

Common Roots Farm

CSA share #19: week of October 14, 2019

It's Week #19, our final week of the 2019 growing season and our CSA venture to bring healthy food and beautiful flowers into your home! We sure hope you have enjoyed the bounty of Common Roots Farm as much as we appreciate your support. Our emerging farm has learned so much this season and we really hope you will consider joining us again next year. In the meantime, we plan to send out a brief survey in another week or so and hope you will offer us some feedback to improve your customer experience. We are especially grateful to those of you who stepped up and took a chance on us during this first CSA season. It means a lot to share our farm's products with you and know you are supporting our mission to help farmers of all abilities grow healthy food, beautiful flowers, and build community.



Our final farmer of the week, Linda, is one of many of our 'regulars' on the farm. Linda first worked at our Spring Work Day with her husband and son. She immediately began coming every Tuesday. Linda started gardening when she was a little kid and lobbied her parents to remove the grass in part of their yard to grow plants. Her parents said 'yes' so Linda's dad helped her and together they created a small salad garden. She and her dad gardened together. This is what means so much to Linda; farming with purpose and gardening which is 'is fueled by love'. She loves all life and saw that the connection to all living things is valued at Common Roots. The farm is a healing place for her personally and connects her to the earth and her community.

Linda will continue to work at the farm into the winter season and has been so inspired as to go to the 2020 EcoFarm Conference next January to continue her farming education.

This last week's CSA share includes microgreens freshly harvested from our hydroponic greenhouse, lettuce, pac choi, a quart of tomatoes, ½ pint of cherry tomatoes, bunching onions, delicata squash, and a small bouquet of our remaining flowers. Thank you again for the opportunity to add Common Roots Farm produce and flowers to your table in 2019. With gratitude for your generosity, and on behalf of our entire farm family, thank you for a great CSA season!

DELICATA SQUASH BAKE WITH TAHINI SAUCE

Simple, 30-minute delicata squash bake with toasted hazelnuts, pomegranates, and a maple-tahini sauce! The perfect plant-based Thanksgiving side dish.

Author: Minimalist Baker

PREP TIME 5 minutes COOK TIME 25 minutes TOTAL TIME 30 minutes

Servings: 6

Category: Side Dish

Cuisine: Gluten-Free, Vegan

Freezer Friendly No

Does it keep? Best when fresh.

Ingredients

SQUASH

- 2 delicata squash (halved lengthwise, seeds removed, cut into 1/2-inch slices)
- 2 Tbsp coconut oil (melted)
- 1 pinch sea salt

DRESSING

- 3 Tbsp tahini
- 1/2 lemon, juiced (1/2 lemon yields ~1 Tbsp or 15 ml)
- 1 Tbsp maple syrup

TOPPING

- 1/4 cup pomegranate arils
- 1/4 cup dry roasted hazelnuts (loosely chopped)
- 1/4 cup fresh parsley (chopped)

Instructions

1. Preheat oven to 400 degrees F (204 degrees C).
2. Add sliced squash to a bare baking sheet (1 large or 2 small, depending on size of squash // as the original recipe is written // use fewer or more baking sheets, as needed, if altering batch size) and toss with oil and sea salt. Then arrange in a single layer.
3. Bake for 20-25 minutes, flipping once at the halfway point to ensure even baking. You'll know it's done when fork tender, golden brown, and slightly caramelized (see photo).
4. While squash is baking, prepare dressing by adding tahini, lemon juice, and maple syrup to a small mixing bowl. Whisk to combine, then add hot water 1 Tbsp at a time and whisk until pourable. Taste and adjust seasonings as needed.
5. To serve, arrange baked squash on a serving dish and top with dressing, pomegranates, hazelnuts, and parsley. Best when enjoyed immediately.