

Great-grandfather's barn at Spring Brook Farm, circa 1901

What's in the box and where do I keep it?

Crop	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Red
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Garlic	No	No	Chesnok and German Ex. Hardy
Herbs	Yes	Plastic	Chives, Thyme, Sage, Oregano
Kale	Yes	Plastic	Lacinato
Onions, Dry	No	No	Yellow and Cipollini
Peppers	Yes	Plastic	Green bell, Serrano
Potatoes	No	Paper	Red Norland
Shallots	No	No	
Turnips	Yes	Plastic	Scarlet green top
Winter Squash	No	No	Butternut, Delicata and Heart of Gold

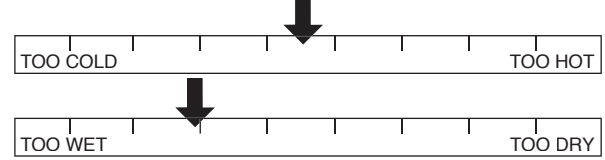
Welcome to the Winter Share

Hello everyone and welcome to the first winter share of the season. Even though not all of the crops have been harvested and put into storage, I do have a pretty good idea by now of what you will see in your shares. Those of you who had a winter share last year will see most of the same items returning along with some new additions. New additions include leeks, russet potatoes, herbs, buttercup squash, shallots, cipollini onions, scarlet turnips and a few chiongia beets. Things that will be missing this year are rutabagas and parsnips, and we won't have as many carrots in the box as we had last year.

The squash harvest is complete and we'll have ample squash for the shares, between 4 and 6 squash each delivery. We'll also have plenty of potatoes, garlic, onions, broccoli, cabbage, cauliflower and celeriac.

Farm Report

Rainfall0.3"
 High Temperature..... 76°
 Low Temperature 30°
 Next Winter Share Delivery..... 10/25/05
 Farmer Complaint Indicators™ :



Winter Share Delivery Calendar

OCTOBER						
						1
2	3	4	5	6	7	8
9	10	11 Winter Week 1	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Winter Week 2	26	27	28	29
30	31 Halloween	NOVEMBER				
		1	2	3	4	5
6	7	8 Winter Week 3	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Winter Week 4	23	24 Thanksgiving Day	25	26
27	28	29	30			
DECEMBER						
				1	2	3
4	5	6 Last Winter Share	7	8	9	10

If this winter share is your first experience with us we hope you enjoy the contents. We won't explain how to use everything that's in the box since most of our customers get the summer shares and we explain many things then. If you're new to the farm you may want to check out the last few summer share newsletters on our website for tips on using any unfamiliar items.

This week we're transitioning from the summer shares so we still have a lot of crops coming in from the fields. The arugula, broccoli and kale are hardy crops which easily handle the few frosty nights that we've had in the last week or so. The kale and broccoli can handle temperatures easily into the mid 20's, you just have to

wait for them to thaw out before you harvest them. The broccoli is very nice now, it's flavor improves with the cool weather and can be enjoyed raw or cooked this time of year. The kale is also better after a frost. A kale recipe follows.

We'll have a couple of pounds of beets each delivery. Borscht is a great thing to have this time of year, or start out the fall with a great arugula and roasted beet salad. The leafy pink roots in the share this week are turnips, not beets. They are sweet and tender.

The herbs are a new addition this year. And while the deer ate all of the parsley we will have a nice selection of other herbs until the cold really sets in. Here's a quick guide if you're not up on which herb is which: Thyme has tiny little leaves on little wooden stems, strip the leaves from the stems before using. Sage is the gray, fuzzy one. Oregano has almost round small leaves, rub one between your fingers and it will remind you of pizza or spaghetti. Chives are easy, round onion-like stalks. Other deliveries we may also have some garlic chives and lavender.

Shallots and Cipolini onions are additions to the box. Shallots are the dark yellow onion-like things and the cipollini is the flat onion in your box. Shallots are wonderful in sauces, salad dressings and anywhere you want a delicate onion flavor. Cipollinis can be used like any onion but are known for their use in Italian foods.

This week's potatoes are the red norlands and the peppers are green bells which got harvested before the frost. There also will be some green serrano peppers which are hot.

The squash this week is the butternut, delicata and heart of gold. Folks who get summer shares on Fridays may have the squash piling up a bit but it will keep just fine. My suggestion is to always use the delicata first, the others keep better. The delicata is the striped smaller long one.

Farm News

Some folks think that once we get a frost we can stop and coast our way into winter. I wish it were that simple. There's still a lot of work to be done and we're in a race against the weather to get it all done before it gets too cold. You don't really want to be washing all of the potatoes on a day when it's 35° and cloudy with a brisk north wind.

This week we'll be trying to get as much harvested and stored as possible. It would be nice to get all of the

rest of the potatoes dug before we get another bout of rain. Digging them in the mud is much less productive. It would also be nice to get the garlic planted before any more rain but I think we'll just have to hope for not too much rain. This year we're just going to plant the one kind of garlic, german extra-hardy. It's been so much more productive than other varieties there doesn't seem to be any point to growing anything else. Prior to planting it we'll have to break the 300 bulbs I've saved for seed into individual cloves. Once planted each clove will make a new bulb next summer.

Five-Minute Beets

- 4 beets, about 1 pound
- 1 T. butter
- Salt and pepper
- Vinegar to taste
- 2 T. chopped dill or thyme

Grate the beets into coarse shreds. Melt the butter in a skillet, add the beets, and toss them with 1/2 t. salt and pepper to taste. Add 1/4 cup water, then cover the pan and cook over medium heat until the beets are tender. Remove the lid and raise the heat to boil off any excess water. Taste for salt, season with a little vinegar and toss with the herb. If you have young daughters who are into pink stir in a tablespoon of yogurt or sour cream which are always tasty with beets.

Turnip Soup with Turnip Greens

- 1 1/2 pounds turnip roots
- Salt
- 5 T. Butter
- 2 Medium yellow onions, diced
- 6 Branches thyme
- 4 cups milk
- Freshly ground black pepper
- 2 to 3 cups turnip greens

Peel the turnips (thickly if they are large) and slice them into rounds about 1/4 inch thick. Bring 3 quarts water to a boil; then add 2 tsp. salt and the turnips. Cover the pot and cook for 1 minute; then drain. Melt 3 Tbsp. of the butter in a soup pot with 1/2 c. water. Add the onions, blanched turnips, the thyme and 1 tsp. salt. Stew them, covered, over medium-low heat for 5 minutes, and then add the milk. Slowly heat it without bringing it to a boil, and cook, stirring occasionally, until the turnips are completely tender. Cool the soup briefly; then puree in a blender. If necessary, thin it with additional milk or water. Season to taste with salt, if needed, and pepper.

Sort through the turnip greens and remove any that are bruised and wash them. Melt the remaining 2 Tbsp butter in a pan, add the greens and cook them over medium heat until they're tender, about 5 to 10 minutes. Season with salt and pepper. Remove the cooked greens to a cutting board and chop them, roughly or fine and add them to the soup and serve. Garnish with a little more thyme.