 CSA Newsletter Week #14:

# The Fall Feast is on:

Kris and I had the pleasure of attending Slow Food Calgary’s Feast of Fields event on Sunday. This was also the official launch of the 3rd edition of the Alberta Snail Trail, a guide to Good, Clean and Fair Food Producers in Alberta. We will bring copies of the latest addition with us to the CSA pick up this week (for a small fee of $5 to cover the printing cost). It’s a great resource to stay informed and keep your food dollars local. **(This photo is of Kris speaking as Slow Food Calgary’s president, introducing the 3rd edition)**

# This week’s bin features:

* Asian Greens Mix
* Potatoes 3lbs.
* Kohlrabi
* Garlic
* Leeks
* Beet Bunch
* Carrot Bunch
* Broccoli ***or*** Cauliflower
* Parsley Curly ***or*** Italian
* Thyme
* Mint
* Edible Flowers with Basil bags
* Apples

### Add-on Shares:

* Whole Chicken
* Red Fife Wheat Flour
* Apple Juice Concentrate **(see recipe below) PLUS** one jar of jam or jelly
* 1 dozen farm fresh, free range eggs

### Recipes of the Week:

**Homemade ‘Pop’**

We have been steam juicing our apples for the past week and then canning it (essentially making an apple juice concentrate), so we can use it for various things throughout the year. One of the ways we use it is by adding a Tablespoon or two to Carbonated Water and essentially make our own yummy homemade pop.

You can also add the concentrate to:

* Cocktails,
* Salad dressings,
* Baking/Deserts,
* Or even flavor your Kombucha with it.

Try warming up the apple juice with a cinnamon stick/star anise/cloves/ and or all spice berries for a homemade hot apples cider.

This concentrate is what I use to make apple jelly.

**Roasted Cauliflower**

**with Kalamata Vinaigrette**

Recipe provided by our Shareholder Nancy Griffith

1 head cauliflower

¼ cup extra virgin olive oil - divided

1 clove garlic

1 or 2 tbsp. fresh lemon juice (to taste)

¼ cup pitted Kalamata olives finely chopped

* Preheat oven to 450 with rack in lower third
* Cut cauliflower length wise into ¾ inch slices. Put in a large 4 sided sheet pan and toss with 2 tbsp. oil and salt and pepper. Roast, turning once or twice, until golden and just tender, about 25 min.
* While cauliflower roasts, mince and mash garlic to a paste with a pinch of salt, then whisk together with lemon juice, 2 tbsp. remaining oil, olives, salt & pepper.
* Serve cauliflower drizzled with Kalamata vinaigrette. Tasty cold as well.