

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	Chioggia
Broccoli	Yes	Plastic	
Brussels Sprouts	Yes	Plastic	
Cabbage	Yes	Plastic	
Cauliflower	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	Yes	No	German Extra Hardy
Herbs	Yes	Plastic	Garlic Chives, Sage, Thyme, Oregano
Kale	Yes	Plastic	Lacinato
Onions, Dry	No	No	Yellow, Cipollini
Potatoes	No	Paper	Red Norland
Shallots	No	No	
Turnips	Yes	Plastic	Purple top
Winter Squash	No	No	Butternut, Delicata, Heart of Gold

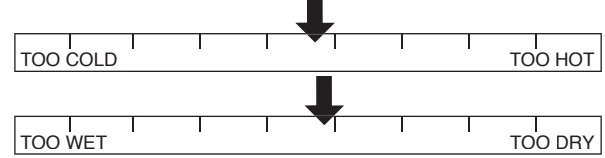
Brussels Sprouts

All this mild weather has kept the brussels sprouts growing. They're getting a little bigger than I'd like so we'll probably be harvesting all the rest of them this week. I don't like to store them too long so we'll put some in the box this week and the rest in the next share so that you can have them for Thanksgiving if you like. If you get some that are tinged red that's from the little bit of cold weather that we've had. Many of the crops in the cabbage family take on more color when exposed to cool conditions.

That said we sure have not had much in the way of

Farm Report

Rainfall0.20"
 High Temperature 74°
 Low Temperature 26°
 Next winter share delivery .. Tuesday, November 22
 Farmer Complaint Indicators™ :



cool conditions. The record low temperature for Monday is -6°, we're a long way from anything like that this year. But I would say that having slightly oversized brussels sprouts is a small price to pay for having arugula this late in the season.

The beets this week are the chioggia, use as you would any beet. They do retain the color from some of their stripes after they've been roasted, but lose it all if you boil them.

It has been an exceptional fall for the broccoli, cauliflower and cabbage. These crops are still maturing in the field even at this late date. I don't usually try to have things maturing this late but some of these plantings went in quite late and we got lucky with the weather.

In the herb department there's a bunch of garlic chives in the box this week. They are the flat chive-like leaves. They are similar to chives except they have a wonderful garlicky flavor. I like them on pizza, in stir fries or other dishes. Try cutting them up with a kitchen scissors instead of a knife, it works quite well.

Butternut squash joins the delicata and heart of gold this week. Butternut is one of the more versatile squashes, at home in everything from soup to pie.

The garlic is starting to break dormancy and send out little roots on the bottom of the cloves. It should be kept in the fridge now to slow this process down.

Farm News

Cleanup is almost completely done at the farm. It seems like we're a little ahead of schedule with the nice weather. Two big projects last week were getting the garlic mulched and getting the plastic mulch out of the field. Usually by the time I get the plastic out we've had some real cold weather so that there isn't too much left of the tomato plants by then. But this year

there were tons of half rotten tomatoes everywhere which made it a little nastier than usual. It'll be time for my annual trip to the dump this week with the plastic, drip tape and row cover. One thing about vegetable farming is that it doesn't create very much waste. Just the one pickup load to the dump and that's all.

As you make your plans for Thanksgiving and wonder what will be in the box that week I thought I'd give you a heads up so that you can plan accordingly. We'll have more brussels sprouts, 5 lbs. russet potatoes, carrots, beets, celeriac, leeks, buttercup, butternut and heart of gold squash, onions, garlic, kale, shallots and more of the herbs.

On the walk-in cooler front we did get a different thermostat put on the cold cooler and it is working very well. I'm now able to hold things right at the temperature I want with less than one degree variation in either direction. If you want to risk it you can hold things all the way down at 33° but I prefer to stay around 35° just to leave a little room for error in thermometers. Everyone has been talking about how this mild weather has been good for home heating costs, but it's costing me more to keep things cold. Actually I'd prefer to have to cool things than to try and keep them from freezing.

There's still a little bit of harvesting left to do. There's a little more broccoli and cauliflower out there which may mature if it stays warm. The kale will also just sit there until it gets below 20°. Last year I was surprised to be able to harvest kale the week of Thanksgiving and it looks like this year will be no different.

Butternut Squash Soup

- 4 tablespoons unsalted butter
- 1 large shallot, chopped fine
- 3 pounds butternut squash (about 1 medium squash), cut in half lengthwise and cut again widthwise, seeds and strings scraped out and reserved
- 6 cups water
- Salt
- 1/2 cup heavy cream
- 1 teaspoon dark brown sugar
- Pinch of freshly grated nutmeg

Melt the butter in a large, heavy stockpot or dutch oven over medium-low heat until foaming. Add the shallot and cook, stirring frequently until translucent, about 3 minutes. Add the seeds and strings from the squash and cook, stirring occasionally, until the butter turns a saffron color, about 4 minutes.

Add the water and 1 teaspoon salt to the pot and bring to a boil over high heat. Reduce the heat to medium-low, place the squash cut-side down in a steamer basket, and lower the basket into the pot. Cover and steam the squash until completely tender, about 30 minutes. Take the pot off the heat and use tongs to transfer the squash to a rimmed baking sheet. When cool enough to handle, use a large spoon to scrape the flesh from the skin. Reserve the squash flesh in a bowl and discard the skin.

Strain the steaming liquid through a mesh strainer into a second bowl; discard the solids in the strainer. (You should have 2 1/2 to 3 cups liquid) Rinse and dry the pot. Puree the squash in batches in the blender, pulsing on low and adding enough reserved steaming liquid to obtain a smooth consistency. Transfer the puree to the clean pot and stir in the remaining steaming liquid, the cream and the brown sugar. Warm the soup over medium-low heat until hot, about 3 minutes. Stir in the nutmeg and adjust the salt to taste. Serve.

Braised Kale with Bacon and Onions

- 1 bunch kale, thick stems and ribs removed, leaves chopped
- 6 bacon slices, cut into 1/2-inch pieces
- 2 cups chopped onions
- 1/4 cup red wine vinegar

Cook kale stems and ribs in large pot of boiling salted water until tender, about 10 minutes. Drain. Set aside.

Cook bacon pieces in heavy large pot over medium heat until brown and crisp, about 4 minutes. Transfer bacon to a paper towel to drain. Add chopped onions and sauté until tender, about 8 minutes. Add kale leaves, ribs and stems and sauté until leaves are crisp-tender, about 10 minutes. Cover and cook until kale is very tender, stirring often, about 15 minutes. Stir in vinegar and bacon. Cook mixture 2 minutes to blend flavors. Season to taste with salt and pepper. Transfer to bowl and serve.

Roasted Brussels Sprouts With Garlic

- 1 pound Brussels sprouts, trimmed and halved (quartered if large)
- 1 large shallot, minced
- 1 garlic clove, minced
- 1 tablespoon extra-virgin olive oil
- 1/4 cup water

Preheat oven to 450°F. Toss together Brussels sprouts, shallots, garlic, oil, and salt and pepper to taste in an 11- by 7-inch baking pan and spread in 1 layer.

Roast in upper third of oven, stirring once halfway through roasting, until sprouts are brown on edges and tender, about 15 to 20 minutes total. Stir in water, scraping up brown bits. Serve warm.