

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	
Beets	Yes	Plastic	Red roots
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Savoy
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Sage and thyme
Kale	Yes	Plastic	Lacinato
Onions, Dry	No	No	Last of the reds and whites; yellows
Parsley	Yes	Plastic	
Potatoes	No	Paper	Russets
Shallots	No	No	
Spinach	Yes	Plastic	
Winter Squash	No	No	Delicata

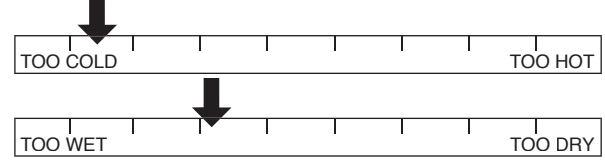
Winter Shares are Back

Don't hurt your back on the first winter share of the year. I'm not sure if all of this will fit in, but we'll give it a shot. Things are looking great and there should be plenty of good eating in there for the next two weeks. I realize that this box follows what was a large last regular season share. The good news is that most everything should keep pretty well, give away some broccoli to a friend or neighbor.

The broccoli is really the star of the box this week. We've mostly moved on to the later season varieties, some of which are just perfect representations of what it means to be broccoli. This would be the time of year to make and freeze some broccoli soup. Lately,

Farm Report

Rainfall0.30"
 Snowfall..... Trace
 High Temperature..... 74°
 Low Temperature 32°
 Farmer Complaint Indicators™ :



as it's turned colder, we talk a lot about broccoli soup. There's nothing that sounds more appealing when you have the wind and rain blowing on you in the 35° chill. One of the biggest things I'm looking forward to with the impending move of the farming operation to the new farm next year is the possibility of eating a hot lunch this time of year.

New items to the box are the russet potatoes and celeriac. The russets are fairly nice this year, though not uniformly large for your baked potatoes. My favorite thing to do with them is make oven fries.

Contrary to what some may say, celeriac, or celery root, is a wonderful root form of the celery plant. It is hands down the most ugly vegetable we grow. You'll find it on the bottom of your box, looking more like something your children fear coming out of their closets than something for dinner. I like to peel it and cut it into 1/2-inch dice and eat it in soups, stews and winter veggie dishes. It does help if you like the flavor of celery.

Carrots, cauliflower and cabbage are all doing wonderful. We will have some kind of cabbage in the box in just about every winter share. Cauliflower should hold out for one more delivery, and carrots are here to stay.

More delicious spinach is in the box. This is prime time for top quality spinach. We had quite a rainy and cold harvest on Wednesday so there may be more dirt on the greens than normal.

The squash this week is Delicata. Delicata was the real loser this year in the squash patch. Yields were down 75% from last year. This will be the only delicata in the shares this year. Delicata is not a great keeper so I'd recommend using it in the next week or so.

Farm News

Brrrrrr. Just because it's called the winter share doesn't mean that it should herald the beginning of winter. Wednesday was one of the more unpleasant days so far at the farm this year. I was telling my workers to close their eyes and imagine they were commercial fishermen; wind in their face, spray from the ocean. Amazingly, neither of them chose it as their day to quit. Anytime you have to eat your lunch in the cooler to stay warm, it's pretty cold.

Thursday morning brought colder than expected temperatures to the farm, we may have some damage as a result. Only time will tell.

I would have rather had the cold hold off for another week. There's a tremendous amount of harvesting to be done in the next week or two. Most things in the field now can handle the mid-20's, but when it starts getting much lower I have to get the fields cleared out. The big projects next week will be getting the carrots, beets and celeriac picked, washed and in the cooler. The good news is that this should make for some great tasting kale and spinach for the next share.

I did manage to get the garlic planted this week before all of this weather. I planted roughly 2300 cloves this year which came out to right around 100 pounds of garlic. This will get mulched in the next few weeks with a thick layer of straw, where it will wait until the warm days of spring to start pushing out of the ground.

I wanted to remind everyone that the winter share pickups are every other week. The next shares will be on Thursday, October 26th. There was a calendar of the pickup dates in last week's newsletter, which is on the website. If you have any questions let me know.

Coming next week: There aren't many changes from week to week with the winter shares, we'll have red potatoes, green cabbage, red russian kale, butternut squash and most everything else unless the cold zapped some of it.

There are a million broccoli soup recipes out there and here is one of them. I haven't made this particular one but it sounded quite simple and similar to others.

Fresh Broccoli Soup

- 1 1/2 pounds broccoli
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 3 cups boiling water
- 2 tablespoons lemon juice
- 1/2 teaspoon thyme
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups chicken stock
- 1 cup half and half or whole milk
- 1/2 teaspoon nutmeg

Cut the tops of the broccoli into florets; peel the stems and cut into 1/4-inch slices. Heat the oil in a large, heavy saucepan over medium heat. Add the broccoli, onion, and garlic; saute until the onion is slightly softened, about 3 minutes.

Add the water, lemon juice, thyme, salt and pepper. Cover and cook until the broccoli is very tender, about ten minutes. Carefully puree in a blender with the chicken stock. Return the puree to the saucepan, add the milk and nutmeg and heat through but don't boil. Taste and adjust salt and pepper.

Salad of Celeriac, Carrots and Beets

- 1/2 teaspoon salt
- 1 tablespoon whole-grain mustard
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1/4 cup whole-milk yogurt
- 1 medium celeriac
- 1 small shallot, minced
- 1/2 pound carrots, peeled and shredded
- 1/4 teaspoon dried dill
- 1 tablespoon small capers
- 2 tablespoons minced parsley leaves
- 2 large beets, roasted and peeled

Blend salt, mustard, and lemon juice in small bowl. Whisk in oil, then yogurt. Peel and quarter celeriac, cut out spongy core, if any. Cut into coarse shreds with food processor or grater. Transfer to bowl. Add shallot and three-quarters of the dressing. Using your hands, toss and separate the strands to coat well.

Mix carrots with remaining dressing and dill in another bowl. Cover both vegetables and refrigerate a few hours, or more. To serve, toss celeriac with capers and parsley. Arrange beets on serving dish and top with celeriac, then carrots.