



This Week's Word From the Farm

Week of 10/26/09

What's In Your Box ?

- Pie Pumpkin
- Beets
- Tomatoes
- Peppers
- Eggplant
- Chard or Kale
- Bok Choy
- Carrots
- Parsley
- Sage

Storage Box

- Winter Squash (Butternut, Red Hubbard, Green Kabocha, Red Kabocha, Delicata/Sweet Dumpling)
- Potatoes – various
- Onion
- Shallots
- SunDried Tomatoes

Dear Friends,

Seems like we've come a long way since June. With the boxes of produce you receive this week, the season comes to a close. I'd guess that we're all ready for a change of pace. Still, strange as it may seem, with the planting last week of garlic and shallots, we've just started planting for next year's summer CSA. And, before the baby is even out of the bath, Jo and I have spent a good deal of time talking and thinking about what we'd like to do differently next year to improve upon the CSA. If you have ideas or input of your own, drop us an email and we will consider your suggestions.

We're going to miss all of you. You've been a great bunch to spend the summer with, and we hope you understand the significance for this farm of your participation in our summer CSA. Simply put, this farm would not continue to exist if not for your subscription. For a small farm, your participation has meant the difference between closing the barn door, so to speak, and looking forward to the opportunity of another year to fulfill our hopes for what this farm can be in the life of this community. And so, to each and every one of you, our heartfelt thanks.

There are a couple items worthy of brief mention, and we'll be making announcements to provide you with more details in the next few weeks:

First, we are going to offer our first winter/spring shares. Starting in February and continuing through the end of May, we'll provide many of the vegetables that do not grow well here during the summer months but grow very well during the cool months of the year, including shelling and snow peas, more varieties of head lettuce and salad mix, roots, leafy greens, broccoli and cauliflower, and more. By doing so, we hope to be able to work out a production plan that will allow us to provide our community with year-round locally grown produce. We will only offer a limited number of shares at \$25 weekly for seventeen weeks. If you

know that this is something you would like to do, please send us an email and we'll put your name on a list to ensure that you have a reserved place for the winter season.

Second, in the past three years, our summer CSA has increased in size from 60 shares the first year, 120 the second, to 160 this year. This increase reflects increasing demand in the community for locally grown produce as well as a great deal of enthusiasm for helping small local farms get established. We do not plan to increase the number of shares offered for the coming summer 2010 CSA. If you already know that you would like to participate in next season's summer CSA, please send us an email and a \$50 deposit and we'll reserve you a spot for next season. There will be no increase in the weekly cost of next season's summer share. The total cost may be different depending on the number of weeks in the summer season. Again, we'll be sending out an announcement providing more details in the next few weeks.

The winter squash you are getting with this week's box should not be refrigerated. Simply store it in a cool, dry place for up to three months. With most varieties, the flavor and texture improves over time. Check them regularly to make sure they are not getting soft. If they are, use them immediately.

Best wishes to all of you for a cozy and peaceful winter.

Alan and Jo

Recipes of the Week:

Kale and Garbanzo (Chickpea) Stew

- 2 onions, diced small
- 1 1/2 t. fresh or 1 t. dry thyme
- 3-4 T. olive oil
- 3 cloves garlic, minced
- 1/4 t. pepper flakes
- 4 chopped tomatoes, fresh or one small can
- 1 bay leaf
- 1 t. salt
- 1/3 cup sherry or white wine
- 8 cups vegetable or chicken stock
- 1 bunch kale, stems removed, leaves chopped small
- 1 1/2 cups dry garbanzo beans, cooked, or two cans chickpeas
- Salt and pepper

If using dry chickpeas, soak overnight. Cook them in at least four cups of water for three hours until soft. Be sure not to put salt in until beans are fully cooked. Cook the onions and thyme in the olive oil over medium until soft. Increase the heat and add the garlic, pepper flakes, tomatoes, bay leaf, salt and sherry or wine. Stew for 15 minutes. Add the cooked chickpeas and the 8 cups of liquid. Simmer for 20-30 minutes to let the beans absorb the flavors. Add the kale leaves and cook ten more minutes. Add salt and pepper to taste. You can add spicy sausage for a heartier version of this fall stew.

Pumpkin Sage Soup

- 1 pie pumpkin
- ¼ cup olive oil
- 1/8 cup whole sage leaves
- 1 onion minced
- 1 quart vegetable or chicken stock
- ¼ cup minced fresh parsley
- 1 tsp. fresh thyme or ½ tsp. dried
- ¼ tsp. ground cinnamon
- 1 tsp. salt

Preheat the oven to 375. Cut the pumpkin in half, scoop out the seeds, and place the halves cut-side down on a baking sheet. Bake until soft, 30-40 min. Let cool. Meanwhile, heat the olive oil in a soup pot over medium heat. Holding one sage leaf by its stem, dip it in the oil. If it sizzles, the oil is ready; add all the sage leaves. Cook the sage leaves until they are speckled and beginning to turn a very dark green. Scoop them out and transfer them to a paper towel-lined plate. Add the onions to the sage oil and sauté, stirring frequently, until lightly golden, 10-15 min. Stir in the garlic and cook for 2 additional minutes. When the pumpkin is cool enough to handle, scoop out all the flesh and chop it roughly. Add it to the soup pot; stir well. Add the stock, parsley, thyme and cinnamon. Bring to a boil. Add the salt; add freshly ground pepper to taste. Reduce the heat and simmer for 30 minutes. Serve the soup chunky, or if you prefer a smooth soup, puree in a blender or food processor. Garnish with the fried sage leaves.

Curried Winter Squash Soup

- 3 Tbs. butter
- 1 cup chopped onions
- ¼ cup chopped fresh parsley
- 1 jalapeno pepper, seeded, finely chopped
- 2 pounds butternut or other winter squash, peeled, seeded and cubed
- 4 cups chicken or veggie stock
- 1 14 oz can chopped tomatoes (or fresh)
- ½ tsp ground allspice
- ¼ teaspoon ground mace
- 1/8 teaspoon nutmeg
- 2 tsp curry powder
- Salt and pepper
- ¼ cup chopped fresh parsley

Melt the butter in a large saucepan over medium heat. Add the onions and sauté until soft, about 3 minutes. Stir in the parsley, jalapeno, and garlic. Cook, stirring occasionally for 5 minutes. Add the squash and toss to coat with the onion mixture. Add the stock, tomatoes, allspice, mace and nutmeg. Bring to a boil; reduce the heat and simmer, covered, until the squash is very tender, about 45 minutes. Let cool slightly. Transfer the soup in batches to a blender or food processor and puree. Return the soup back to the pot. Stir in curry powder and add salt and pepper to taste. Heat through and garnish with more fresh parsley before serving.