

Good afternoon, CSA members.

It is the first week of October and the weather is perfect! We are looking at the first broccoli and cauliflower of the year, a lovely addition to the lineup this fall. The trickling supply of late-season tomatoes adds some color to the share this week, but otherwise it is time for GREENS!!

This is also the last full week of the stand being open, so make sure to let your friends know to come in and stock up on veggies!

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.

-Chad (and Stacey)

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In The Bag

Week 2: October 1, 2013

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

Garlic Chives, Oregano, or Lemon Thyme

Parsnips or Kohlrabi

Broccoli or Cauliflower

Spinach or Baby Kale

Lettuce Heads

Acorn Squash or Spaghetti Squash

Garlic

Tomatoes

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.

Kohlrabi, a stout member of the cabbage family Brassica, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

Cauliflower is another Brassica. Typically only the white head is eaten, though the leaves are actually delicious too and very similar to collard greens. Cauliflower can be eaten raw, steamed, boiled, sautéed, roasted, in soups, and is an excellent addition to curry. It's high in dietary fiber, folate, vitamin C, and has similar cancer fighting nutrients as broccoli. This is also our first pick of cauliflower, and we're really pleased. Enjoy!

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!

[Oven Roasted Parsnips](#)

[Baked Kohlrabi Fries](#)

[Broccoli Soup](#)

[Roasted Curry Cauliflower with Lemon](#)

[Classic Baked Acorn Squash](#)

[Spaghetti Squash Pad Thai](#)

[Spinach Salad with Bacon](#)

[Kale and Apple Salad](#)