



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

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

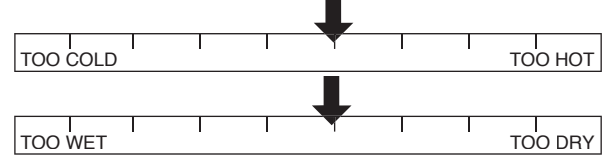
Crop	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Red
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	German
Herbs	Yes	Plastic	Thyme, Sage, Oregano and Chives
Kale	Yes	Plastic	Red Russian
Leeks	Yes	Plastic	
Onions, Dry	No	No	Yellow
Potatoes	No	Paper	Carolas and Red Norland
Shallots	No	No	
Spinach	Yes	Plastic	
Winter Squash	No	No	Delicata and Heart of Gold

Celeriac

One of my favorite things about the winter shares is introducing people to new things or convincing them to try something again which they may not have liked before. Celeriac (suh-lair-ee-ack) or celery root is an example of the former. In the bottom of your box you will find 3 or 4 small brownish scraggly balls of roots, and while they don't look like much, during the fall and winter months they bring wonderful celery-like flavor to soups, salads, roasts and purées. Use them in recipes which call for celery and require cooking. Simply wash, trim the roots and peel, then slice and dice. They have a wonderful fresh smell which is welcomed this time of

Farm Report

Rainfall0.15"
 High Temperature 76°
 Low Temperature 30°
 Next share delivery Tuesday, November 8
 Farmer Complaint Indicators™ :



year. Another great thing about celeriac is that it will last for months in your refrigerator in a plastic bag. I pulled one out of the depths of the crisper drawer in September which was from last year and it was fine, although my wife refused to have it in the house. Our favorite way to use celeriac is an addition to mashed potatoes, cook it right along with the potatoes until very tender and mash along with them. Beef stews, vegetable soups and roasted with other root vegetables are other ideas.

The arugula is gorgeous this week, it's always nice to have some fresh greens this late in the season. The spinach is in decent shape too, but is a little on the young side. Who knows, they may hold out for the next delivery too.

Nice broccoli and cauliflower too this time. The mild October weather has really helped to mature some things which otherwise didn't have a prayer.

This share's kale is of the Red Russian variety. This is a tender, quick cooking variety. You should still remove the stems and ribs, but otherwise it is one of the better kales. We don't see this variety in the markets very much because it is very prone to wilting.

A nice bunch of leeks for everyone is also in the box this week. Don't worry about having to use them up quickly, leeks keep very well. In a bag in the crisper drawer they should remain fine for 3 to 4 weeks. The tops may yellow a bit in that time but otherwise they hold up well.

Two kinds of potatoes this week should keep everyone busy. I like the yellows for roasting and boiling, and the reds for everything else.

Squash rounds out the box, or weighs it down depending on your perspective.

Farm News

Last week was a beautiful week at the farm. The weather was wonderful, the fall colors were moving far into the reds and browns and, best of all, I didn't have to do any deliveries. It was great to get some projects done instead of the usual harvest and deliver mode.

The big projects this time of year are harvesting crops for storage, fall cleanup and getting the fields ready for next year. The first project was to get all of the squash off of the hay wagon, wash it and put it away in the warm cooler. Next was getting a couple thousand cloves of garlic planted for next year's crop, it still needs to be mulched with straw, but that can happen anytime in the next few weeks. We also harvested 250# of leeks, 300# of beets, 100# of turnips and 850# of potatoes. Still to be harvested for storage are the carrots, celeriac and brussels sprouts.

The previous week I had mangled the PTO shaft on the potato digger, which had needed some help in the first place. When I need a new part for an ancient piece of equipment I have to take the part to a shop to get machined rather than just order a new part, many parts don't exist anymore. Luckily there's a shop nearby and I got it taken care of last Wednesday so we could get the rest of the potatoes dug, and have the potato digger ready for it's next 50 years of service.

This week and next will be the big cleanup weeks at the farm. This means getting all of the tomato cages, irrigation lines, plastic mulch, row cover and other stuff out of the fields and brought to the dump or put away. These are about my least favorite activities on the farm, all you can hope for is cool weather so that the tomato patch doesn't overcome you with fumes from the rotten fruit.

Now that many things have been harvested, washed and put into storage I have to rely pretty heavily on my two walk-in coolers—which you can barely walk in right now. One cooler holds the squash, potatoes, garlic and onions at about 50° which means that this time of year I'm actually heating it rather than cooling it. The other cooler I try to keep at about 35° for everything else. Last week I had a reading on the thermometer in the cold cooler of 17°! The thermostat must have stuck on and kept the compressor running for too long. Luckily it must have been a fairly brief issue because it didn't seem to cause any damage that I could find. I called my refrigeration guy and had him put a

new digital thermostat on it. Hopefully that solves the problem. I'm sure everyone would prefer their produce fresh, not frozen.

I wanted to say one thing about using the fresh herbs which have been coming in the box. Generally, in a recipe that calls for dried herbs, use less fresh herbs. Fresh herbs are much more flavorful. I would also suggest not putting them in the fridge, but rather separating the bunch, washing them off and spreading them out on a paper towel in an out of the way place on your counter to dry. With furnaces running now they should dry well in a couple of weeks. When they are completely dry put them in a plastic bag in the cupboard and enjoy them all winter long. The sage, thyme and oregano should dry easily on the stem, but the chives you may want to chop first then dry.

Steamed Cauliflower with Browned Butter, Walnuts and Crispy Sage

- 1 medium head cauliflower, cut into small florets, no bigger than 1 square inch in size
- 4 tablespoons butter
- 1/4 cup walnuts
- 1 tablespoon thinly sliced fresh sage leaves
- Salt and ground black pepper

Fit a large saucepan with a steamer basket. Fill the pan with just enough water to reach just below the bottom of the basket. cover and bring the water to a boil over high heat. Add the florets to the basket, reduce the heat to medium, cover and steam until the cauliflower is tender but firm, about 7 minutes. In the meantime heat the butter in a small, heavy-bottomed skillet over medium heat and cook, swirling frequently, until the butter begins to brown, 3 to 4 minutes. Add the walnuts and cook, stirring constantly, until the nuts become fragrant, about 1 minute longer. Add the sage and cook until the sage becomes crispy, about 30 seconds. Toss the cauliflower gently with the browned butter mixture and salt and pepper to taste. Serve. This browned butter-sage-nut combination is also delicious on top of squash.

Celeriac and Potato Puree

- 2 pounds Carola potatoes
- 1 pound celeriac, about 2 roots, peeled
- 1/2 cup milk or cream, warmed
- 4 to 8 tablespoons butter
- Salt and pepper to taste

Cut the vegetables separately into large pieces. Put each in a saucepan, add cold water to cover and 1/2 tsp. salt, and bring to a boil. Simmer until tender, about 15 minutes for the potatoes, 10 minutes for the celeriac. Drain. Pass them together through a food mill, or mash by hand, adding the warm milk or cream to thin the puree as you go. Season with salt and pepper and stir in the butter.