



## What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	Lots!
Cabbage	Yes	Plastic	Green
Carrots	Yes	Plastic	
Garlic	No	No	
Peppers	Yes	Plastic	Carmen sweet red and Serranos
Potatoes	No	Paper	Russets
Shallots	No	No	Yellow
Spinach	Yes	Plastic	
Tomatoes	No	No	Reds, pinks and yellows
Turnips	Yes	Plastic	Hakurei
Winter Squash	No	No	Acorn and/or Heart of Gold

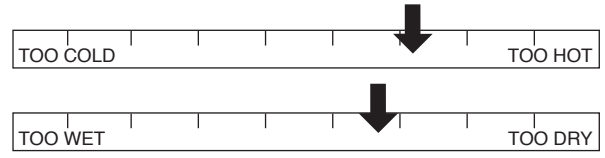
### Broccoli

Given the opportunity, I can always find something negative to say about the weather, regardless of how perfect it may seem. This week's complaint is that, while gorgeous, mild and sunny, the weather has been so warm that the broccoli is in overdrive. I pick and pick and pick and it just keeps coming. I have to avoid walking by it in the field or I'll see some more that needs to be harvested. Enjoy it now because it does mean that the next few weeks of broccoli are all coming this week and next. Ideally the cool weather we typically get this time of year keeps the broccoli chugging along and being harvested at a reasonable pace.

The warm weather this late in the season also is a paradise for cabbage loopers. I do use an organically approved spray on them earlier in the season but as it gets cooler I back off of it. When we get a warm up like this their numbers explode, knowing they have to get their business done before winter. You will find some on your broccoli, we try to wash most of them off but it's not perfect. They are harmless and the color of broccoli. Baker loves to watch them inch along on the counter when we find one (this is the loping or looping which gives them their name). This week Melinda gave him one to look at on a little chunk of broccoli, he wasn't really paying attention to what she was

### Farm Report 9/25/08

Rainfall . . . . .0.65"  
 High Temperature . . . . . 82°  
 Low Temperature . . . . . 49°  
 Farmer Complaint Indicators™:



saying and thought it was a snack, so he ate it. I can therefore report that the cabbage loopers are *completely* harmless, and, perhaps, even tasty.

You can just remove the looper or two as you cut the broccoli into florets, or simply soak the broccoli head in a salt water solution made up in a ratio of 4 teaspoons salt to 1 quart of water. This does in the loopers and makes them fall off the broccoli. They are technically caterpillars which will turn into pretty brown moths. So think of them that way, rather than worms, which they are not.

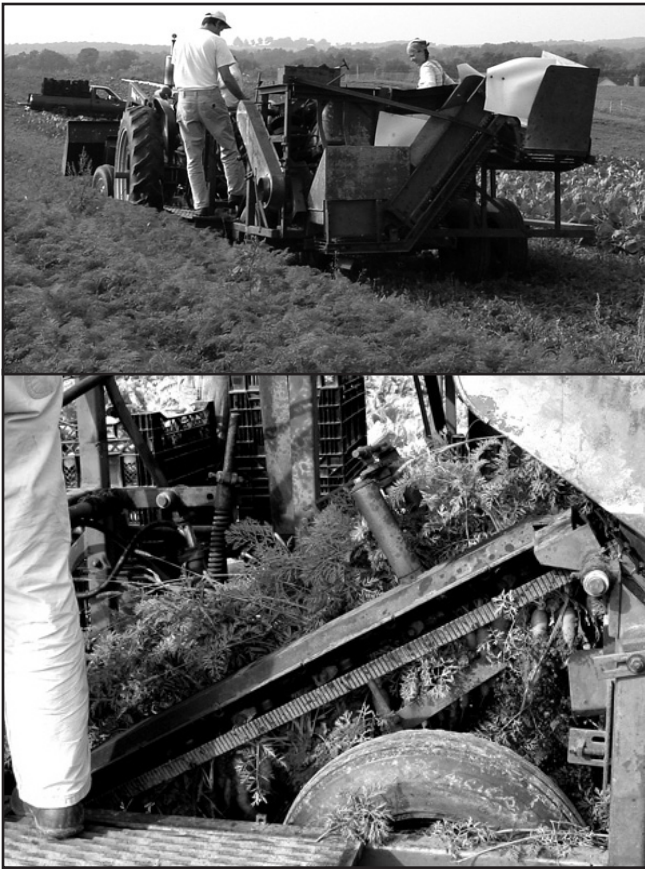
Everything else in the box is just so fabulous this week that I don't know where to begin. We'll start with the cabbage. Nice firm green cabbages are a fall treat. If you get behind on veggies this baby will keep in a plastic bag in your crisper drawer for months.

The carrots are the fall storage ones since we harvested them this week. More about that on back.

The sweet red Carmen peppers are also on overdrive. Roasted red peppers and red pepper aioli for all. The yummy hakurei turnips are back. We'll have these next week too. Nice big bunches of spinach are what this time of year is about. We tried to make as big of bunches as we could and some are startlingly large.

A couple of the yellow shallots are in the box with the garlic. We had a lot of germination problems with these in the greenhouse back in March and won't see too many of them this year.

Last but not least is the first winter squash of the season. Acorn is the dark green one while heart of gold is creamy colored with dark green splotches. They are very similar in taste and texture.



### Farm News

Monday was the day we had set aside as the premiere of the carrot harvester. The weather was perfect, the soil conditions were great and the machine performed magnificently. All this computer/internet/cell phone technology is great, but I'll take the 1964 Scott-Viner Carrot-Beet Harvester over all of them. On top is a photo of us going down the field, with the tractor in front. Below is a close up of my right foot next to the belt which grabs the carrot tops and lifts them from the ground up to the knives which remove the tops. I think the most amazing thing was the speed. One trip down the 200 foot long row took about 3 minutes and yielded about 350 pounds of carrots, all topped and in boxes. We dug almost ten rows and ended up with a little over 3,000 pounds, plus another 300 pounds of broken ones. The harvesting is now the easy part, the washing took the rest of Monday and most of Tuesday.

Ideally we wouldn't have had to harvest the carrots just yet, because they usually just sit in the ground during the cool weather. The warmer weather has made them continue to size up and some were just getting too big so they had to come out. This, combining with the broccoli overdrive, has created a storage crisis on the farm. We were scrambling to find any boxes to put things in while harvesting on Wednesday. We

actually had to put off harvesting this week's cabbage until Thursday morning because it wouldn't have fit into the cooler even if I had boxes to put it in. Personally, I am now ready for frost to kill the tomatoes.

There's a million things to do on the farm this time of year but we're putting most of it on hold to get ready for the field day this weekend. It's still not too late to RSVP. Come to the farm by 3pm and we'll have the kids do some farm activities, then go on a hayride and pick out pumpkins. We'll end up back at the barn for a pot-luck supper and bonfire. They've taken any talk of rain out of the forecast and the colors are starting to change nicely.

**Coming next week:** Arugula, salad mix, spinach, squash, turnips, garlic, onions, peppers, carrots, broccoli, cauliflower?

### Roasted Red Pepper Pesto [cooksillustrated.com](http://cooksillustrated.com)

- 3-4 Carmen peppers , roasted, peeled, and cut into rough 2-inch pieces
- 3 medium cloves garlic , unpeeled
- 1 small shallot , chopped coarse
- 1 tablespoon fresh thyme leaves
- 1/4 cup fresh parsley leaves (packed), washed and dried thoroughly
- 7 tablespoons extra-virgin olive oil
- 1/4 cup grated Parmesan cheese
- Table salt and ground black pepper

Toast garlic in small dry skillet over medium heat, shaking pan occasionally, until softened and spotty brown, about 8 minutes; when cool enough to handle, remove and discard skins.

In workbowl of food processor fitted with steel blade, process peppers, garlic, shallot, thyme, parsley, and oil until smooth, stopping as necessary to scrape down sides of bowl. Transfer mixture to small bowl and stir in cheese; season to taste with salt and pepper.

### Roasted Red Pepper and Tomato Sauce [epicurious.com](http://epicurious.com)

- 2-3 Carmen red peppers
- 1 medium tomato
- 1/4 cup extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 garlic clove, peeled
- 1/8 teaspoon cayenne pepper

Char bell pepper and tomatoes directly over gas flame or in broiler until blackened on all sides. Transfer tomatoes to plate. Enclose pepper in paper bag 10 minutes. Peel, halve, and seed tomatoes; place in blender. Peel, seed, and chop pepper; add to blender. Add oil, vinegar, garlic, and cayenne; blend until smooth. Season sauce with salt and pepper. (Can be made 1 day ahead. Cover and chill.)