

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	
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Sage
Leeks	Yes	Plastic	
Onions	No	No	Red, Yellow and White
Parsley	Yes	Plastic	Italian
Peppers	Yes	Plastic	Green bell and serranos
Salad Mix	Yes	Plastic	
Shallots	No	No	
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei
Winter Squash	No	No	Pie Pumpkins

Cauliflower

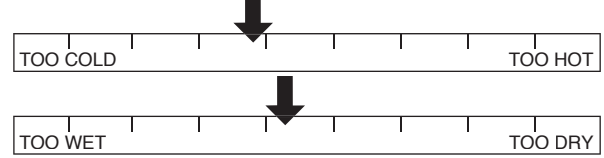
We should see cauliflower in the box this week and next. These will be small, firm, dense heads of very high quality. I like to pick these young, not huge, old and tasting of sulfur. I do not recommend this cauliflower for boiling and topping with cheese sauce, but if you do please don't tell me about it. Cut the heads into small delicate florets and feed them to the kids raw. We top our pizzas with it, add it to tomato pastas, and everything in between.

Cauliflower was developed in the middle ages in Arabia. How can somewhere so hot and dry be the source for something that loves cool, wet conditions? It must have been the Mediterranean regions of the kingdom. Cauliflower is a very similar plant to broccoli except

Farm Report

Rainfall0.85"
 High Temperature..... 74°
 Low Temperature 37°

Farmer Complaint Indicators™:



IMPORTANT!

NEXT WEEK IS THE LAST WEEK OF THE SUMMER SHARES. IF YOU SPLIT A SHARE PLEASE MAKE SURE THE FOLKS YOU SPLIT WITH KNOW, TOO. THANKS.

if forms a white curd, rather than green buds. Or to quote Mark Twain, "Cauliflower is just cabbage with a college education." The curd stays white as long as it is hidden from light. Cauliflower varieties are bred to wrap the head tightly in leaves to protect it. Such 'self-wrapping' types do a pretty good job but I usually put a rubber band around the top leaves to keep them even whiter. It's been so gloomy lately that I haven't bothered to do it this year.

Cauliflower takes it's time in the cool weather, unlike broccoli which can go from too small to too big in 48 hours. It's really kind of amazing how big of a plant this cute little head comes from.

Broccoli and Leeks are back for the late crop. We should see both of these next week as well.

We had some nice spicier greens ready for the salad mix, so you'll notice some nice mustards in it this week.

The carrots just get better and better this time of year. If you want to come out and help harvest a half-ton of them let me know.

The squash this week is not really a squash but the pie pumpkin. These did fairly well this year despite the squash problems, however, I like to get these distributed because they are not real great keepers. These are the edible pumpkins used like squash or for pies, or they are cute if you prefer to use them as decorations. Unfortunately I have to cut the stems fairly short to keep them from stabbing each other in the boxes.

Farm News

It's staying fairly moist at the farm with about an inch of rain a week for the last month. It's nice to be done irrigating but I wouldn't mind a couple of dry weeks for bringing in some of the storage crops. The wetter the ground is the more dirt sticks to all of the potatoes, beets and carrots. The less wet dirt I have to lift the better. We're heading into harvest crunch time in the next couple of weeks. When I see people now they assume that I'm all wrapped up for the season by now but there's a lot of work to be done. Bringing in the squash is on the table for next week, it's the only real frost-sensitive thing which needs to happen soon.

One of the motors on the evaporator fans in the cold cooler started smoking this week. I've got one on order so hopefully it comes soon. I've been running it this week with just two of the three fans going and that seems to be just fine. Normally I only run the cooler on Wednesdays and Thursdays when we're harvesting for the shares but as things start to be stored in there for the winter shares it stays on all of the time. It won't be long until I have to put the heater in the warm cooler to keep it warm. I like the cold cooler at about 35°F and the warm one at 50°F.

One last plug for the pumpkin day. This coming Sunday from noon to 3pm is the pumpkin day and it looks like we'll be at peak fall colors for it. It's a little early for peak colors but the hot dry summer has brought on the color earlier. There's not a ton of pumpkins, I counted thirty when I was out there the other day so let me know if you're coming. I've got RSVP's from 18 people so far so there's still plenty left.

This is week 17 of our 18-week season which means that next week is the last week of the summer shares. If you purchased a winter share they will begin the following Thursday at the same times and at the same pickup sites. Email me if you have questions.

Speaking of the last shares next week, it's never too early to start thinking about next year. For those of you who would like to sign up for a share again next year you don't need to do anything, we automatically sign everyone up for the next season. We'll send out a mailing after the first of the year and let you know when the deadline is to opt-out or pay for your share. If you know for certain that you wouldn't like a share you can let me know that anytime via email. We find this method less work because we typically have a 75% of our members returning and it's easier to keep track of the 25% than re-sign up the 75%.

Simple Pumpkin Soup

- 3 tablespoons olive oil
- 1 medium onion
- 3 thin slices of ginger
- 1 medium potato
- 1 1/4 pounds pumpkin flesh, cut into 1-inch chunks
- 4 cups vegetable stock
- 2 bay leaves
- 1 teaspoon salt, more to taste
- 1/2 cup milk

Put the oil in a large pot and set over medium-high heat. When hot, put in the onion and ginger. Stir and fry for 2 to 3 minutes, or until the onion bits just begin to turn brown at the edges. Turn the heat to medium and saute for another 2 minutes, or until the onions are light brown. Put in the potato and pumpkin pieces and stir once or twice. Now put in the stock, bay leaves, salt and pepper and bring to a boil. Cover, lower the heat, and simmer gently for 45 minutes. Remove the ginger slices and the bay leaves. In several batches, blend the soup to a smooth puree in a blender. Return the soup to the pot, add the milk, and stir to mix. Reheat if necessary and serve.

Oven-Steamed Carrot and Leek Chunks

- 2 tablespoons olive oil
- 2 medium leeks
- 4 medium carrots, peeled and cut into 1-inch diagonals
- 1/4 pound white mushrooms, minced very fine
- 1/2 teaspoon thyme
- 1/2 teaspoon sugar
- 1/2 teaspoon kosher salt
- 1/8 teaspoon pepper

Preheat the oven to 400°F. Cut four 12-inch lengths of aluminum foil. Spread 1 teaspoon oil on each to coat half. Trim off roots and dark green leaf tops from leeks. Slice lengthwise toward leaf tips to halve each leek. Plunge up and down in a sinkful of water, opening up the layers to slosh clean, then examine each down to the base. Repeat until soil-free. Lay cut side down and slice across into 1-inch lengths. Divide evenly among foil squares, arranging on the oiled part.

Distribute the carrots among the leeks. Toss the mushrooms with thyme, sugar, salt and pepper. Add remaining oil and mix well. Divide evenly over the vegetables. Fold over foil and form half-moon packets, crimping edges tightly, as if making turnovers. Set packets on baking sheet and bake in center of oven 20 minutes, or until tender. Serve hot.

Coming next week: Salad mix, squash, broccoli, cauliflower, lacinato kale, brussels sprouts, carrots, leeks, potatoes.