

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
Beets	Yes	Plastic	Red
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Red
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Rosemary, Thyme and Sage
Kale	Yes	Plastic	Red Russian
Onions	No	No	Yellow
Parsley	Yes	Plastic	
Potatoes	No	Paper	Reds
Shallots	No	No	
Spinach	Yes	Plastic	
Winter Squash	No	No	Butternut, Heart of Gold

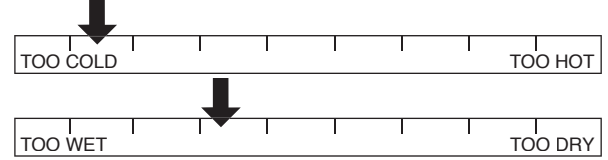
## Better Red than Dead

Scientists keep finding more and more reasons to eat richly colored fruits and vegetables. The red coloring in this week's beets and cabbage is caused by anthocyanins which are powerful anti-oxidants capable of controlling high blood pressure, reducing the risk of heart attacks and reducing the risk of Alzheimer's.

More and more nutritionists are recommending that it isn't enough to simply eat your 5 servings of veggies a day. Your servings should be coming in a wide array of colors to bring together all of the different compounds found in vegetables. It's nice to know that we've all been way ahead of the curve on this thinking. No official recommendations yet, though, on whether it's beneficial for your veggies to come in a yellow box.

## Farm Report

Rainfall . . . . .0.50"  
 High Temperature . . . . . 56°  
 Low Temperature . . . . . 21°  
 Next share delivery . . . . .Thursday, November 9  
 Farmer Complaint Indicators™ :



The broccoli this week is touch and go. It looks fine but the cells in it are dried out from the freeze. It may be best suited to soups and stir-fries, not fresh eating.

Red cabbage is something we don't do much of at the farm. It just never quite keeps up with the other kinds of cabbage. These are some nice, young heads which will be good in a classic red cabbage recipe.

I was hoping there would be cauliflower this week but the freezing weather really did it in.

With all of the carrots finally harvested we'll be putting 5 pounds in the box each time. We have additional carrots available if you're a juicer, 25 lbs/\$25, email me if you want some.

The potatoes got zapped pretty good with the cold weather a couple of weeks ago. Even though they're under the ground a couple inches, at 20° or so it doesn't take long to freeze the top couple inches of soil. Why do beets above the ground not mind and the potatoes do? The beets are still alive and growing, while the potato plants are long dead by now. So you may get a potato or two that shrivels up a bit after a couple of days, that's freeze damage.

Red russian kale is a favorite around our house, and it should be tasty after the cold weather. You don't see this one much in the co-ops because it's hard to keep from wilting on the shelf. It's the most tender kale and shouldn't need to be cooked as long.

I love spinach this time of year. The leaves are fat and thick, chewy and sweet. It's great for salads or cooking. I had a giant salad of it for dinner one night last week topped with some soft-boiled duck eggs we got from a neighbor, it was the height of extravagance. You'll need to tear the leaves up to use it for salads. We finally had enough time this week to harvest just the leaves and not send you the whole plant. When you get the whole plant it's a sign that we simply ran out of time.

## Farm News

The weather is always in the news. The cold snap we had when we were packing two weeks ago was quite a doozy. We had 21° that morning, and it had been that cold for hours. I don't think it ever got above freezing that day. What that means is that some of the crops spent about 36 hours frozen solid. It's not uncommon for the weather to dip down overnight below freezing but 21° is quite another matter. Some plants lose their ability to bounce back from that since the cells have been frozen for so long.

My main concern was that it was even too cold for some of the root crops which remained to be harvested, but I haven't noticed anything that makes me think it was. The main victims were the arugula, broccoli and cauliflower. The celeriac also suffered some damage at the top of the bulb, you may need to trim the top 1/4 off. That was pretty much a record in terms of how cold it got and the duration of it. It was also just some plain old yucky weather to be out in.

Unfortunately ever since then we've been saddled with some rather cruddy weather. Last week and this week have been devoted to the annual storage crop harvest and the weather couldn't have been much worse. I finally had to find something else to do last Thursday because you can only be out washing vegetables in the cloudy cold weather for so long before you start to go mad.

Apart from nearly going mad, we did manage to harvest and wash 1,700 pounds of carrots, 345 pounds of beets, 160 pounds of celeriac and 630 pounds of potatoes. Almost all of these will be destined for the winter shares, with a little carrots and celeriac headed for the restaurant. The carrots were the biggest task by far, each foot of row having to be dug by hand with a digging fork.

Once the rest of things are out of the field it will be time to get things cleaned up. The irrigation lines need to be rolled up and put away, plastic mulch and drip tape removed, tomato cages moved and stacked, and the electric fence wound up and put away. It's always nice to have some good weather to get things done but you don't want it too warm or the tomato patch turns into a festering mess.

When we get all that done it will be time to start moving everything over to the new farm. There's lots to do so let's hope for a mild November.

## Warm Red Cabbage Salad

- 15 to 20 walnuts
- 2 teaspoons walnut oil
- 1 small red cabbage, quartered with core removed
- 1 crisp red apple
- 1 clove garlic, finely chopped
- 2 tablespoons balsamic vinegar
- 2 1/2 tablespoons olive oil
- 2 shallots, thinly sliced
- 3-4 ounces goat cheese
- 1 tablespoon parsley, chopped
- 1/2 teaspoon marjoram, finely chopped
- salt and pepper

Preheat the oven to 350°F. Crack the walnuts, leave the meats in large pieces, and toss them with the walnut oil and some salt and freshly ground black pepper. Toast them in the oven for 5 to 7 minutes, or until they begin to smell nutty. Then remove them from the oven and let them cool.

Cut the cabbage wedges into thin pieces, 2 to 3 inches long, and set aside. Cut the apple lengthwise into sixths, cut out the core, then slice the pieces thinly, crosswise. Put the garlic, vinegar, and oil in a wide saute pan over a medium-high flame. As soon as they are hot, add the shallots and saute for 30 seconds. Next add the cabbage and continue to cook, stirring it with a pair of tongs for approximately 2 minutes, or until just wilted. The leaves will begin to soften and the color will change from bright purple-red to pink. Season with salt, plenty of freshly ground black pepper and more vinegar, if necessary, to sharpen the flavors. Add the goat cheese, apple slices, herbs and walnuts. Toss briefly and carefully before serving.

## Quick Kale with Bacon

- 2 slices good quality bacon, diced
- 1 bunch red russian kale, stems stripped out, washed and coarsely chopped
- 1 tablespoon olive oil
- 1 small onion or 2 shallots, finely chopped
- 1 clove garlic, chopped
- 1 tablespoon red wine vinegar
- salt, pepper and fresh thyme to taste

Cook the bacon in a large skillet until crisp, remove to paper towels to drain. Pour off all but 1 tablespoon of drippings then add the olive oil, onion and garlic. Cook over medium heat until the onions are golden, then add as much kale as will fit and sprinkle with salt. Stir as the kale cooks down and add the rest. Cover and cook over medium heat until the kale is tender, 10-15 minutes. Toss with the bacon and vinegar and season with salt, pepper and thyme to taste.