

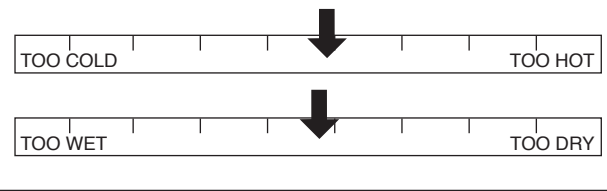


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Parsley and thyme
Kale	Yes	Plastic	Lacinato
Leeks	Yes	Plastic	
Onions	No	No	Red and yellow
Parsley	Yes	Plastic	Italian
Potatoes	No	Paper	Reds
Radishes	Yes	Plastic	Black
Rutabagas	Yes	Plastic	
Salad Mix	Yes	Plastic	
Shallots	No	No	
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei
Winter Squash	No	No	

Farm Report 10/30/08

Rainfall0.25"
 High Temperature 64°
 Low Temperature 25°
 Next Winter Share Delivery . . . Thursday, Nov. 13
 Farmer Complaint Indicators™:



Every other root crop is in the box this week as well. The walk-in cooler is crammed literally to the ceiling, so crammed walk-in=crammed share box. Beets, turnips, celeriac and a black radish may be in the box. The turnips are white, while the rutabaga is larger and yellow-fleshed with a purple top. It's highly possible that not all the items fit in the box when it came time to pack them, so don't worry if something is missing.

The spinach this week is fabulous. The colder weather has sweetened it up and added a toothiness that only comes with the cool fall spinach. It's wonderful for salads this time of year.

Lacinato kale shows up again for the last time of the year. It too has darkened and sweetened up in the cooler weather.

A nice late bag of salad mix is also in the box. You could mix it with the spinach or just enjoy it as baby lettuces on it's own. This will be the last we see of the lettuces until next June.

Arugula shows up again too with a late season push. It starts to show a reddish tinge from the cold and the spiciness is a bit milder. If the weather holds out we may see it next time.

The squashes this week are Sunshine and Butternut. Both of these varieties tended to set some large fruit this year. I'm not entirely sure how we're going to fit these in the boxes. The butternut should be familiar to you, but the sunshine is less so. The sunshine is very close to a buttercup, without the beanie on the end. It is a delicious and smooth dark-orange fleshed squash. It does tend to be drier than some of the other squashes so you may want to take that into account when

Rutabag o' lantern

The original carved jack o'lanterns were actually rutabagas! Jack o'lanterns originate in Ireland where they were carried around to ward off the evil spirits on Halloween. The first lanterns were made with skulls with glowing coals inside. This was somewhat impractical so people began hollowing out skull-sized rutabagas and placing a candle inside of them. I'm not sure what they used to hollow out rutabagas, but I bet they were pleased when pumpkins showed up for the first time.

Rutabagas acquired a bad reputation in Germany during World War I after failures of the grain and potato crops led to the "rutabaga winter" of 1916-17. Fortunately for the Germans the rutabaga crop had come through just fine, but that was pretty much all they had to eat all winter. Very few rutabagas have been grown in Germany ever since, forever tainted as 'famine food'.

There's only one rutabaga in the box this week and will only ever be one in the box, having no real desire to deliver the "rutabaga winter" share.

cooking. One way to do this is to cook it whole so that it steams itself somewhat, cubing it and steaming it is also a good solution.

Farm News

The first week off of share deliveries is always a welcome shift in the farm season. It's a little bit relaxing, but also very busy. We've still been busy harvesting, with turnips, celeriac, cabbage, rutabagas and more coming in last week. Some of this had to come out before the cold weather to avoid any damage. It's become clear in the last week that I've outgrown my walk-in cooler, since it's too full to walk in.

The other big project last week was getting the garlic planted for 2009. Early last week we got the bulbs cracked apart into individual cloves and then each clove got planted about an inch below ground and 6 inches apart. Each clove will then produce a new bulb for next year. We planted just over 4,000 cloves last Tuesday. I also managed to get the vegetable fields laid out and some winter rye planted in the roadways between the fields.

With the garlic in, and the fields for next year laid out we had some time to get started with fall cleanup. About a mile's worth of deer fence got wound back up and put away for the winter, and we got started pulling the tomato cages out of the field.

We also had to take some time to figure out winter housing for our egg-laying flock of chickens. We've been losing a number to predators so it was time to relocate them to a more secure and sheltered place for the winter, the milk-house on the side of the barn.

Speaking of chickens, we do have additional meat birds available for sale. If you're looking for one or 10 let me know via email and we will have them for you at the next winter share delivery. The next winter share delivery is Thursday, November 13, and is also a chicken share delivery day.

The turkeys were distributed to the pickup sites today so hopefully you grabbed yours if you ordered one. If you haven't paid your turkey invoice yet, please do so, and let me know if you need to know the amount. We haven't tried one of this year's birds yet, but are looking forward to it. Due to some confusion at the processor they don't have the heart and liver inside them, just the neck. They gave them to me separate, so if you need a 5 pound bag of turkey hearts and livers let me know. I always recommend brining poultry to anyone who will listen. Cook's Illustrated has lots of good info on brining on their website.

Rutabaga and Carrot Purée www.epicurious.com

- 1 rutabaga (1 pound total), peeled and cut into 1-inch pieces
- 8 carrots, cut into 1-inch pieces
- 3 tablespoons unsalted butter
- 3 tablespoons packed light brown sugar
- 1 teaspoon kosher salt

Cook rutabagas and carrots in boiling salted water to cover by 1 inch in a large pot until tender, about 30 minutes. Transfer vegetables with a slotted spoon to a food processor and purée with butter, brown sugar, and salt until very smooth. If necessary, transfer purée back to pot and reheat.

Cream of Roasted Carrot Soup www.cooksillustrated.com

- 1 1/2 pounds carrots (about 8 medium), peeled and sliced 1/2 inch thick
- 1 medium onion, halved and sliced 1/2 inch thick
- 2 teaspoons vegetable oil
- Salt
- 3 garlic cloves, minced or pressed through a garlic press (about 1 tablespoon)
- 1/4 cup dry white wine
- 1 bay leaf
- 1 1/2 cups low-sodium chicken broth
- 1 1/2 cups low-sodium vegetable broth
- 1/2 cups half-and-half
- Ground black pepper

Adjust an oven rack to the middle position and heat the oven to 450 degrees. Toss the carrots, onion, 1 teaspoon of the oil, and 1/2 teaspoon salt on a rimmed baking sheet and then spread in an even layer. Roast until the vegetables are well browned and softened, stirring occasionally, 25 to 30 minutes.

Transfer the roasted vegetables to a large saucepan. Add the remaining 1 teaspoon oil, cover, and cook over medium-low heat, stirring often, until the carrots soften further, 3 to 5 minutes. Add the garlic and cook until fragrant, about 30 seconds. Stir in the wine and bay leaf; cook until the wine has reduced by half, about 1 minute. Add the broths. Bring to a boil over medium-high heat; cover, reduce the heat to medium-low and simmer until the soup is flavorful, about 5 minutes.

Puree the mixture in a blender (or food processor) until smooth, and return to a clean saucepan. Add the half-and-half and warm over low heat until hot, about 3 minutes. Season with salt and pepper to taste. (The soup can be refrigerated in an airtight container for up to 4 days. Warm over low heat until hot; do not boil.)