**Farm Update:** Welcome Harvest sharer. Each week we give you a little update on the goings-on of the farm. This week ~~frost~~ frozen. No matter how much I prepare it’s always hard for me to say goodbye to the basil, the flowers and well, summer. Tuesday night was cold, very cold. There was frost before we went to bed and with so many hours below 0, everything is dead, even what we covered well. So much was devastated -the corn, the zucchini, the squash plants, the immature squash, and all the tomato and pepper plants under hoops in the yard (the green house is fine). We’re feeling a little low today. But on the positive side all the root crops will be sweeter. When they get a hard frost, they convert their starches into sugars, meaning the beets and carrots this week will be even better. They need a few frosts to truly be ready for winter storage, but this is why local carrots always taste better than the grocery store -the cold is good for something.

Box Includes:

* Zucchini (Green/stripped/yellow)
* Cucumber
* Red Beets
* Rainbow Carrots
* Red Onions
* Tomatoes
* Lettuce
* Soft neck garlic
* Herb: your choice

**\***Remove beet/carrot tops asap. Beet leaves can be used as well (in soups or beet leaf rolls).

**Beet Borsht** (Yield: 1 gallon)

*(When we first got a csa share we didn’t know what to do with beets, and so they piled up till we had a whole crisper full. Then mom told us about this recipe and we’ve never had that problem again. Plus, our kids love it too.)*

4 cups shredded beets

2-4 cups shredded carrots

2 cup chopped onion

1 tsp. salt

4 cups water

2 liters chicken broth (or more if you like a thinner soup)

2 Tbsp. butter

½ cup chopped fresh dill (frozen works fine)

In a large pot, bring beets, carrots, onions, salt and water to boil. Reduce heat, simmer for 20 min. Add broth, butter and dill. Simmer uncovered for 15 min.

(Honestly, its better if you leave it for a few hours or the next day after making it.)

Serve with a dollop of sour cream.

**Vegetable Quesadillas** (Serves 4)

*A great weeknight dinner and flexible enough to use any vegetables you have on hand.*

1 small-medium onion, chopped

-Fry in 1 Tbsp oil for 1-2 minutes.

1 clove garlic, minced

4 oz mushrooms

2 carrots

1 med zucchini

1 green or red sweet pepper

-Chop veggies, and add them to onions. Fry till they are tender. Add salt and pepper and whatever fresh herbs you like.

10-12 corn tortillas

1 1/2 cup cheese

-Assemble: start with a tortilla, then a few spoonful’s of veggies, then cheese, then another tortilla. (For kids I just make one layer, but for adults I do 2 layers using 3 tortillas.)

-Place tortilla stacks on pan in a preheated oven at 400' for 10-15 minutes. Cut into quarters and serve warm with salsa, sour cream or even avocado and cilantro.