

Great-grandfather's barn at Spring Brook Farm, circa 1901

What's in the box and where do I keep it?

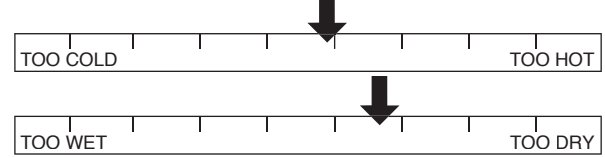
	Fridge?	Bag?	Notes & Varieties
Beets	Yes	Plastic	Red roots
Brussels Sprouts	Yes	Plastic	
Cabbage	Yes	Plastic	Red
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Thyme and sage
Leeks	Yes	Plastic	
Onions	No	No	Yellow
Potatoes	No	Paper	Russets
Rutabagas	Yes	Plastic	
Shallots	No	No	
Sweet Potatoes	No	No	Beauregard
Winter Squash	No	No	Buttercup

## Locavore Thanksgiving

A couple of years ago some folks in San Francisco coined this word locavore—I think the word itself is somewhat awkward—it's defined as someone who tries to eat locally as much as is possible in their region. The prefix loca- is a little close to loco, so it comes off as sounding like someone with a crazy appetite. Regrettably, I think we're stuck with the word since Oxford University Press has named it their 'word of the year' for 2007, and it's been popularized in the works of Barbara Kingsolver and Michael Pollan. Maybe the connection to being loco (or loca) is appropriate. Is it crazy to think that you can eat all of your food from local sources? A few years ago the answer would have been an easy yes, but now it's getting to be more of a reality. I don't need to tell this to anyone reading this because you've all made the biggest move you could in that direction by joining a CSA.

## Farm Report

Rainfall . . . . .0.00"  
 High Temperature . . . . . 54°  
 Low Temperature . . . . . 24°  
 Next Share Delivery . . . . . Thursday, December 6  
 Farmer Complaint Indicators™ :



A couple of years ago I would make a conscious effort to prepare a meal that was comprised of all local ingredients. It took some ingenuity and a certain menu to achieve it. Now it seems like we do it without trying several times a week. Bringing poultry into our operation has made it much easier to plan meals using mostly ingredients from our farm, a 'univore' approach since all the ingredients are coming from a single source. I see there's no page on wikipedia for univore yet, so you heard it here first. If we just got a couple dairy cows and could find some salt to mine on the farm...

This is my favorite share of the year. There's nothing that makes me feel better about my job than to think about all the places where our vegetables (and turkeys!) will find themselves this week. If each of the 60 families with winter shares will be bringing a dish of our vegetables to a gathering of 10 people each, that's at least 600 people who will be getting a little taste of what we do. So my challenge to you all is this: Let's make 2008 the year of the locavore Thanksgiving. I'll grow more turkeys so everyone can get one, and supply as many of the veggies as I can. You'll have to find some local cranberries, dairy and flour, and I think we can exempt the wine, coffee, salt and pepper. What better way is there to spread the word about eating local food than to celebrate it at the one meal people still sit down to. If you get a chance, send me an email about how you used our food on Thanksgiving.

I had to make a few last minute changes in the box to get everything to fit. The parsnips and turnips didn't make the cut. Hopefully a turnip/parsnip gratin wasn't planned as your main course. I did manage to fit a couple of dried hot peppers in with the onions.

The Brussels sprouts yield was a disappointment this year so I saved them just for this week. The other debut in the box is the sweet potatoes. I trialed some

last year and they were a total failure, this year they did quite well. I'm still learning how to handle this particular veggie so hopefully they've survived in storage well. All the reading I did on them said not to wash them at harvest, and then cure them at 85° for a week. That's what I did, but the result is that they have a light coating of dry dirt on them and you'll need to wash them at home. Let me know what you think of these.

## Farm News

Cleanup has been slowly progressing on the farm as the weather has turned colder. It's hard to get excited about pulling out the plastic mulch when the new seed catalogs are sitting in a pile on my desk. Planning for next year has already started as the season draws to a close. It's also time to get my potting mix for the greenhouse so I don't have to get it when it's a giant 1,000-pound ice cube.

The next share delivery is Thursday, December 6. It will be the last share delivery of the year. It's hard to know where the year has gone. I still have too many projects on my list for the fall and need to come to terms with the fact that it's really not fall anymore.

For those of you who got a turkey from us I thought I'd offer a little input on preparing them. As you know from the chickens, I am a big fan of brining. I would brine the turkey before cooking. Supermarket turkeys are injected with a water and salt solution to make them juicier, brining performs a similar function by sealing in the juice that's already there. A medium-sized cooler is a good place to brine a large turkey and keep it cool at the same time. If you're going to brine it, do it the day before you cook it. 1 cup table salt to 1 gallon of water is a good ratio to use, you may need two or three gallons for the bigger birds. It should also brine longer than a chicken so that the brine can penetrate the meat, around 4 hours. Remember that it has to stay below 40° the whole time, a cooler kept outside on a chilly day should do the trick. Pat it dry with paper towels and air-dry uncovered in the fridge overnight, then proceed with your favorite turkey recipe on Thanksgiving. You may want to hold off on any salt in your recipe if you're starting with a brined chicken, since it will already be seasoned.

Thanks for your support this year and have a wonderful Thanksgiving holiday from all of us at the farm. Here's a couple recipe ideas to get you started.

## Roast Turkey by Iris, age 6

Take out turkey from the freezer. Cut the legs off, then cut the thighs off. Put the turkey legs and thighs on a tray and put them in the oven at 7°. Cook for 1 hour. Take them out of the oven and set them on a plate. Then put them on the table. Then eat them. Serves 4.

## Basic Braised Brussels Sprouts

- 1 pound Brussels sprouts, small, firm, bright green, rinsed with stem ends and discolored leaves removed (see illustration below)
- 1/2 teaspoon table salt

Bring sprouts, 1/2 cup water, and salt to boil in 2-quart saucepan over medium-high heat. Lower heat, cover, and simmer (shaking pan once or twice to redistribute sprouts) until knife tip inserted into a brussels sprout center meets no resistance, 8 to 10 minutes. Drain well and serve. We like to add a 1/2 cup of cream and a few tablespoons of fresh thyme during the last couple minutes of cooking.

## Holiday Scalloped Potatoes

- 2 tablespoons unsalted butter
- 1 small onion, minced
- 2 medium cloves garlic, minced (about 2 teaspoons)
- 3 cups heavy cream
- 1 cup whole milk
- 4 sprigs fresh thyme
- 2 bay leaves
- 2 teaspoons table salt
- 1/2 teaspoon ground black pepper
- 4 pounds russet potatoes, peeled and cut into 1/8-inch-thick slices
- 1 cup shredded cheddar cheese (about 4 ounces)

Heat oven to 350 degrees. Meanwhile, melt butter in large Dutch oven over medium-high heat until foaming subsides, about 1 minute. Add onion and sauté until it turns soft and begins to brown, about 4 minutes. Add garlic and sauté until fragrant, about 30 seconds. Add cream, milk, thyme, bay leaves, salt, pepper, and potatoes and bring to simmer. Cover, adjusting heat as necessary to maintain light simmer, and cook until potatoes are almost tender (paring knife can be slipped into and out of center of potato slice with some resistance), about 15 minutes.

Remove and discard thyme sprigs and bay leaves. Transfer potato mixture to 3-quart gratin dish and sprinkle with cheese. Bake until cream has thickened and is bubbling around sides and top is golden brown, about 20 minutes. Cool for 5 minutes before serving.