

PEAR & CHICKEN SALAD LEAFY WRAPS

Adapted from USA Pears

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| 1 cup D'Anjou Pears, diced | ¼ tsp black pepper |
| ¼ ripe large avocado, mashed | 2 cups chicken thighs,
cooked & shredded |
| 2 tbsp plain Greek yogurt | ¼ cup walnuts, chopped |
| 2 tbsp mayonnaise (or plain yogurt) | 20 pieces lettuce (or other leafy
green) to use for wrap |
| 2 tbsp chives | |
| 1 tbsp lemon juice | |
| ¼ tsp sea salt | |

1. Dice pear into small pieces and set aside.
2. In a large bowl, combine mashed avocado, Greek yogurt, and mayo or plain yogurt, and stir until smooth. Add chives, lemon juice, salt, black pepper & mix well.
3. Fold in chicken, walnuts, and diced pears, and gently stir everything together until it's evenly coated.
4. Spoon a small amount of chicken salad into each lettuce cup and arrange on a platter. Serve immediately.



EASY BAKED D'ANJOU PEARS

Adapted from Mom's Dish

- 6 medium to large D'Anjou pears
- 3 tbsp lemon juice freshly squeezed
- 4 tbsp light brown sugar
- ½ tsp cinnamon optional
- 3 tbsp unsalted butter*, cut into small cubes

*Replace with plant butter to make this a vegan recipe

1. Preheat the oven to 400°F. Prepare a 9×13" baking dish. Core the pears. Leave the skin on while using a softer variety like Anjou.
2. Arrange the pears cut-side up in the baking dish and drizzle the lemon juice on top.
3. Top the pears with the brown sugar, cinnamon (if using), and butter cubes. Bake the pears cut-side up for 30 minutes.
4. Flip the pears over so the cut-side is facing down, then spoon the juices that have collected in the pan over the top. Continue baking the pears for 20–40 minutes, or until they are soft and golden.
5. Once removed from the oven, flip once more. Serve the baked pears warm with yogurt, ice cream, or sour cream in the cored center. Spoon the caramelized juices on top once again before serving. Enjoy!

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SUMMER CSA NEWS



OKRA

Keep in paper bag in the fridge. Will store for a week. A small bit of black streaking is normal. Wash and cut just before use.



FALL SQUASH & ONIONS

Store in a cool, dry, dark location. Once cut, refrigerate and use within 5-7 days.



POTATOES & CABBAGE

Refrigerate immediately. Store in the crisper of your fridge until ready to use, will keep a long time. Keep dry.



GARLIC

Store in the pantry area of your kitchen; remove a clove or two for your recipes; the remainder keeps for weeks.



D'ANJOU PEARS

Set out at room temp until ripe. Store in fridge crisper to prolong shelf life of ripened pear. See inside for more.



PEPPERS

Refrigerate for 7-10 days. Once cut, store in a bag in the fridge and use within a few days.



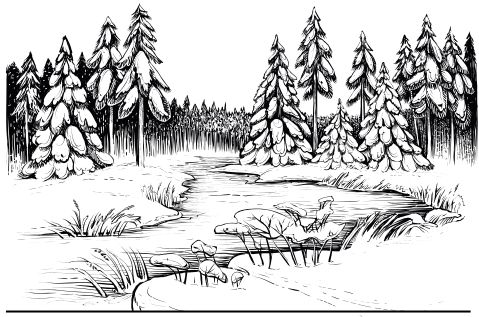
TOMATOES

Store unripe tomatoes stem side down at room temp. Ripe, cut, or cherry tomatoes should go in the fridge for longer storage.



CELERY

Cut the ends, stand up in a jar of water in the fridge. Be sure to use all the leaves, it's the best part!



PREPARING FOR WINTER... IN SUMMER

We have certainly enjoyed a few cool mornings amid these ever-humid dog days of summer. The first signs of fall trigger warm-loving plant hormones into the deliberate process of shutting down for good, or prepare them for hibernation. The early plantings of tomatoes, zucchini, cucumbers, and the like are starting to shut down.

Combined with the linear decline in day length, the spring garden is waning, so we are busily preparing and planting the fall garden, with the intention of getting us through the winter and until next year's spring garden kicks in. After all, with six months of frost-free growing conditions here on the banks of the Elkhorn, that leaves six months of eating fresh wholesome foods to attend to.

To prepare to eat well all winter, we have been nurturing several varieties of Irish and Peruvian potatoes, sweet potatoes, and hard squash all summer, and garlic since last fall. The potatoes were cut up and planted in May, and the sweet potatoes slipped in mid-June, so now we are just starting to see the fruits of our labor. Early harvest looks good coming in. The packing shed morphs through several

configurations of cleaning and sorting, curing some, and refrigerating others, ahead of long term storage of each crop as it comes in. Patience is a virtue when it comes to harvesting root crops.

As we till under the spring plantings, late summer is the beginning of the time to sow seeds like spinach and lettuce and kale for harvest this winter. We started seeding, and setting transplants for fall's second growing season earlier, and intend to be seeding and sowing more of the same with the hopes of having fresh greens all winter. The trick is these cool season loving plants have to get birthed into an inhospitable hot environment in order to mature before winters wrath takes its toll.

So, some of these crops will be covered with the gauzy fabric which gains us 5 or 6 degrees of frost/freeze protection, which usually buys us a couple of more months of crops to harvest. Other transplants are scheduled to go into one of the high tunnels for harvest in the dead of winter.

The thing is, Mother Nature never shows her cards. As the days shorten, the plants need more days to collect enough solar energy to reach maturity, and if it's cloudy, add a few more days on top of that. Another obvious player in this 3D chess match we call farming is the unsteady decline in average air temperature with cold snaps thrown in for good measure. Some years our Labor Day plantings complete their entire life cycle, and some years they barely mature before winter shuts them down.

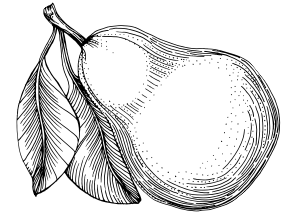
We think our game plan will afford us the opportunity to harvest fresh vegetables all winter. We will find out over time which ones will make it, and which will not, but we plan for all extremes.

We are well outside farming cultural norms, growing and harvesting vegetables all winter. Not too long ago, back about the turn of the century, we closed up shop a couple of weeks after first frost and waited for spring to even think about going back into the fields!

The row covers, sometimes referred to as frost blankets, are a big help, but also a big pain in the...well, a lot of work. Some crops we can allow the covers to float over the top of the crop, but a good frost will damage the leaves that are actually touching and holding up the cover. To alleviate this problem, we must deploy wire hoops to hold the blanket above the crop, but hey, it doesn't take that long to set a few thousand hoops if it increases the yield later on.

In fall and winter, we will watch the weather forecast closely to time the harvest of these protected plants. When leaves freeze overnight, we must wait for them to thaw to handle. Plus, the sandbags freeze to the ground, making it impossible to pull the covers back. And to be clear, it is often muddy and wet and cold while doing all this. We are glad to go to all this effort in our quest to provide sustenance to good people who appreciate good food, all year long.

-Mac Stone



HOW TO STORE D'ANJOU PEARS AT EVERY STAGE

FIRST, CHECK FOR RIPENESS

"Check the neck." Apply light pressure to the stem end (the neck) of the pear with your thumb. A ripe pear will yield to gentle pressure.

TO RIPEN UNRIPE PEARS

D'Anjou pears ripen slowly, and don't have a dramatic change in color. Store in a dry place at room temp, and ensure good airflow. Speed up ripening by placing pears in a paper bag with an apple or banana.

STORING RIPE PEARS

Keep ripe pears in the crisper of your refrigerator for up to a week. Protect them in a perforated paper bag.

TIPS

- Don't rush to refrigerate: This can delay the ripening process.
- Alternatively, store in the fridge for long term storage.
- Wash when ready to eat.
- Store in a single layer: Avoid stacking.