it or when it comes out of the oven.

Dressing: this is really easy using your vitamix or blender.

1 part acid (lime juice, lemon juice, white wine or rice vinegar)
3 parts oil
Cilantro, honey, garlic, and spices as indicated above.

Place all ingredients in blender and turn on. Blend until emulsified (oil and vinegar are not separated). Drizzle over roasted cabbage to continue roasting in oven or drizzle over cabbage on plate.

Napa Cabbage Stir Fry

Ingredients

1 head napa cabbage
Your favorite stir fry veggies - carrots, onions, broccoli,
cauliflower, peppers, etc
oil
salt and pepper

Serve alone or over a bowl of rice or whole grain (like spelt berries or wheat berries)

Sauce: just google stir fry sauce. There are so many variations out there I hate to tell you that one is superior to the next. It is all a matter of preference.

Start by trimming your napa cabbage by removing the tender green pieces from around the thick white rib. Keep both. Slice both into strips about 1/4 inch thick.

In a large skillet, heat up some oil over medium heat. Add your slices of napa cabbage core and any other veggies of similar density (like carrots). Saute until they are nearing tender. Add more tender veggies like onions, peppers, and broccoli. Season with salt and pepper and add stir fry sauce. Toss to coat and cook until all veggies are at desired done point.

Serve stir fried veggies over a bowl of rice or cooked whole grains like wheat berries or spelt berries. Top with raw pieces of napa cabbage (the green pieces you cut up earlier) and maybe something crispy like toasted peanuts.

Other Recipes We Like (from the web)

[Stir Fried Pork with Napa Cabbage](#)

[Broccoli Cheddar Soup](#)

[Curry Rubbed Salmon with Napa Cabbage Slaw](#)

[Kale Salad with Apples and Hazelnuts](#)

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