

Good afternoon, CSA Members.

The maple leaves are turning, fireplaces are being dusted off, the nights are longer, and our summer staples are nearly behind us. Autumn is finally here, and Fall CSA is underway!

For those of you that are new, let's do some introductions. When you come to CSA, you will most likely be greeted by Chad. Chad is one of our seasonal workers, who has been with us since May. He's in charge of CSA, so he prepares your veggies and comes up with the useful recipes below. Some of our other workers will rotate through. Stacey and Casey, farm managers, will stop in as the field schedule allows. We're all delighted that you will be eating our veggies for the next 9 weeks!

We will be having a farm tour this weekend, complete with a wagon ride, light refreshments, and a chance to meet the farmers responsible for growing your vegetables! **Come to the farmstand at 3:30 on Saturday, Sept. 28th.**

-Chad, Stacey, Casey and the PVF West Team

In the Bag

Fall CSA Week 1: September 24, 2013

Here's what you will find in the CSA room this week.

Chives or Thyme

Kale or Beets

Beans

Lettuce Mix or Arugula

Radishes or Turnips

Leeks

Potatoes

Tomatoes

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville).

If you are going to be late, but would like us to pack you a bag - please call 540-882-3885 between 2 and 7 PM. Do not reply to this message, as I am on the farm and will not receive it.

Arugula is a zippy, peppery green in the cruciferous family of vegetables (also known as the Brassicas). It's popular in Italian cuisine, grows wild in Asia and the Mediterranean, and can be traced back to Roman times where it was used for its seeds and oils. It can be eaten raw in salads or cooked. Arugula has become a popular ingredient in salad mixes. It is an excellent source of vitamins A and C, folic acid, calcium, magnesium, and manganese.

Beets are the two-meals-in-one vegetable: You can eat the beautiful roots AND you can sauté up those leafy greens. Beets are fantastic boiled or roasted and then put over a salad, or grilled (wrap whole beet in foil, drizzle with olive oil, and stick them on the grill for about an hour) as a side dish. Beet greens are a bit earthier in flavor than spinach, but similar nonetheless. Beets are high in folate, manganese, potassium, vitamin C, and iron.

Kale, a broad, leafy, robust-stemmed green, is a form of cabbage and in the Brassica family. It is used worldwide, and can be sautéed, stewed, steamed, frozen, or even used raw in green smoothies or when young and tender in salads. Kale is a super food, high in antioxidants, vitamins K and C, calcium, beta carotene, and iron. Use it in any recipe that calls for leafy greens.

If you have trouble figuring out what you brought home, go ahead and refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Recipes

If you're looking for recipe ideas, check out our [website](#)! Type the vegetable name into the search box. We're constantly adding new goodies as we find them!

[Roasted Potatoes with Sea Salt and Thyme](#)

[Walnut, Goat Cheese, and Arugula Salad](#)

[Leek and Potato Fritters](#)

[Roasted Turnips](#)

[Radishes with Butter and Salt](#)

[Green Beans with Walnuts](#)

[Chopped Kale Salad](#)

[Roasted Beet Salad with Greens and Feta](#)