



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

	Fridge?	Bag?	Notes & Varieties
Beets	Yes	Plastic	
Cabbage	Yes	Plastic	Green
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Onions	No	No	Yellow and Red
Potatoes	No	Paper	French Fingerling
Radishes	Yes	Plastic	Black
Rutabagas	Yes	Plastic	
Shallots	No	No	Yellow
Turnips	Yes	Plastic	Hakurei
Squash	No	No	Buttercup and/or Butternut

Snow Day

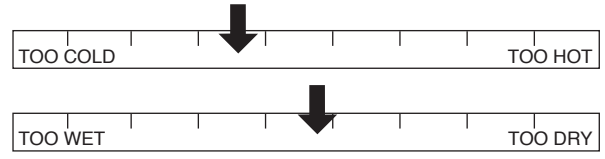
We had kind of a snow day harvest day yesterday at the farm. We'd been below freezing for a few days and had a nice couple of inches of snow on top Tuesday night. This meant that nothing from the field could be harvested for the shares this week. This doesn't mean we won't have stuff from the field next time, but it might. Any crops which are still in the field are completely cold hardy, but you have to wait for them to thaw out in order to harvest them. If you harvest frozen crops they just rot. The more time the crops spend frozen the more the quality goes downhill. Hopefully we can get one more round of spinach, but it's looking less likely.

New to the box this week is a nice head of green cabbage, some of which are quite large. It's been hard to find a cabbage variety for the late season that doesn't get too big. This is Penn State Ballhead, an old open-pollinated variety. We've been enjoying it in soups.

The French Fingerling potatoes are another favorite of ours. They were very productive last year and we enjoyed them so much that I planted about 4 times as many this year. Unfortunately it was just an awful year for potatoes for the most part, and these got the worst of it. We got them all harvested but it was a time consuming process. They didn't get very large this year and would slip through the space between the digging

Farm Report 11/13/08

Rainfall 0.8"
 High Temperature 56°
 Low Temperature 21°
 Next Share Delivery Tuesday, November 25
 Farmer Complaint Indicators™:



chains on the potato digger, which meant that they got covered back up with dirt. We'll have them this share and a few more later. These are our favorite to roast along with a chicken.

The main squash this week is Buttercup. Buttercup is a dry, stringless sweet squash. I think it's about the best squash there is. It gets sweeter and more moist in storage. We like them just roasted straight out of the oven with a little butter. It's also the best one for 'pumpkin' pies. We also use it for one of the mainstays in our house known as squash-a-roni and cheese, which is basically homemade macaroni and cheese with a cup or two of pureed squash added to the cheese sauce. It's a great way to hide some nutrients in something the kids love.

I think we'll run short on butternuts so you may get two buttercup, or another random squash.

Farm News

REMINDER: THE NEXT SHARE DELIVERY IS TUESDAY, NOVEMBER 25, THE TUESDAY BEFORE THANKSGIVING. THERE IS ONE DELIVERY AFTER THAT ON THURSDAY, DECEMBER 11.

When the share deliveries were done last week I got to work fencing an area for the laying hens to use as an outdoor play area outside of their winter housing. They were glad when I was done since they'd spent about five days indoors. The Black Australorps we raised from chicks have started to lay a few small eggs, the first one we got was barely bigger than a robin's egg. If you pickup your share at one of the sites with eggs, there are more of them now since we're coming into the cities less often. I haven't really figured out what

we're going to do with the eggs when the shares are done. The yolks are beginning to get paler now that there isn't much nice green grass to eat.

The rain held off enough last week for us to get all the rest of the potatoes dug and out of the field. As I said it was really a bad year for potatoes and I'm happy to move past it. Getting a consistently good yield of potatoes is one thing that has eluded me over the years.

Once the potatoes were in and with colder weather on the way it was time to switch gears to firewood. We heat our house and hot water via an outdoor wood boiler, with propane backup. The propane is quite expensive so we try to use wood as much as possible. Finding the time to cut wood is the tricky part. In the last week we've managed to get a few good days in cutting and splitting. I think we're about halfway there.

With snow on the ground and colder weather it's also time to start thinking about next year. The seed catalogs have started to arrive and I'm making mental notes of things that will be different. One new thing is that we'll be able to certify the farm organic next year, since our new land has completed the transition. I'm curious if anyone cares that we're certified organic. It really doesn't change my growing practices, but does increase record-keeping. We'll try it on for a year or two and see if it fits. I've always preferred to be certified by you, my customers, rather than a bureaucracy that doesn't eat our food. The main reason I'm going to certify is to make it easier for us to sell excesses of things like the carrots.

The other big change next year is that we're going to be dropping the chickens and turkeys. I know this move is going to cause a small revolt, so I'm telling you now rather than in January. There are several reasons that these haven't been a good fit for our farm, but the main reason is economic. We have always purchased certified organic feed for our birds and the cost of the feed has soared, so that when you factor in labor, processing and freight from processor to cold storage we don't make any money on them. I could raise prices but the truth is that I don't like doing them and neither do my employees. I'm hoping to line up a source for folks to buy them from next year, but I'm skeptical that you'll be able to find pasture-raised birds for less than \$4/lb. in 2009. You can send your pleading emails to me and I'll take them into consideration. With that said we'll be offering the last few we have available on ebay...just kidding, but we do have a few more available.

Predicting what will be in the Thanksgiving share is a little tricky this year. We'll certainly have the items we have this week, with some herbs and red cabbage instead of green. I think there's a 75% chance that the weather will moderate and we'll also have some leeks, kale and Brussels sprouts. I've also got a few sweet potatoes, but probably not more than a pound per share, they didn't fair well in the cool summer this year.

Mel's Carrot Spag

This is a common fall dish at our house that my wife came up with, it's a great use for the extra carrots. I'm not sure of the etymological origin of the word spag (rhymes with bag) in our household, I do know that it's short for spagnation which is defined as 'stuff', as in "What is this spagnation?" It's kind of like carrot humus without tahini, we eat it on crackers but it's also a good sandwich spread.

- 3 cups carrots diced into 3/4-inch chunks
- 4 cloves garlic, peeled
- 1/3 cup extra-virgin olive oil
- salt to taste

Toss the carrots and garlic with the olive oil and spread out in a single layer on a large baking sheet. Roast them at 375° until the carrots are tender and 20% of the carrots have started to caramelize and turn a golden brown. Remove from the oven and puree in a food processor until smooth, adding more olive oil if needed. Salt to taste.

Cabbage Soup

Here's another loose recipe from the farm kitchen. Numbers are approximate.

- 2 medium onions, thinly sliced
- 1 tablespoon olive oil
- 2 tablespoons sherry
- 1/2 cabbage, sliced into 2-inch x 1/2-inch strips
- 2 cups carrots diced into 3/4-inch chunks
- 2 tablespoons ginger, thinly sliced (optional)
- 1 cayenne pepper, chopped
- 4 cups chicken stock
- 2 cups chicken pieces (optional)
- 4 cups water
- 4 tablespoons sherry vinegar
- salt and pepper to taste

In a stock pot add the olive oil and place over medium-high heat. Add the onions and saute until they soften and begin to turn light brown. Add the sherry and let it cook off, then add the carrots, pepper, cabbage, pepper and ginger. Saute about 10 minutes until the carrots have gotten slightly tender. Add the stock, water and chicken and simmer uncovered until the cabbage and carrots are very tender, about 45 minutes. Salt and pepper to taste. Stir in the sherry vinegar and serve garnished with chopped herbs, a nice hard cheese or croutons.