



**YOUR SHARE WILL LIKELY INCLUDE:**

- Kale
- Tomatoes
- Sweet Peppers
- Hot Peppers
- Onions
- Cilantro



**FARMER'S CORNER:**

**Seasonal Vegetable Ideas**

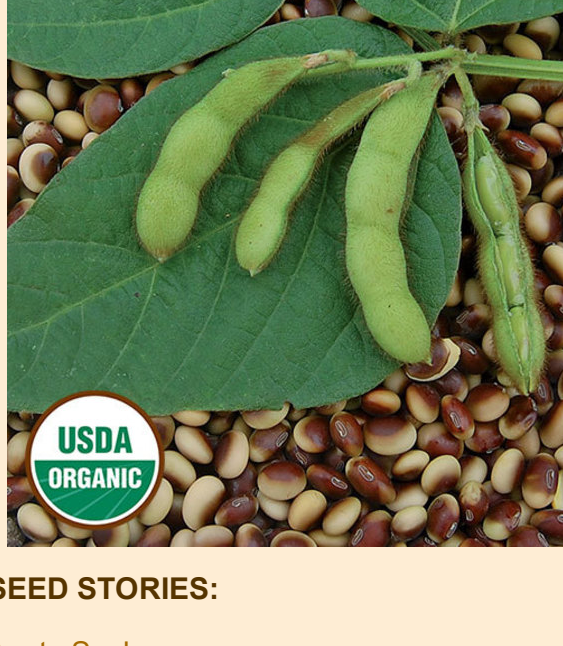
Roasted roots and vegetables are a simple, yet great recipe for a delicious side dish all year long! Use your favorite roots and vegetables, and with just a little bit of olive oil and a sprinkle of seasoning and fresh herbs you will have something scrumptious. Pick any of your favorite root vegetables and don't be afraid to substitute fresh, local produce. Roots like: beets, carrots, potatoes, sweet potatoes, onions, garlic, leeks, parsnips, turnips, and (watermelon) radishes; plus, seasonal vegetables like: summer squash, peppers, eggplant, okra, winter squash, broccoli, bulbing fennel, radicchio, cabbage, cherry tomatoes, and brussels sprouts are all great options to work with.

**Directions:**

- Cut your vegetables of choice into 1 1/2 inch pieces
- Toss in olive oil (or any oil you like), sprinkle with salt, pepper and chopped garlic
- Chop fresh herbs like rosemary, thyme, sage, oregano, chive (whatever is available)
- Roast in oven at 400 for 40-50 min until they are fork tender.

For a fresh and light twist, when the roasted vegetables are almost done (about 10 minutes left) toss in some seasonal greens: chopped spinach, kale, collards, escarole, arugula or swiss chard; or seasonal veggies: snow peas or fresh corn. Mix and match seasonal roots, vegetables and leafy green for a fun and ever-changing dish. With all the variations in vegetables that are available throughout the season, there are countless combinations!

Roasted Roots and Vegetables pair great with roasted or grilled meat and fish. After the Roasted Roots and Vegetables are taken out of the oven, you can pour them into a bowl and use an immersion blender to create delicious, seasonal soups. The possibilities are endless!



**SEED STORIES:**

**Agate Soybeans**

Agate soybeans are a very rare variety of Japanese soybeans. Soybeans are central to Japanese and Chinese culinary traditions; usually either being steamed as edamame or made into soy sauce, tofu, miso or other soy dishes and products. From ancient times through the early 1900's, China and Japan were the leading producers, consumers and distributors of soybeans in the world, but beginning in the 1930's the United States became the leader in the soybean industry. Agate soybeans were one of the many varieties that the USDA collected from China and Japan around this time. Agate seeds were introduced to US farmers in 1937 due to their high yields, early maturity and good eating quality. Today, Agate, along with other once-prized, heirloom soybean varieties have become rarer and, in many cases, have even gone extinct. GM (genetically modified) soy has taken over the industry and now accounts for 80% of US soybean production. Growing rare traditional varieties, like Agate, helps to maintain high quality, healthy foods, as well as genetic diversity and traditions. Although Agate soybeans are smaller than most people are used to, they are especially flavorful and nutrient dense. The easiest and arguably most delicious way to eat these beans is as edamame- simply boil water, cook soybeans in their pods for 4-5 minutes, sprinkle with salt and enjoy! What will you pair your edamame with?

**Freezing Extra Veggies**

Are you having a busy week or got more of something than you can use? Simply de-seed and cut up peppers, wash and de-stem herbs and kale, or core and chop up tomatoes. Then just put them into a freezer-safe bag, write what it is and the date, and you'll have delicious veggies and herbs when you need them. Right now you might not be able to use everything up, but after the CSA is over you'll be glad you froze your extra produce!

**Fall CSA Baked Good & Micro-Greens Shares**

Keep your CSA shares going from October 16th to December 18th with our Fall CSA! Pick-up is on Wednesdays between 4-7 p.m. at ELIJA Farm.

We are excited to offer a Classic, as well as a Gluten-Free Healthy Deluxe Baked Goods share for your sweet tooth! We are also offering a micro-greens share featuring ELIJA grown micro-greens and shoots to help you keep your "green kick" going too!

*\*\*Participating in our Fall CSA will help support our micro-enterprise program that provides vocational training and learning opportunities for adults with autism!*

Baked Goods Share

Micro-Greens Share

**SIGHTS & SCENES FROM THE FARM**



**ELIJA Farm Team**

**Debora Thivierge**  
Founder & Executive Director

**Damon Green**  
Farm Operations Manager

**Joy Dinkelman**  
CSA/Harvest Manager

**Emmett Phinney**  
Greenhouse Manager

**Suzie Rust**  
Director of Baking & Culinary Arts

**Farm Interns**

Jason Harris

Mike Howell

Valerie Maben

43 Foxhurst Rd. South Huntington, NY 11746  
516.216.5270 . [www.ELIJAFarm.org](http://www.ELIJAFarm.org)

**MAKE THE MOST OF YOUR SHARE:**

**Massaged Kale Salad**

**Ingredients:**

- bunch of kale, stems and ribs removed

- 1 TBS olive oil

- 1/2 tsp salt

- 1 TBS lemon juice (1/2 a lemon's worth)

- parmesan cheese, grated

**Directions:**

1) Tear or slice kale into 1/4" pieces.

2) In a large bowl combine the kale with the oil, lemon juice, and salt.

3) Using your hands, massage the kale for 3-5 minutes, until the kale softens.

4) Chill for an hour or refrigerate overnight for a more tender salad.

5) Sprinkle with grated cheese and serve.

**Dressing Variations:**

a) Lemon juice, vinegar, salt and dash of sugar

b) Tahini and rice wine vinegar

c) Lime juice, honey, salt and pepper



**Featuring:**

- ELIJA Farm Produce
- Hayrides
- Pumpkin Patch
- Live Music & Storytelling
- Bounce House
- Festival Food, Hot Apple Cider, Hot Chocolate & more!

**When:** Saturday, October 5th from 10:00 a.m. to 2:00 p.m.

(**Raindate:** October 6th)

**Where:** ELIJA Farm

**Admissions:**

- ELIJA CSA members will receive 2 free tickets for Half Share Members or 4 tickets for Full share members. Contact [joy@elija.org](mailto:joy@elija.org) for details to reserve your tickets.
- General Admission: \$20 per person
- Free ages 2 and under
- Each child will receive a pumpkin with admission!
- Each family receives a Photo Coffee Mug

Buy Fall Festival Tickets



**Wishlist Wednesday**

Every Wednesday, The ELIJA Farm asks our community through email and Facebook to donate one specific item from our Amazon Wishlist to help the farm thrive and grow even more. We are always so thankful for each person that donates an item, and every person that donates one of our Wishlist Wednesday items will be highlighted in the following week's Wishlist posting!

**Thank you for the generous donations:**

\* Stacy Zauderer (Gorilla Cart)

\* Annie Jue (Gorilla Cart)

\* Shauna Weinberg (Rocking Chairs)

\* Enza Polito (Hammock & Picking Bucket)

\* Puja Malhotra and Ankur Anand (Lawn Mower)

\* Marie & Eddie Solomonik (Cast Iron Pots and Pans)

\* Jen Marsh, Theresa Trinder, & John Coppola (Weeding)

**This week's Wishlist item is a new greens harvester so we can quickly harvest all that salad!**



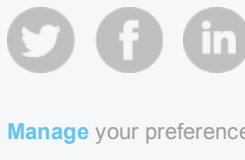
**UPCOMING CSA SHARE PICK-UP DATES**

- Saturday, September 21st
- Tuesday, September 24th
- Saturday, September 28th (**last Saturday**)\*\*
- Tuesday, October 1st (**last Tuesday**)\*\*



ELIJA Farm is a sustainable, non-profit farm in South Huntington, NY committed to using environmentally responsible practices to raise high quality, organically grown produce. The ELIJA Farm CSA is dedicated to enriching the health and wellness of our community through dynamic learning opportunities to its diverse membership. ELIJA Farm subscribes to the Farmer's Pledge, a voluntary program created by the Northeast Organic Farming Association of New York.

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