

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
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Thyme and sage
Leeks	Yes	Plastic	
Onions	No	No	Yellow and red
Parsley	Yes	Plastic	Italian
Potatoes	No	Paper	French fingerling
Rutabagas	Yes	Plastic	
Shallots	No	No	
Spinach	Yes	Plastic	
Winter Squash	No	No	Sunshine and butternut

## Spinach

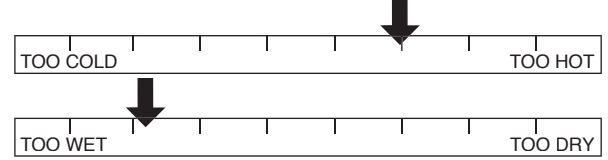
The good news is that we finally managed to eek out some nice fall spinach, the bad news is that with all the rain it is fairly dirty and will need further washing. Once cleaned up it is wonderful, crunchy and sweet, and is delicious raw or cooked. It is fairly brittle since it has received about 20 inches of rain over the course of it's short life.

There's another bunch of arugula in the box this time around and it'll be the last one for the season. Enjoy the large leaves of spiciness in a rustic salad, or make up a last batch of arugula pesto.

The real star of this week's box, however, is the potatoes. This is French fingerling, a new variety that I trialed this year and was very happy with the results. These are easily the most delicious potatoes I grew this

## Farm Report

Rainfall . . . . . 1.60"  
 High Temperature . . . . . 78°  
 Low Temperature . . . . . 31°  
 Next winter share delivery . . Thursday, November 8  
 Farmer Complaint Indicators™ :



year, they were quite productive as well. We've mashed them and fried them and roasted them and enjoyed them every which way, although they break down quite a bit when fried. I highly recommend them with a chicken, roasted in chicken fat. It's one of the fringe benefits of my job—being able to eat things cooked in chicken fat without any worries about how many calories it might contain. You can expect to see more of these potatoes next year, let me know what you think of them.

A nice bag of beets is in the box. Don't worry about using them up right away, they'll keep fine in a bag in the crisper drawer. There won't be more beets in the box until the November 20th share.

Rutabagas are the other newcomer to the box this week. I was holding out on them until we got a real freeze to sweeten them up, but they just keep growing, so I decided it was time to start putting them in the shares. There's just one in each box, and some are well over two pounds. Don't be afraid of them. Some chefs recommend to just refer to them as 'root vegetable' when serving them to overcome any rutabaga prejudice. Everyone loves roasted root vegetables, but roasted rutabaga is a tougher sell. Other options are slicing into wedges and preparing like oven fries, boiling with salt and mashing with potatoes and butter. Top the mashed ones with some fried shallot slices. It's also traditional among some farm wives to have a rutabaga as a part of any respectable chicken stock.

Everything else in the box should be familiar. Even though I do miss the summer crops when they're gone, but I like cooking from the winter share much more than the summer share, maybe that's just because I have a little more time to do it. Everyone should have a gratin and roasted root dish in their regular rotation by now.

## Farm News

Last week was the big week to harvest some of the storage crops and the weather was awful. It just wouldn't stop raining. We got in the rest of the fall carrots with about 25% of their weight being mud. They did clean up just fine, but I hate bringing all that top-soil in from the field. This planting of carrots just never quite got as far as it should have, it seems like there was some compaction in the soil which kept them a little shorter and stubby, and their flavor is not as good as my usual carrots.

We also got in all of the rest of the celeriac, which is also a job that requires moving a lot of moist dirt around. The celeriac is very nice this year with good size and excellent flavor.

Still to be harvested are the rest of the white turnips and rutabagas. I think we'll also dig some of the parsnips for the next share. There's also the Brussels sprouts but I'm continuing to hold out for colder weather before I pick them.

The rest of the turkeys went in to the processor on Tuesday night. They made the journey in style in the back of the pickup with some nice hay to stand on. It's somewhat odd to drive down the road with a bunch of turkeys looking at you in the rear-view mirror.

The late fall colors have lingered nicely with the warmer weather. I like the color this time of year the best, the maples are all yellow and the oaks a copper red. We had some strong winds on Tuesday night which took care of a lot of the leaves. I'm hearing the bluebirds less and less as they get ready to leave, and I've been hearing the white-throated sparrow as it heads back south.

The next winter share delivery is Thursday, November 8. This is also a chicken share delivery day. I think I have a handful of chickens that aren't spoken for, so let me know if you would like to purchase additional ones by November 6th.

## Butternut Squash Risotto

- 2 tablespoons olive oil
- 1 butternut squash (medium, about 2 pounds), peeled, seeded (fibers and seeds reserved), and cut into 1/2-inch cubes (about 3 1/2 cups)
- 3/4 teaspoon table salt
- 3/4 teaspoon ground black pepper
- 4 cups low-sodium chicken broth
- 1 cup water
- 4 tablespoons unsalted butter
- 2 small onions, chopped very fine (about 1 1/2 cups)

- 2 medium cloves garlic, minced or pressed through a garlic press (about 2 teaspoons)
- 2 cups Arborio rice
- 1 1/2 cups dry white wine
- 1 1/2 ounces grated Parmesan cheese (about 3/4 cup)
- 2 tablespoons minced fresh sage leaves
- 1/4 teaspoon fresh grated nutmeg

Heat oil in 12-inch nonstick skillet over medium-high heat until shimmering but not smoking. Add about 3 1/2 cups squash in even layer and cook without stirring until golden brown, 4 to 5 minutes; stir in 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring occasionally, until squash is tender and browned, about 5 minutes longer. Transfer squash to bowl and set aside.

Return skillet to medium heat; add reserved squash fibers and seeds and any leftover diced squash. Cook, stirring frequently to break up fibers, until lightly browned, about 4 minutes. Transfer to large saucepan and add chicken broth and water; cover saucepan and bring mixture to simmer over high heat, then reduce heat to medium-low to maintain bare simmer.

Melt 3 tablespoons butter in now-empty skillet over medium heat; when foaming subsides, add onions, garlic, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper. Cook, stirring occasionally, until onions are softened, 4 to 5 minutes. Add rice to skillet and cook, stirring frequently, until grains are translucent around edges, about 3 minutes. Add wine and cook, stirring frequently, until fully absorbed, 4 to 5 minutes.

Meanwhile, strain hot broth through fine-mesh strainer into medium bowl, pressing on solids to extract as much liquid as possible. Return strained broth to saucepan and discard solids in strainer; cover saucepan and set over low heat to keep broth hot.

When wine is fully absorbed, add 3 cups hot broth and half of reserved squash to rice. Simmer, stirring every 3 to 4 minutes, until liquid is absorbed and bottom of pan is almost dry, about 12 minutes.

Stir in about 1/2 cup hot broth and cook, stirring constantly, until absorbed, about 3 minutes; repeat with additional broth 2 or 3 more times, until rice is al dente. Off heat, stir in remaining 1 tablespoon butter, Parmesan, sage, and nutmeg; gently fold in remaining cooked squash. If desired, add up to 1/4 cup additional hot broth to loosen texture of risotto. Serve immediately.