



Rosasharn Farm CSA Newsletter 10/5/10

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Cupcake Recipe



Transitioning into Fall...

Our harvests are large these few weeks as we anticipate the first frost of the season. Once frost comes, cold sensitive crops like tomatoes, peppers and eggplants will be replaced by our hardier fall and winter veggies. Take advantage of the bounty while it lasts! Freeze, can, and dry food for the winter. Also, Join us on October 16th for a potluck and discussion on food preservation.

Meat Chicken Pick Up



We will be slaughtering our second batch of meat chickens on **October 24th**. If you have reserved a chicken, please come to pick it up between **4 and 7PM**. If you are interested in the slaughtering process, please let us know!

October 16th Potluck!

Once a month we hold an event at the farm. This month we will host a potluck and information session on how to make your veggies last long into the winter with basic preservation techniques. Please come at 4:30 with a dish to share, an instrument if you want to play some music, and questions! We hope to see you there!

Carrot and Beet Cupcakes with Cream Cheese Frosting

Ingredients:

- 1 1/3 cups flour
- 2/3 cup sugar
- 2/3 cups vegetable oil
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp all spice
- 1/2 tsp cloves
- 1 tsp baking soda
- 1 1/2 baking powder
- 3 eggs
- About 2 cups grated carrots and beets



Frosting:

- 8 oz package cream cheese
- 1 cup sugar
- 1/2 cup butter

Mix ingredients thoroughly and bake at 350 for 7-12 minutes (depending on the size of your muffin trays). Cool, frost and serve. Try popping some of your cupcakes in the freezer! They freeze really well for easy snacks later.