

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 |                                        |
| Celeriac      | Yes     | Plastic |                                        |
| Garlic        | No      | No      |                                        |
| Herbs         | Yes     | Plastic | Small bunch of thyme, sage and oregano |
| Kale          | Yes     | Plastic | Lacinato                               |
| Leeks         | Yes     | Plastic |                                        |
| Onions        | No      | No      | Yellow and red                         |
| Peppers       | Yes     | Plastic | Sweet red and hot cherry               |
| Potatoes      | No      | Paper   | Red norland                            |
| Shallots      | No      | No      |                                        |
| Winter Squash | No      | No      | Sunshine and delicata                  |

## Welcome to the winter share

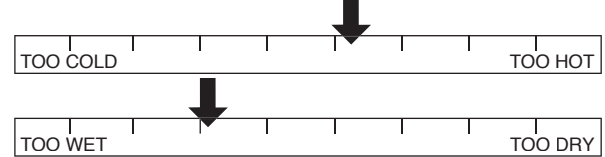
It's hard to believe but it's time for the first winter share of the season. The box is chock full and should get you by for the next two weeks until we deliver the next share. Actually, looking at the list while I'm typing this, I'm not sure all of this is going to fit in the box. Here's a quick run down of what may be in the box:

Arugula! We finally got a little late arugula for the boxes, we should have more next time and maybe even spinach then too.

This will be the last broccoli and cauliflower of the year so it should give you some time to use up any backlog that you may have in the crisper drawer.

## Farm Report

Rainfall . . . . . 1.10"  
 High Temperature . . . . . 86°  
 Low Temperature . . . . . 39°  
 Next share delivery . . . . . Thursday, October 25  
 Farmer Complaint Indicators™ :



The carrots are wonderful right now. We have been harvesting them when we have time, but are finding more disease than usual in them. In some places we are losing 50% of them to aster yellows, a virus spread by the aster leafhopper. We've got one more planting to harvest and hopefully it won't be as bad since it's younger.

Celeriac is a frequent resident of the winter share box. It's the ugliest thing in the box. Celeriac is also known as celery root, which pretty much sums up what it is. I use celeriac instead of celery for any recipe that calls for celery in a soup or stew, and it also works well in gratins and pureed. To prepare it, wash it with a stiff brush under running water, using a knife slice off the top and bottom and place it top-side down on a cutting board, take thick slices off all around the outside until you're left with a bright white heart which you can slice, dice or julienne. Some people use a peeler but I find a knife works better. Don't peel it until you're ready to use it, it will discolor and not keep as well. The celeriac crop is very nice this year.

A couple heads of garlic are bagged up with the onions, shallots and hot cherry peppers. This should provide seasonings for many meals. I had some extra help this week so we were able to get some of the hot peppers and sweet peppers picked.

The kale has slowed down in the field but there's enough to get everyone a fairly decent bunch. Hopefully we'll continue to have some warm weather so we can keep having kale in the box.

The leeks are very cold tolerant and should be coming in the box pretty much every delivery of the winter share. I think I've got about 1500 of them out in the field yet.

Squash and potatoes finish out the box. The potatoes are the standard reds. Delicata is the skinny striped

squash, and sunshine is the bright red one. Sunshine is a 'kabocha' type squash, which is just Japanese for squash. Think of it as a cup-less buttercup, similar texture and taste. I don't get real good yields from sunshine so it may not come back next year, but it is quite beautiful.

Most of the items in the box this week will show up in all of the winter shares. The exceptions being arugula, broccoli, cauliflower and peppers. We'll also have other roots showing up like beets, turnips, parsnips, rutabagas and sweet potatoes. We'll get into the Brussels sprouts once we get some cold temperatures.

## Farm News

Getting the last summer share off the farm is always a big accomplishment. It was around 3,000 pounds of produce and by Friday last week I was pretty much useless. It was a weekend of bizarre hot weather and more rain.

Sunday night I chased around some of the turkeys until it was dark, trying to get them into cages. Turkeys are incredibly strong critters. When you're holding a twenty-pound turkey in each hand and they're flapping wildly there's a fleeting moment where you're concerned for your safety. I was doing this to take ten of them to be butchered on Monday by an Amish lady who had been recommended to me. Unfortunately, she butchered them in more than one sense. The rest I'll be taking elsewhere and at our house we'll be eating a lot of turkey this winter. The remaining 13 will be going to a federally inspected processor in Utica, Minnesota and these I'll be able to sell to folks. I've already got a couple spoken for, so if you'd like to reserve one they're first-come first-served, give me a size range you'd like, I expect them to range from 12-18 pounds, dressed. The price will be the same as the chickens, \$3.00/pound. I will deliver them with the share the week of Thanksgiving.

Speaking of deliveries let me just reiterate the winter share schedule....The winter share deliveries are every other Thursday except for the week of Thanksgiving when the delivery is on a Tuesday. The dates are October 11 & 25, November 8 & 20, and December 6. Mark them down on your calendar.

Other news this week was waiting for the rain to stop so we could get some harvesting done. We're also doing a lot of washing this time of year. The squash all need to be washed, as well as all of the root crops. The

rain has led to dirtier roots which makes washing more of a chore. Next week will be the big root harvest and washing week since we don't have to deliver shares. Hopefully we can get all the rest of the carrots and celeriac in.

## Roasted Carrots, Potatoes, and Shallots

- 1 pound red potatoes , cut into 3/4-inch dice
- 2 tablespoons olive oil
- 1/2 teaspoon table salt
- 1 pound carrots diced into 3/4-inch cubes
- 3-5 shallots (about 6 ounces), peeled and cut in half lengthwise

Heat oven to 425 degrees. Place potatoes in broiler-pan bottom, add 1 tablespoon olive oil and 1/2 teaspoon salt; toss to coat. Arrange potatoes so cut sides face down, cover pan with aluminum foil, and roast 20 minutes.

Remove foil. Add carrots, shallots, remaining 1 tablespoon olive oil, and 1/2 teaspoon salt to potatoes. Toss to mix all ingredients together (it's OK if potatoes are not facing down), spread in single layer, and increase oven temperature to 475 degrees. Roast for 12 minutes. Shake pan to toss vegetables; continue roasting about 8 minutes longer, shaking pan twice more, until carrots are browned and tender.

## Sunshine Squash With Sage and Leeks

- 1 sunshine squash (2.5-3 lbs)
- 1/2 cup butter (1 stick)
- 4-8 leaves fresh sage, chopped into ribbons
- 1 leek, julienned white only
- 1 teaspoon salt

Preheat oven to 350. Prepare squash by washing, poking 2-4 holes into center with sharp knife. Bake whole squash in oven for 60-90 minutes, until soft. When squash is done, cut in half, remove seeds and fibers, and scrape flesh from skin into a bowl, mash but do not puree squash.

Melt butter in a large skillet. Add sage leaves and fry until crisp 1-2 minutes. Add leek and salt and continue heating 2-5 minutes until leeks are soft and translucent, add squash to skillet and mix until all butter is incorporated.