



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Garlic	No	No	
Leeks	Yes	Plastic	
Onions	No	No	Red and Yellow
Parsley	Yes	Plastic	Italian
Peppers	Yes	Plastic	Green bell, carmen and hot cherry
Tomatoes	No	No	Reds and a couple heirlooms
Winter Squash	No	No	Sugar dumpling

Cauliflower

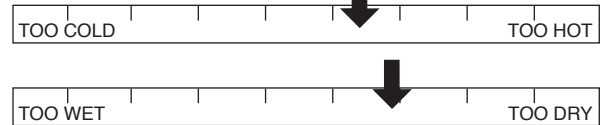
It's the time of year when the box is overflowing with things from the brassica family. This week's representatives are the cauliflower and broccoli. They are actually fairly close in terms of botanical development. And they both consist of heads made up of immature flower buds. If we leave either of these in the field too long it blossoms. The bees love them, especially broccoli.

Cauliflower is a little trickier to grow than broccoli. It's more sensitive to the weather, and also needs to be kept out of the sun to stay white. The leaves growing around the head do a pretty good job of keeping it out of the sun but we also tie the larger leaves of the plant together over the head so that it blocks out the sun completely. The problem with doing this is that it's time consuming and then you can't see the heads anymore. Because of this some of these heads got a little larger than anticipated. They taste great and look great, they're just a little big. Thankfully they keep in the fridge very well, so you don't have to make sure to get it all eaten this week.

The nicest looking broccoli of the year is in the box this week. It, too, will keep just fine in the fridge. But that's not to say that there isn't more coming next week.

Farm Report 9/24/09

Rainfall0.35"
 High Temperature 77°
 Low Temperature 51°
 Farmer Complaint Indicators™:



The carmen red peppers are on overdrive this week. I think this will be the peak for them. If you get behind on them they freeze very well. I know people who have great luck just throwing them in the freezer raw in a zip-loc bag. Then when they need some they just take them out frozen and whack off what they need. Another green bell and more hot cherries are also in the box.

The carrots are starting to size up a little more, I think we're only about a week away from getting out the carrot harvester, and firing up our new carrot washer.

The leeks are also sizing up nicely. There's still a few smaller ones but we've got three in the boxes this week so that should be enough for a little more cooking.

The squash this week is a new variety called sugar dumpling developed at Cornell. It's supposed to be dry and sweet, although I didn't think the one I tried was any sweeter than an acorn. They're also supposed to store quite well. I'm trying to replace the one called Hearts of Gold that I used to grow, but it got so muddled with acorn off-types that I abandoned it.

The tomatoes are fading fast, there's a lot of ripe fruit on them but the vast majority have deep cracks in them which make them very susceptible to rot. This will probably be the last of the heirlooms, and we'll be lucky to just eke out a couple more reds next week, but I guess next week's share is on October 1st, and any tomato in October is a good tomato.

Another nice bunch of arugula is in the box this week, this may be it on the arugula for the year. Hopefully we'll have some other salad-type green ready next week.

Farm News

The weather had continued quite dry and mild so we were glad to get some light showers on Tuesday. The mild weather has really helped the remaining squash crop to mature nicely. It's also given us a nice long time to get the squash in from the field. If the forecast was calling for frost there would be a mad dash to get the squash in and we'd be kind of screwed. We simply don't have enough containers to put the squash in until we've delivered more of it. This week we made a good dent in the squash harvest by harvesting and washing all of the sugar dumpling and delicata. Next week we'll move on to the buttercup and butternut. The squash crop is looking excellent this year, with very few culls. We harvested almost two thousand delicata, most of it a nice size too.

I spent a good chunk of time last week getting cover crops planted on the fields for next year and on the fields from the spring. Where the vegetables will be next year we plant a mix of oats and field peas. Ideally they should have been planted a few weeks ago, but it's been so dry that they wouldn't have germinated until now anyway. The oats and peas will grow for the next five weeks or so until it gets quite cold and then they'll winter-kill, so they'll hold the soil in place all winter but also be easy to deal with in the spring. I also planted some winter rye where I had buckwheat after the lettuces from the spring. This rye over-winters and will produce a grain crop next June, although we'll probably cut it before then and bale it for straw.

You're not too late to RSVP for the field day this Saturday, we don't mind last-minute additions. The forecast right now is calling for clouds and a 40% chance of showers, so it could be damp, but we'll be here rain or shine. It looks like any showers we may get would be very light or just mist, which is kind of what we had most of Tuesday. The hayride to the pumpkin patch will be promptly at 4pm, so plan to get here at 3 or 3:30. The pumpkin patch is about a quarter-mile from the barn this year so if you have small kids you'll want to make it for the hayride so you don't have to schlep them out there. I'm hoping to line up an additional hay wagon for this year since last year it was standing room only on it. After collecting pumpkins we'll head back to the barn for a pot-luck supper and bonfire. Please bring a dish to share and plates/utensils for your group. We usually have some plates/cups/utensils/napkins in case you forget.

It's hard believe that it's already week 16. There's just two more deliveries of the regular season share. The last one is on Thursday October 8th. It's amazing how each season flies by faster than the one before. I never even had a chance to get sick of writing the newsletter this year.

Coming next week: Turnips, carrots, beets, dill, potatoes, delicata squash, herbs, shallots, broccoli, spinach, garlic, peppers and maybe a tomato.

Cauliflower Broccoli Salad with Apples and Raisins

From Asparagus to Zucchini

- 1 cup mayonnaise
- 1/4 cup sugar
- 2 tablespoons vinegar
- 3 cups chopped cauliflower
- 3 cups chopped broccoli
- 1/2 cup raisins
- 1/4 cup finely chopped red onion
- 1 apple, diced
- 2 tablespoons soy bacon bits
- salt and pepper to taste

Mix first 3 ingredients. Stir in remaining ingredients. Serve chilled.

Cauliflower Potato Curry

From Asparagus to Zucchini

- 2 tablespoons peanut oil
- 1 teaspoon each: curry powder, tumeric, cumin, dried thyme
- 1/4 teaspoon cayenne pepper
- 2/3 cup chopped onion
- 1 teaspoon minced garlic
- 2 cups cubed waxy potatoes
- 1 cup vegetable (or chicken) stock
- 2 cups chopped cauliflower
- 1 medium carrot, chopped
- 2 slices fresh gingerroot, minced
- 1 tablespoon fresh lemon juice
- salt and freshly ground black pepper

Heat oil in deep skillet. Stir in dry spices. Add onion and garlic; cook over medium heat until tender. Add potatoes and stock, cover and cook 10 minutes. Stir in cauliflower, carrot and ginger. Cover and cook 10 minutes, stirring often. Remove cover; continue to simmer until most of the liquid has evaporated. Stir in lemon juice. Season to taste with salt and pepper. Serve over white rice and top with green onion.