

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

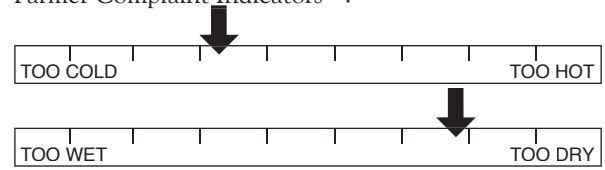
Cabbage

We had a real nice harvest of green cabbage this year, with each head averaging 5 pounds. I usually don't try to grow cabbage this big, but the variety I planted this year doesn't seem to be the variety I ordered from the seed company. They're flatter and larger than what I was expecting, or they just faired better than is typical. Either way they're very nice and should provide a few nice dishes at your table. We'll have at least one more delivery with these cabbages in.

The kale, spinach, herbs and leeks came through some very cold weather last week looking good. This will be the last of the spinach. We could have another round of kale if things stay reasonable. The leeks are all in storage now, so we'll have them in each of the remaining shares.

Farm Report

Rainfall0.50"
 High Temperature 69°
 Low Temperature 14°
 Next Share Delivery **Tuesday, November 21**
 Farmer Complaint Indicators™ :



IMPORTANT!

The next winter share delivery is TUESDAY, November 21 because of the Thanksgiving holiday. The pickup times are the same.

We're moving into the purely storage mode for most of the rest of the share. Some things, like carrots, actually improve in storage. They lose some of the fresh carrot taste but they are also getting sweeter.

The garlic has begun to break dormancy so you may want to refrigerate them to keep them from sprouting further. We usually cut the cloves in half and discard the sprout. This is an issue of humidity rather than temperature. The vast majority of the vegetables prefer high humidity, while garlic does not. We need a special garlic, onion, shallot room on the farm but that isn't really on the front burner right now.

There's also a couple of rutabagas in the boxes this week. These survived some cold temperatures so they should be very good. Most serious rutabaga afficianados wouldn't dream of eating one before it had gone through a freeze. Fortunately for the non-afficianado, this is all of the rutabagas there will be.

Farm News

It's hard to believe it's already November. I honestly don't know where the year has gone. I keep thinking I'm going to have time to get some projects done before it get's cold, but it's already gotten kind of cold. I spent some time running around last week putting row cover on the spinach and leeks since they were talking about temps down to 15°. The thermometer in the field registered a 14° that night.

It's nice to get a little relief from the cold weather this week. The cold last week was slowing down cleanup and late harvesting. You simply cannot harvest things when the ground is frozen. We batch wash a lot of storage crops in mesh fabric bags, and last week they were freezing up solid if we didn't keep them in the water.

We did manage to get the remainder of the potatoes, beets and celeriac harvested last week. Leeks and brussels sprouts are about all that were left to get out this week. We also managed to get the tomato cages out of the field which is nice to have done. When the tomato cages are pulled and stacked they take up a tremendous amount of space. I still haven't figured out how I'm going to get them over to the other farm. We also started rolling up some of the irrigation lines, but had to quit half-way through because there were parts of them that still had a little water in, which was frozen solid.

I spent some time last week figuring out some brackets to attach the front-end loader to my larger tractor. The ones that came with it won't work on my tractor's axles and the previous owner had pretty much mangled them anyway. Once I've got them figured out then I can figure out what modifications I need to make to the bracket on the front end. I'm trying to get this done before the snow flies, which could be anytime.

For your holiday planning here is a pretty firm idea of what will be in the Thanksgiving week share: beets, brussels sprouts, lacinato kale, carrots, celeriac, butternut squash, thyme and sage, leeks, garlic, onions, shallots, potatoes. Please remember: The next share delivery is TUESDAY, November 21 because of the Thanksgiving holiday.

A friend of ours was out to visit the farm a couple of weeks ago and sent us his kale salad recipe that he said he eats almost every day this time of year:

Fresh Kale Salad in Soy Miso Dressing

For dressing:

1 cl garlic
1 shallot
3 T soy
1 T brown miso
1 T tahini
1/4 c rice wine
1/2 lemon (if you have it)
3/4 c canola or olive oil

For salad:

1 qt finely shredded kale
1/4 c sliced red onion

1/2 c sliced apple
1/2 c tomato chunks
1/4 c dried cranberries
1/2 c cooked quinoa (cooled)

Combine dressing ingredients in a blender and blend well. Mix together the salad ingredients and toss with dressing. Let stand for at least 15 minutes before serving, the dressing will tenderize the kale.

Colcannon

2 1/2 pounds potatoes, peeled and cubed
4 slices bacon
1/2 small head cabbage, chopped
1 large onion, chopped
1/2 cup milk
1/8 teaspoon salt and pepper to taste
1/4 cup butter, melted

Place potatoes in a saucepan with enough water to cover. Bring to a boil, and cook for 15 to 20 minutes, until tender.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving drippings, crumble and set aside. In the reserved drippings, saute the cabbage and onion until soft and translucent. Putting a lid on the pan helps the vegetables cook faster.

Drain the cooked potatoes, mash with milk and season with salt and pepper. Fold in the bacon, cabbage, and onions, then transfer the mixture to a large serving bowl. Make a well in the center, and pour in the melted butter. Serve immediately.

Squash And Carrot Puree With Maple Syrup

4 tablespoons (1/4 stick) butter
1 onion, chopped
3 carrots, peeled, thinly sliced
1 3 1/2-pound butternut squash, peeled, seeded, cut into 1/2-inch pieces
1 cup fresh orange juice
3 tablespoons pure maple syrup

Melt 2 tablespoons butter in large pot over medium heat. Add onion and sauté until just tender, about 8 minutes. Stir in 1 tablespoon butter. Add carrots and sauté until coated with butter, about 1 minute. Stir in remaining 1 tablespoon butter. Add squash and sauté until beginning to soften, about 8 minutes. Pour orange juice over vegetables. Cover and simmer until vegetables are soft, about 25 minutes. Uncover and simmer until all liquid evaporates, about 5 minutes. Stir in maple syrup. Cool slightly. Working in batches, puree mixture in processor until smooth. Season to taste.