



This Week's Word From the Farm

Week of 10/12/09

What's In Your Box?

- Blue Hubbard Winter Squash
- Lettuce
- Romano Beans
- Tomatoes
- Tomatillos
- Basil
- Peppers
- Eggplant
- Jerusalem Artichokes
- All Red Potatoes
- Shallots
- Onions
- Carrots
- Bok Choy

Dear Friends,

It is our privilege and pleasure to have a number of volunteers that come to help us at the farm each week. They not only provide us with invaluable assistance in our many tasks, but they also enliven our days with spirited friendship and encouragement. We hope that their time at the farm is also enriching for them in some way, as well. We recently received the follow message from one of our weekly volunteers, Karen Adams. We are flattered and humbled by Karen's heartfelt words and wanted to share them with you. Maybe this will inspire some of you to consider the possibility of joining us as a volunteer at some point. If so, please feel free to contact us for more information.

A Volunteer's Toast to Our Farmers

I buy a CSA every year and am often overwhelmed by the abundance that occurs every season at about this time. It is a cooks dream. The concept of the CSA is a system, not just a weekly event. By participating the farmers are paid by members at the beginning of the season so they know that they have already sold some volume of their product, and it reduces the debt necessary to grow for the season. An organic farm preserves open land and diminishes or eliminates the pollution that comes off of the use of that land. I know that what I am eating is locally grown and is harvested the morning that I pick it up. It is fresher than produce that is picked, packed, shipped, and put on the grocers' shelves. It lasts longer, has more taste, contains more nutrients and has an extremely small carbon footprint. I eat produce as it reaches its peak and therefore I am trying crops that may not be familiar. Riverhill provides recipes, many of which have proven to be excellent so I have assistance in figuring out how to use both new and familiar vegetables.

But wait, there is more. I "volunteer" at the farm on a weekly basis. I work in the cool of the early morning, I sweat in the mid-day sun, and I get very dirty. It is the dream of the child within, as we grow older. I learn, I grow, I laugh, and I find solitude.

Sounds in the early morning are muffled, birds, ducks and fish splash on a nearby lake, and bees hum in every crevice of the plants. Sometimes bees are sound asleep in the dew on the basil plants. It makes me smile. Conversation is congenial and gentle. As the sun peaks and the day warms, conversation becomes more festive, sometimes there are tomato fights, and the volume rises with the sun. I often wonder who is really doing the "giving." I receive far more than I give.

So, as the summer season wanes I raise a toast to our local farmers. They are careful tenders of an amazing, complex, productive and rewarding system, and they assure its ability to survive and return much to the community in which they exist, and to the earth as a whole. They are the keepers of intricate, interdependent communities of insects, wildlife, volunteers, interns, and consumers. They are hard working, skilled, amazing, knowledgeable, risk takers. They are friends, confidantes, teachers, and producers. I hereby sing their praises and thank them. Here's to our local farmers.

Recipes of the Week:

Cream of Jerusalem Artichoke Soup

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| 2 Tbsp butter | ½ lb potatoes (sliced ¼ inch thick) |
| 2tsp chopped garlic | 3 cups chicken or vegetable stock |
| 1/3 cup chopped onion | Salt and pepper |
| 1 lb. Jerusalem artichokes (washed, slice ¼ inch thick) | 1 tsp chopped chives or parsley |

Melt the butter in a medium-size saucepan over medium-high heat, add the garlic and onion and sauté until soft, about 4 minutes. Add the Jerusalem artichokes and potatoes and sauté about 5 minutes. Add the stock and simmer until the chokes are tender (approx. 12 minutes). Season with salt and pepper to taste. Puree in a blender until smooth. Keep warm. Sprinkle with chives or parsley and serve.

Rick's Garlic Rosemary Potato Fries ~ from CSA member Rick Kalb

1. Pre heat oven to 425
2. Clean 2 lbs Potatoes
3. Chop up about ¼ cup fresh rosemary
4. Peel and chop up 5 cloves of garlic
5. Cut potatoes in to ¼-1.5 inch thick circles
6. Put cut potatoes, garlic & rosemary in to a large mixing bowl
7. Add salt to taste
8. Add about ¼ to ½ cup of olive oil, enough to thoroughly coat
9. Spray a large cookie sheet with cooking spray
10. Evenly distribute Potato mixture over the tray
11. Place in oven and bake for 20 minutes.

Check after 20 minutes to see if the potatoes are browned, if not keep adding 5 minutes till they are brown and crispy as desired. There is no need to turn the potatoes. They should be crispy, healthy and delicious!

Jeremy's Roasted Winter Squash with Rosemary Honey Glaze

- 1 Blue hubbard squash or other winter squash
- 4 Tbsp butter
- 6 Tbsp honey
- 1 Tbsp coarsely chopped rosemary
- Salt and Pepper to taste

Slice squash in 1 inch thick strips leaving skin on (it's actually quite delicious). Melt butter and honey, whisking until mixed, add rosemary. In a large bowl, pour honey butter over squash and season with salt and pepper. Lay out flat on sheet pans and bake at 425, approx. 20-30 minutes or until tender.