

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
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Savoy
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Cilantro	Yes	Plastic	
Garlic	No	No	
Leeks	Yes	Plastic	
Parsley	Yes	Plastic	Italian
Potatoes	No	Paper	Yukon gold
Turnips	Yes	Plastic	Hakurei
Winter Squash	No	No	Butternut and Acorn

## Cauliflower

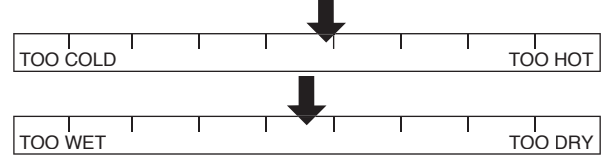
Cauliflower is a tricky crop, it's very sensitive to temperature and if it doesn't get the weather it wants then it sits and waits for it. This first round of cauliflower should've been ready a few weeks ago but it was just too warm for it then. It has decided that now is the time so we have it this week.

Cauliflower is really the king of the brassicas. There's nothing as beautiful as the dense, bright white head hidden deeply in the blue-green leaves of the plant. The plants are very large by the time the head is ready to harvest, probably taking up about ten square feet a piece. The head stays white by avoiding the sunlight. The leaves of the plant grow around the head and shield it, thereby keeping it white. This is known as self-blanching in the trade. Most growers also tie the outer leaves together to aid the blanching. This is especially important if the plants aren't real large. Thankfully these plants are huge this year and doing a fine job of blanching themselves without me.

## Farm Report

Rainfall . . . . . 1.55"  
 High Temperature . . . . . 84°  
 Low Temperature . . . . . 45°

Farmer Complaint Indicators™:



The other tricky thing about cauliflower is the fact that it is a white vegetable which grows in a muddy dirt field. It is quite difficult to keep it clean, and forget about trying to clean it once you get dirt or mud on it. This is why the cauliflower you see in the store is wrapped in plastic, to keep it nice and white. Please don't boil and pour cheese sauce on this cauliflower.

Other exciting members of the brassica family in the box this week are savoy cabbage and broccoli. Savoy can rival the cauliflower for beauty. It is milder and faster cooking than green cabbage, and keeps a nice texture even when cooked. The broccoli is continuing nicely.

It was finally time to get rid of the tops of the carrots altogether.

More leeks are in the box this week. They've been very nice this year. We should have more next week as well.

The potatoes this week are the ubiquitous Yukon gold. I've been having trouble getting decent yields out of Carola, my favorite yellow potato, so I planted a few rows of Yukons this year. They seem pretty nice, and definitely yielded much better. I think they lack some of the Carolas buttery texture, let me know what you think.

The yummy Hakurei turnips are back. The fall grown ones are even sweeter than the spring ones. I ate one raw the other day while I was out in the field and it was more like eating a piece of fruit. It was very juicy and sweet. These tops are also very tender and edible.

The squashes this week are butternut and acorn. Butternut is a great workhorse squash, it's smooth flesh is at home in soups, gratins, curries and in pies. I made an excellent 'pumpkin' cheesecake last weekend out of butternut. The in-laws would not have touched something called squash cheesecake with a ten foot pole. Canned pumpkin in the store is generally from

something called a neck pumpkin which is just a large version of a butternut squash.

Cilantro, parsley and garlic round out the box this week. You'll notice a complete lack of tomatoes and peppers. Their quality has gone downhill in a hurry and I wasn't real happy with the tomatoes last week. We may see a few more peppers, but they become less of a priority now that the fall crops are in their element.

## Farm News

Harvest, harvest, harvest is the name of the game at the farm right now. Some of my wife's family was up from Iowa last week and a couple of them even wanted to work! So we got the rest of the potatoes harvested, a little over a ton. It was great to get them done without any breakdowns from the potato digger. I have yet to get them all washed. We also harvested about 400 pounds of carrots and 225 pounds of beets.

The coming week will bring more of the same with the bulk of the carrots next on the agenda. There's probably about a ton of carrots out there and quite a few beets, celeriac, turnips, rutabagas and parsnips.

The harvest party is coming up this Saturday and it sounds like we'll have a good turnout. It'll get going at 3pm with farm tours, pumpkin picking and socializing followed by a pot-luck supper at about 6pm, with a bonfire and marshmallow roast afterwards. Bring a dish to share and beverages for your crew. Directions to the farm are on the website as part of the member handbook, just download the pdf, print out the last page and that should get you here. Please RSVP to let us know you're coming and thanks to those of you who already have.

### **Next week is the last share of the regular season.**

Can you believe it? This season seems to have gone by at twice the normal speed. If you don't have a winter share, next week is your last week. If you don't remember whether or not you have a winter share drop me an email and I can look it up. The winter shares are sold out for this season.

Not sold out are the extra chickens. Next week is also a chicken week and we still have some chickens available. If you'd like to order two or ten send me an email by Tuesday of next week and you can pick them up on Thursday.

## Silky Butternut Squash Soup

- 4 tablespoons unsalted butter
- 2 medium shallots, minced (about 4 tablespoons)
- 3 pounds butternut squash (about 1 large), unpeeled, squash halved lengthwise, seeds and stringy fibers scraped with spoon and reserved (about 1/4 cup), and each half cut into quarters
- Table salt
- 1/2 cup heavy cream
- 1 teaspoon dark brown sugar

Heat butter in large Dutch oven over medium-low heat until foaming; add shallots and cook, stirring frequently, until softened and translucent, about 3 minutes. Add squash scrapings and seeds and cook, stirring occasionally, until fragrant and butter turns saffron color, about 4 minutes. Add 6 cups water and 1 1/2 teaspoons salt to Dutch oven and bring to boil over high heat; reduce heat to medium-low, place squash cut-side down in steamer basket, and lower basket into pot. Cover and steam until squash is completely tender, about 30 minutes. Off heat, use tongs to transfer squash to rimmed baking sheet; reserve steaming liquid. When cool enough to handle, use large spoon to scrape flesh from skin into medium bowl; discard skin.

Pour reserved steaming liquid through mesh strainer into second bowl; discard solids in strainer. Rinse and dry Dutch oven.

In blender, puree squash and reserved liquid in batches, pulsing on low until smooth. Transfer puree to Dutch oven; stir in cream and brown sugar and heat over medium-low heat until hot. Add salt to taste; serve immediately.

## Roasted Cauliflower

- 1 medium head cauliflower (about 2 pounds)
- 1/4 cup extra-virgin olive oil, plus extra for drizzling
- Kosher salt and ground black pepper

Adjust oven rack to lowest position and heat oven to 475 degrees. Trim outer leaves of cauliflower and cut stem flush with bottom. Cut head into 8 equal wedges so that core and florets remain intact. Place wedges cut side down on foil- or parchment-lined rimmed baking sheet. Drizzle with 2 tablespoons oil and sprinkle with salt and pepper; gently rub to evenly distribute oil and seasonings. Gently flip cauliflower and season other cut side with remaining 2 tablespoons oil, salt, and pepper.

Cover baking sheet tightly with foil and cook for 10 minutes. Remove foil and continue to roast until bottoms of cauliflower pieces are golden, 8 to 12 minutes. Remove sheet from oven, and, using spatula, carefully flip wedges. Return sheet to oven and continue to roast until cauliflower is golden all over, 8 to 12 minutes longer. Season with salt and pepper to taste, drizzle with oil (or sauce), and serve immediately.