



Subscribe to the Farm Market Fresh Sheet!

We send out newsletters with what's fresh in the Farm Market including all of the deli offerings. In addition, look for easy, tasty recipes, information about events and special offers—plus beautiful photos! To subscribe, send an email to: generalinfo@21acres.org.

October 19, 2016

Fresh Produce:

- Angeleno Plums - Collins Family Farm
- Asian Pears - 21 Acres
- Bosc Pears - Collins Family Farm
- Apples - More and more varieties are rolling through their picking season. Try an old favorite or a new adventure for your lunch box.
- Neptune Grapes (Friday Delivery) - Cloud Mountain Farm Center
- Brussels Sprouts (Friday Delivery) - Hopewell Farm
- Winter Squash and Pumpkins - 21 Acres, Tonnemaker Farm, SAgE Farm, Caruso Farm, and Boldly Grown Farm
- Summer Squash - Zucchini, patty pan, crookneck, cocozelle and 8-ball - 21 Acres
- Broccoli - Hopewell Farm
- Romanesco - Skylight Farms
- Cauliflower - Hedlin Farms
- Radish - French Breakfast and Cherry - 21 Acres
- White Cucumbers (Friday Delivery) - Caruso Farm
- French Breakfast Radish - 21 Acres
- Beets - Red, Chioggia and Golden - 21 Acres and Hopewell Farm
- Turnips - 21 Acres
- Red and Green Cabbage - Ralph's Greenhouse and Hedlin Farm
- Napa Cabbage (Friday Delivery) - Osprey Hill Farm
- Carrots - Bunch and loose - 21 Acres and Ralph's Greenhouse
- Parsnips - Ralph's Greenhouse
- Celery - Boldly Grown Farm
- Kohlrabi - 21 Acres
- Cucumbers - Slicing, Diva, Pickling, Lemon, Adam 1 - 21 Acres
- Lettuce - Red leaf and Romaine - 21 Acres
- Mizuna - 21 Acres
- Arugula - 21 Acres
- Mustard Greens - 21 Acres
- Tatsoi - 21 Acres
- Komatsuna - 21 Acres
- Chard - 21 Acres
- Collards - 21 Acres
- Kale - Red Russian, Siberian, Curly and Dino - 21 Acres
- Eggplant - 21 Acres and Caruso Farm
- Tomatoes - Heirloom, roma and cherry varieties - 21 Acres and SAgE Farm
- Onions, sweet, yellow, red and cipolini - 21 Acres

What's Fresh in the 21 Acres Farm Market

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What's Fresh in the Farm Market

Hello All -- 'Tis the season for field trips and tours! Our youth education leader, Andrew Ely, is not deterred by the cool weather. Kids enjoy the outdoors and come inside to warm up in the 21 Acres kitchen. If you know someone whose class would love to visit a farm be sure to let them know that 21 Acres hosts [field trips](#) for

- Leeks - 21 Acres
- Bell Peppers - Caruso Farm and 21 Acres
- Jalapeno - 21 Acres
- Black Jalapeno - 21 Acres
- Hungarian Wax Peppers - 21 Acres
- Pepper Strands and Wreaths - Alvarez Organics
- Thyme - 21 Acres
- Rosemary - 21 Acres
- Sage - 21 Acres
- Basil - SAgE Farm
- Tarragon - 21 Acres
- Garlic - 21 Acres
- Elephant Garlic - 21 Acres and Alvarez Organics
- Potatoes - many varieties grown by many different farms
- Shiitakes (Friday Delivery) - Cascadia Mushrooms

October 19, 2016

Food to-go menu:

- Chicken Salad Sandwich
 - Chicken, Celery, Radish, Red Onion and Housemade Mayonnaise on fresh whole wheat bread
- Continued next page.....



October 19, 2016

Food to-go menu continued:

Carrot and Cheese Sandwich

Carrots, Cheese and Housemade Mayonnaise on fresh whole wheat bread

Quiche (vegetarian)

Eggs, Tomatoes, Onion, Summer Squash, Peppers, Carrots, Kale, Mushrooms in a corn flour crust

Chicken and Wild Rice Soup

Chicken, Onions, Carrots, Celery, Wild Rice simmered in an herb Chicken Stock

Curry Pumpkin Soup

Pumpkin, Carrots, Onions, Celery blended together with tasty curry spices

Mixed Sausage and Sauerkraut

Warm Housemade Pork Sausage and tangy Sauerkraut

Ratatouille

A beautiful mix of Eggplant, Summer Squash, Onion, Carrot, Tomato, Garlic, Celery, Red Peppers

Honey glazed carrots and parsnips

Carrot and Parsnips roasted with Honey

Fennel Parmesan Bake

Fennel topped with light feathers of Parmesan Cheese

Grain Salad with Pumpkinseed Vinaigrette

Wild Rice, Polenta, Oat Groats, Radish, Beets, Pickled Red Onions tossed with a Pumpkinseed Vinaigrette

Roasted Fingerlings with Tomatoes

Fingerling potatoes, Tomatoes and Garlic roasted in light oil

Three Bean Salad

Garbanzo Beans, Red Beans, Mayacoba Beans, Red Onion, Celery tossed with Apple Cider Vinegar

Waldorf Salad

Apples, Celery, Dried Ground Cherries, Dried Cranberries mixed with Housemade Mayonnaise

Broccoli Salad

Broccoli, Bacon, Red Onion mixed Housemade Mayonnaise

Green Valley Salad

Kale, Chard, Red Bell Pepper, Fennel Bulb, Red Onion, Wild Rice, Garlic and Parsley tossed with Apple Cider Vinegar

Dessert

Tarte Tatin

A special apple tart – sweet, but not too – very tasty

Yogurt parfait

Melon, Yogurt and Honey with 21 Acres Granola

Baked Goods

Loaf Bread:

Wednesday – Apricot Honey Oat Bread

Thursday – Apple Sourdough Bread

Friday – Pumpkin Challah

Saturday – Jalapeno Cheese Bread

Kale Scones

Chocolate Chip Cookies

Corn Cookies

Garbanzo Bean Brownies