



12/5/23
Your Share Menu:
Potatoes Store inside a cool, dark cabinet.
Sweet Potatoes Store at room temperature.
Red Cabbage Store in the fridge.
Turnips Store in the fridge inside a sealed bag.
Yellow Onion Store at room temperature.
Leeks Store in a grocery bag inside the fridge.
Delicata Squash Store at room temperature.
Brussels Sprouts Store stalk inside a grocery bag or remove sprouts and store inside a sealed bag in the fridge.
Butterkin Squash Store at room temperature.
Red Beets Store inside a sealed bag in the fridge.
Garlic Store at room temp on the stem.
Shallots Store at room temperature.

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Next Week is the Last Week of 2023 CSA Deliveries!

Greetings!

As we near the end of our CSA season, we are trying to finish the season with the most vegetables in our CSA members' homes and the least in our coolers, so the menus are built around what we have remaining here on the farm. Other than harvesting Brussels sprouts, our remaining field crew members are keeping busy with spreading straw over the strawberry field to protect it until next season and cleaning up the woods around our farm. Even though this part of our property is not used for growing delicious veggies, it still requires maintenance to keep it healthy and thriving.

Gift Certificates are Available

Shop local and spread the gift of fresh food with a 4-week sampler CSA membership!
Full Samplers \$118.75 / Medium Samplers \$86.45 (Prices good through March 15th)
~Any month of their choice during our 2023 season

Just send us an email request and we can easily send you back a redeemable gift certificate to print at home or send through the mail.

-We can also create a gift certificate for our 35-week total season, 20-week summer share, or any dollar amount off of our 2023 season.

2024 CSA Season Now Open for Sign-Ups!

You can sign up by clicking "Join Our CSA" in the upper right-hand corner of our website www.spiralpathfarm.com. Despite inflation increasing prices around us, we are keeping our prices the same this season. Returning members can use the coupon discount code "2023member" to get a 2% discount on their membership. And if you choose to pay in full before March 15th, you will also receive a 5% early bird discount.

Last Week to Place Bulk Orders:

Red or Yellow Onions, Butterkin, and Delicata Squash: \$25 for ½ bushel
Sweet Potatoes: \$30 for ½ bushel
Red Cabbage: \$25 for 10 heads

Isla's Ideas

I've been thinking about Christmas presents lately. I love arts and crafts so I was thinking of some presents I could make. Here are some of my ideas that you could use too: drawing pictures that people can hang up, painting flowerpots, making a joke book, making cat or dog toys, cooking someone's favorite treats, and building a birdhouse. I also love making potholders because they're so fun to make and don't take long at all. And sometimes some of the best presents are just you doing something for someone else, like giving a massage or brushing their hair (this is my mom's favorite present). My friends and I love making crafts and mailing them to each other as presents, even when it isn't a holiday! Christmas to me is a time of joy, love, and being with friends and family. I can't wait to see other people's reactions to my gifts for them!

Check out our website:

Weekly CSA Menu - Posted every Monday morning!

Virtual Farm Cookbook - Search by veggie item! Hundreds of recipes shared by us and other members.

Creamy White Turnips

- 1 lg. clove garlic
- 1 lb. turnips (washed & cut into 2-inch pieces)
- 2 Tbsp all-purpose flour
- 1/4 cup snipped chives or minced onions
- 1 1/4 cup heavy cream
- 1/2 tsp salt, 1/2 tsp freshly ground pepper, 1/4 tsp nutmeg

Preheat oven to 350 degrees. Rub inside of small casserole dish (7 x 10) with cut garlic and butter well. Layer in 1/3 of the turnips, sprinkle with 1 Tsp flour and 1/3 of the chives. Repeat with another layer of turnips, flour and chives, then top with the remaining turnips and chives. Heat the cream with the salt, pepper and nutmeg and taste to see if it needs more salt (some add sugar too). Pour over turnips, cover and bake for 30 minutes. Remove cover and continue baking about 20 minutes until done, cream is thickened and top browned.

Golden Delicata Squash Soup From Our Balanced Bowl Makes 2 servings

- 1 delicata squash
- 1 can chickpeas
- 1 Tbsp olive oil (separated)
- 1 medium yellow onion
- 3 cloves garlic (minced)
- 1 cup vegetable broth
- 1 Tbsp garlic powder
- 1 tsp onion powder
- 1/2 tsp cayenne

Preheat your oven to 400 degrees. Slice your delicata squash in half lengthwise and de-seed it. Place it on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Place face down on the baking sheet. Roast for 30 minutes or until fork tender. In a bowl, toss your chickpeas with olive oil, garlic powder, onion powder and cayenne until evenly coated. Place on another baking sheet and roast at the same time as the squash for 20 minutes. Flip the chickpeas halfway to make sure they don't burn. While everything is roasting, slice your onion into long thin slices. Mince your garlic. Add a generous amount of olive oil to a large skillet and cook your onions until delicious and caramelized - about 5-10 minutes. Add your garlic once the onions are done and cook until fragrant. Set aside. Once your delicata squash is done roasting, let it cool for a few minutes and then roughly chop it up. Add your roughly chopped delicata squash, the onions and garlic and the vegetable broth to a heat-safe blender. Blend until creamy and smooth, adding more veggie broth if needed. Add the blended soup to a large pot if desired and let it simmer and heat on the stove until warm and cozy. Top with the crispy roasted chickpeas and enjoy!

Leek Quiche

- 9-inch pie crust
- 3 eggs
- 2 cups milk
- 1/2 tsp salt
- Pinch pepper
- 3/4 cup cheddar cheese (grated)
- 2 cup leeks (sliced)
- 1/2 cup potatoes (grated)
- 1 cup ham (chopped) (optional)

Roll pie dough into a 9-inch pie pan. Dust pie crust with flour. Arrange leeks, cheese, potatoes, and ham into pie pan. Whisk eggs with milk, salt, and pepper. Pour egg mix over veggies. Sprinkle dots of butter on top. Bake at 375 degrees for 30 minutes, or until set. Let stand 10 minutes.