



West Newbury CSA Long Hill Orchard & Farm

520 Main Street West Newbury, MA 01985

longhillorchard.com



Pick-up Hours

Fridays 3-6
Saturdays 9-12



A NOTE from Cindy & John

Dear Friends and Shareholders,

It certainly is a busy time of year for many families. Back to school, fall sports and the many other activities. Things are busy at the farm too. We have started the harvesting of the winter squash varieties from the fields. On Sunday Sept. 14th, we are hosting an extreme field day for kids in the orchard. Next Wednesday, Sept. 17th, we will be hosting our first Farm-to-Table Dinner. We had planned to host it in the fields, however, we have noticed that it is getting dark quite early. So, we will have it closer to the farm stand. There are still a few tickets available. If you would like to join us, you have until this Sunday, to get all the paperwork in. And last, our turkeys have arrived and seem quite happy, As a reminder, the fence is electric. Please use caution and do not touch the fence or you will get shocked. This is necessary to protect our turkeys from unwanted predators. Along with plenty of grain and water, the turkeys are enjoying a few farm vegetables!

We Hope you Enjoy the Harvest!

THIS WEEKS SHARE ITEMS

Arugula
Baby Arugula
Baby Kale
Tuscan Kale
Green Curly Kale
Swiss Chard
Beet Greens
Tomatoes
Diakon Radishes
Red Radishes
Hot Peppers

Green Beans
Romano Beans
Chiogga Beets
Gold Beets
Red Beets
Butter & Sugar Corn
Kohlrabi
Cabbage
Acorn Squash
Ambercup Squash
Buttercup Squash

Butternut Squash
Cocodelle Squash
Lioness Squash
Mediterranean Squash
Spagetti Squash
Summer Onions
Leeks
Scallions
Cilantro
Dill
Parsley

ASK US HOW FRESH WE ARE !

EMPLOYEE SPOTLIGHT

Quintin Bounsy is part of our crew and has been with us since his freshmen year in high school. He is affectionately known as QB. He works in the fields, at farmers markets, and in the farmstand. He makes great apple cider donuts! This is Quintin's last weekend at the farm as he is leaving to attend Drexel College in Pennsylvania. We have been so fortunate to have Quintin as part of our crew. He certainly brings humor and fun to all those that work with him! You will see him again for the Holiday break.

NEED TO KNOW

FARM-TO-TABLE DINNER

We have finalized the menu for our first Farm-to-Table Dinner here at Long Hill Orchard & Farm. We have some delicious farm fresh foods planned for your dining pleasure. If you have signed up for this event, you must make your dinner choices from the menu form attached to this email and return it to us by this Sunday. If you have not signed up yet, we still have a few tickets available if you would like to join us. You will find this form attached also. Don't miss out on what is destined to be a favorite event here at the farm.

KIDS EXTREME FIELD DAY

We will be hosting an Extreme Field Day for kids age 4-14 here at Long Hill on Sunday, September 14th, from 9-5. Get your kids off the computer and away from the tv for a few hours of challenging obstacles. Come have fun, get sweaty and get dirty! Go to <https://www.eventbrite.com> to learn more about it and to register for this fun event.

PICK YOUR OWN FLOWERS

Would you like some Fresh Flowers? Our fields are bursting with beautiful color as the Sunflowers and Zinnias are in full bloom. If you would like a bouquet of fresh flowers, we invite you to come pick your own. Just inquire at the farm stand and we will give you directions as what to do.

LATE FALL/WINTER SHARES

We are happy to offer you a Late Fall/Winter Share. There will be 7 consecutive weeks of distribution starting November 7th. You will find the form attached to this email. Please sign up early, as you know it helps us with planning.

MEAT SHARES

We are also happy to offer you a Meat Share through Hurd Farm once again this year. Hurd Farm is a local, family owned farm from Hampton, NH. The 4-month share option is \$550 and runs from Sept. thru Dec. Pick-up will be the last Friday of each month during our CSA distribution from 3-6pm. You will also find this form attached to this email.

ASK US HOW FRESH WE ARE !

RECIPES OF THE WEEK

Parmesan Acorn Squash

- 2 (1 1/2-pound) acorn squash
- 1/4 cup(s) grated Parmesan cheese
- 1/4 cup(s) dry breadcrumbs
- 1/4 teaspoon(s) cayenne pepper
- 3 tablespoon(s) unsalted butter, melted

Preheat oven to 400 degrees F.

Line a large baking sheet with sides with foil. Cut each squash in half and scoop out seeds and strings with a spoon. Cut each squash half into 1/2 inch slices.

On a plate, toss cheese, breadcrumbs, and cayenne until blended. Brush cut sides of squash wedges with butter, then dip into cheese mixture, just to coat cut sides. Arrange, cut-side down, on prepared baking sheet.

Roast 14 minutes; turn wedges to other side. Roast 14 minutes longer, or until squash is tender and lightly golden brown.

Autumn Minestrone

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| 4 oz. bacon | 2 teaspoons salt |
| 1 tablespoons extra virgin olive oil | 1/2 teaspoon ground black pepper |
| 1 1/2 cup chopped onions | 2 1/2 cups chopped tomatoes |
| 3 garlic cloves, minced or pressed | 6-8 cups water or stock |
| 3 cups peeled & cubed winter squash* | 4 cups chopped kale |
| 3 celery stalks, diced | 2 cups cooked pasta, such as ditali |
| 4 carrots peeled and diced | 1 1/2 cups cannellini beans cooked or canned |
| 1 teaspoon dried oregano | Freshly grated Parmesan cheese, for serving |

In a large, heavy pot or Dutch oven over medium low, cook bacon. Remove from pan and place in between two paper towels. Blot lightly and set aside.

Drain most of the excess fat from the Dutch oven. Add the olive oil, onions and garlic, and sauté for 5 minutes. Add the squash, celery, and carrots and sauté until veggies begin to soften. Add oregano, salt, pepper, tomatoes and water (stock) and bring to a boil.

Lower the heat and add the kale. Simmer uncovered for 20 minutes. Add the pasta, beans and bacon and simmer for another 5 to 7 minutes, until the kale is tender and the pasta and beans are hot. Serve topped with Parmesean.