



# This Week's Word From the Farm

## Week of 9/29/08

### What's In Your Box?

- Kale
- Carrots
- Salad Mix
- Tomatoes
- Cherry Tomatoes
- Peppers
- Eggplant
- Summer Squash
- Potatoes - Yukon Gold
- Cucumbers
- Garlic
- Rosemary/Thyme
- Italian Parsley

### Dear Friends,

Many of you have asked to confirm the date this CSA season will end. Next week, the week of October 6th, will be the last week for you to come pick up your box. In other words, for those picking up on Mondays, the 6th will be your last day, for Wednesday folks it's the 8th, and for Saturday folks it's the 11<sup>th</sup>.

We're going to miss seeing all of you and filling your boxes with good food. For us, as you may well imagine, this isn't just a job we do. Small as it may be, it matters to us whether the tomatoes taste good, the basil is fragrant and fresh, the carrots are crisp and sweet, and the leafy greens are perky. More importantly, we farm as we do to preserve the potential of this beautiful place to continue to provide sustenance to the community of which it is a part, and fear that if it is not preserved, it may well be lost forever, as has occurred all across this land.

We will resume in the Spring, perhaps earlier next year in order to provide a longer season of locally grown, fresh produce. We hope you will join us again.

We value your participation and the support you have provided us this season in helping make Riverhill Farm a lasting part of this community. Many thanks for that, and we wish you a good winter filled with family, friends and community.

## Recipes of the Week:

### Roasted Carrot Soup

1 lb. carrots (about 4 or 5), cut into  
chunks  
2 small potatoes, or equivalent, cut

into chunks  
1 large onion, cut into chunks  
5 garlic cloves, peeled

2 to 4 tablespoons olive oil  
Sea salt and freshly ground pepper  
2 hefty thyme sprigs  
1 bay leaf

1 quart vegetable stock  
½ cup light cream (may omit, if desired)  
2 to 3 tablespoons sour cream, stirred  
2 teaspoons minced parsley

1. Preheat the oven to 425 degrees. Toss the veggies with the olive oil and season with ½ teaspoon salt and some pepper. Put them in a large baking dish with thyme and bay and roast until tender and glazed, about 1 hour, turning them 2-3 times.
2. Transfer the veggies to a soup pot, add the stock, and bring to a boil. Simmer until the carrots are soft, about 20 minutes, then puree till smooth. Return the puree to the pot, taste for salt, and season with pepper. Stir in the cream, if desired. Ladle into bowls and swirl a spoonful of sour cream into each. Add a little chopped parsley and serve.

## Balsamic Roasted Tomatoes

1 ½ lbs. tomatoes, halved  
1 small red onion  
2 tablespoons olive oil  
1 tablespoon balsamic vinegar

1 tablespoon fresh rosemary  
Sea salt and freshly ground black pepper to taste

Preheat the oven to 400. Place the tomatoes and onion slices on a baking sheet with sides, or a casserole dish. Drizzle with olive oil and vinegar, sprinkle with rosemary, salt and pepper, and toss to coat. Spread the tomatoes and onions in a single layer with the tomatoes cut side down and roast for 30 to 35 minutes, stirring occasionally, until the tomatoes are soft and shriveled and the vinegar has caramelized on the bottom of the pan.

Serve with bread and cheese, or use as a topping for pasta.

## Roasted Peppers

Anaheim, Bell, New Mexico Chiles, Pasilla, and Ancho peppers are all best roasted or grilled. To grill, place them on the grill over medium-high heat. Otherwise, broil them in your oven. Roast until blistered and blackened but not burned, remove from heat and place them in a plastic container with a lid, a plastic bag or a paper bag to steam for fifteen minutes. When cool enough to handle, remove the skin. Use them in salsa or as an ingredient in another recipe (try the internet), or eat them tossed with oil and vinegar and salt to taste with bread. Toss with pasta and fresh tomatoes for a delicious and simple meal.