

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

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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Cabbage	Yes	Plastic	Savoy
Carrots	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Thyme
Peppers	Yes	Plastic	Serranos
Potatoes	No	Paper	
Salad Mix	Yes	Plastic	
Spinach	Yes	Plastic	
Tomatoes	No	No	Reds
Turnips	Yes	Plastic	Hakurei
Winter Squash	No	No	Butternut

Fresh Spinach

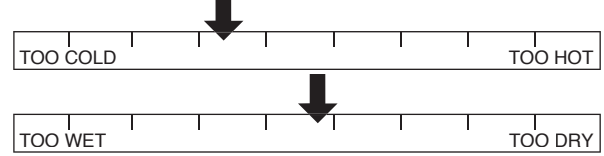
I'd like to take the opportunity to encourage you to eat some nice fresh spinach from our farm. It wasn't washed in huge vats of dirty water with thousands of pounds of other spinach. It hasn't been sitting in warehouses festering and growing bacteria. It was sitting in a beautiful field until Wednesday morning when we harvested it, washed it and packed it. It sat in our cooler overnight and today I'm delivering it to you. I can tell you exactly where it came from and how it came to be in your box.

The origins of our food are becoming more and more important as we see continued vertical integration in the food industry. Perhaps we are not long from pasteurization and irradiation of fresh vegetables. Pre-bagged and washed greens are a great convenience which have made it easier for many folks to get more vegetables in their diet, which ultimately is a good thing. Even better is to support a farm like ours. Thank you to all of you members for doing your part and

Farm Report

Rainfall 1.25"
 High Temperature 79°
 Low Temperature 36°

Farmer Complaint Indicators™:



voting with your dollars to support the non-industrial sized model of agriculture.

Anytime you have living organisms grown on an industrial scale they become unwieldy. What's been interesting to note in their recall of product is that some of the brands they've recalled are organic and some not, which leads me to wonder if they have any idea at all where the bad spinach came from. It also occurs to me that the spinach lobby in Washington must be fairly weak. When there are recalls of thousands of tons of hamburger the FDA never recommends that everyone not eat hamburger.

Lost in the news about deadly spinach was the interesting announcement last week that nanoscientists have transformed a molecule of chlorophyll-a from spinach into a complex biological switch that has possible future applications for green energy, technology and medicine.

Speaking of fresh bagged salad greens, there's our version of it in the box this week. Mostly baby lettuces of different kinds. Enjoy.

Savoy cabbage is in the box this week. Savoy is the fragile beautiful princess of the cabbage family. It arguably has the best flavor of the cabbages and is tender enough to be used in many different ways. It's particularly gorgeous this year.

Carrots are back with the new fall plantings. These are young and sweet with strong tops. We could use a couple more weeks of warmer weather to get them up to size and make them sweeter.

Garlic and thyme and hot peppers for seasoning your dishes. Hopefully these are all in your box but the hot peppers are the last thing to do and sometimes we run out of time, sometimes we even run out of thyme.

The beautiful white Hakurei turnips are back for a couple of weeks. If you peel them they are sweet and can be eaten raw without any turnip-y flavor. If you like turnip-y flavor leave the skins on and just scrub them well when you wash them.

A few more tomatoes from the tomato patch. Things are starting to look pretty bad in there. Frankly, I'm pretty sick of being in the tomato patch this year since there are so many bad tomatoes. Keep an eye on the ones you get, some have some minor black spots on them so use them sooner rather than later. This is probably the last of the tomatoes.

Lastly we have a butternut squash in the box this week. Things are not getting any better in the squash patch, I'm guessing that we'll lose over 50% of some varieties, like Delicata. Enjoy what we do have and keep an eye on it. I don't think the squashes will have the shelf life like they do in a normal year. Keep the squash out on the counter with good air flow and check it every couple of days to make sure it's not breaking down. If it starts going south just cut out the bad parts and cook it off that day. Cooked squash freezes quite well.

Farm News

The weather always seems to be in the news this year. It's been cold this month and things are a week or two behind where they should be this time of year. When things get behind right now it takes more and more time for them to catch back up if they're going to. We had pretty cold temperatures the last couple of days but because we're up on the hill we haven't had to worry about frost.

We did have quite a bit of wind with the storms that went through again last Saturday. The wind tipped over a few more tomato cages and tossed around some broccoli plants like they were rag dolls. So if you get a head of broccoli in the next couple of weeks that looks like it's trying to peer around a corner that's why.

Harvesting has been the main activity at the farm this week. It's the time of year when we need to start bringing in the storage crops. There's also so many items in the shares right now that just harvesting everything for the shares takes up a lot of our time. Somehow we need to find the time to start picking the storage beets, get all the potatoes dug and harvest the winter squash. The squash will probably take priority in the coming week since it can't handle much of a frost.

Just a reminder that we'll be having our pumpkin day on Sunday, October 1st from noon to 3pm at the farm. Please let us know if you'll be coming so we can make sure we have enough pumpkins for everyone. Directions to the farm are on the website in the member handbook.

Cabbage and Apples Braised in Cider

- 2 tablespoons unsalted butter
- 1 tart apple, peeled, cored and cut into 1/2-inch dice
- 1/2 cup apple cider
- 1 teaspoon minced fresh thyme leaves
- 1 teaspoon caraway seeds
- 1 pound savoy cabbage, shredded (about 1/3 head)
- Salt and fresh ground black pepper

Melt the butter in a large skillet over medium-high heat. When the foaming subsides, add the apple and cook until it just begins to brown, about 5 minutes. Add the cider, thyme, and caraway seeds and simmer until the cider is slightly reduced, about 3 minutes. Add the cabbage, stir to combine, cover and simmer until the cabbage is wilted but still bright green, 5 to 8 minutes. Season with salt and pepper to taste.

Glazed Turnips

- 2 pounds small to medium (2-inch) turnips
- 1 1/2 cups plus 3 tablespoons water
- 2 tablespoons butter
- 1 tablespoon sugar
- 1/2 teaspoon salt
- Chopped fresh flat-leaf parsley

Peel turnips, then halve horizontally and quarter halves. Arrange turnips in 1 layer in a 12-inch heavy skillet and add enough water (about 1 1/2 cups) to reach halfway up turnips. Add butter, sugar, and salt and boil over moderately high heat, covered, stirring occasionally, 10 minutes. Boil turnips, uncovered, stirring, until tender and water has evaporated, about 8 minutes.

Sauté turnips over moderately high heat, stirring, until golden brown, about 5 minutes more. Add 3 tablespoons water and stir to coat turnips with glaze.

Coming next week: Arugula, broccoli, leeks, cauliflower?, carrots, turnips, salad mix, spinach, onions, pie pumpkins.