



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

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	
Brussels Sprouts	Yes	Plastic	
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Thyme and sage
Leeks	Yes	Plastic	
Onions	No	No	Yellow and red
Peppers	Yes	Plastic	Green bell, carmen and hot
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei
Winter Squash	No	No	Butternut, sunshine and delicata

## Brussels Sprouts

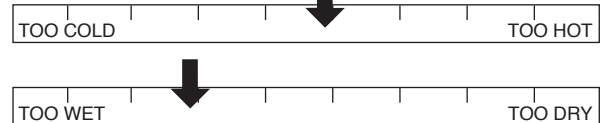
Well if it's the last share of the of the regular season, then it must be time for Brussels sprouts. If they're nice enough we try and deliver them on the stalk, and that's how you'll find them this week. They look pretty good this year, although I'll admit that I haven't eaten any yet. It's kind of ridiculous delivering them on the stalk, but it's fun to see how they actually grow. When you get home just snap them off the stem and put them in a plastic bag in the fridge, you can keep the stalk and use it as a chew toy for the dog. The stalk is pretty tough, so if you like to eat the stems of broccoli and want to try this stem I'd advise against it. We can't use a pruner to cut these, we have to get the lopper, which is a long-handled pruner for cutting tree branches.

Brussels sprouts are the kings of the brassica family. Too many of us had bad experiences with them as children, or no experience at all. Fresh ones that have had a frost in the field are wonderful. My personal favorite way to eat them is to trim them, slice them in half and saute them until just starting to get tender and finish with cream and a bunch of thyme.

There's a few squash in the box this week to keep you going for a while. The delicata you'll recognize from

## Farm Report 10/8/09

Rainfall . . . . . 2.45"  
 High Temperature . . . . . 62°  
 Low Temperature . . . . . 35°  
 Farmer Complaint Indicators™:



This is the  
**LAST WEEK**  
 of the regular season share. The  
 winter shares begin next Thursday,  
**October 16** at the same pickup sites  
 and times. Please make sure everyone  
 in your group knows this. Thanks.

last week. The tan ones is butternut, a nice multi-purpose squash. Soups are a great use for butternut, and it's one of the easiest to use by peeling and cutting into cubes and sautéing. The bright red one is called sunshine. Save this one for last, since it'll be better if you eat it in a few weeks. It's similar to a buttercup but without the beanie on the bottom. Technically it's what's called a kabocha-type squash. Kabocha is the Japanese word for squash, and they prefer this type of squash. Sunshine is a drier squash with excellent texture and flavor.

More broccoli and cauliflower are in the box. The broccoli is slowing down but it was surprising how much the cauliflower continued to grow this last week with such yucky weather.

Another bunch of carrots this week. There are some real mutants in there this year. It's really frustrating to have a great looking carrot field and have so many of them small and funky when you go to pull them up.

We finally managed to harvest a little spinach for the boxes. We had such nice spring spinach this year but the fall stuff has been a major disappointment. It just

never recovered from the rains in August. There are some less than perfect leaves in there so use the spinach up in the next couple days.

The leeks have continued to size up nicely. One thing I've never figured out is a fast way to harvest leeks. They're very time consuming, but I like them too much to grow less of them.

More onions, peppers and turnips are in the box. The peppers are pretty much done now, and with some quite cold temperatures this weekend they won't survive.

Last in the box is a nice little bunch of thyme and sage tops the box for your savory cooking needs. Sage is such a great companion to squash, try it sprinkled on top of your butternut squash soup. Thyme is the best herb for everything else.

### Farm News

The weather has turned quite wet for this time of year. All the weathermen say 'we need the rain' but personally I do not right now. We still have thousands of pounds of beets, carrots and potatoes to get out of the ground and I'd rather not bring in thousands of pounds of mud with them. The temperature has also been below normal for the last week. The colder the temperature, the less water vapor the air can hold and the longer it takes to dry up the water we get.

It's hard to believe this is the last share of the regular season. From my perspective we've had a very good year. The boxes have been nice with not many crop failures, and the workload at the farm has been pretty manageable. The main reason is that we've had the best crew we've ever had working at the farm this year. It's very hard to find people who want to work as hard as we do, and even harder to find ones who do it well. Tricia and Jesse have been the foundation of the crew this year as our full-timers. They've managed to put up with me all year and do every yucky thing that I've asked them to, including doing most of the deliveries, which is a huge help. If you see them on deliveries give them a big hug. Heather helps us on harvest days and she's been great, she washes most of the vegetables you get, so if you want to praise how clean things are she's the one, even when it means getting soaking wet this time of year when it's 40° in the packing shed. Geoffrey and Martha also helped us on harvest days in the summer and Marty's been helping us in the fall. And we'd never get half as much done on Wednesdays if it wasn't for the great lunches cooked by my lovely wife and Julene.

We also couldn't do any of this without your support. We have the best customers. Thanks for supporting this endeavor and making your food an important and vital part of your lives.

If this was your first year with the farm, I'll explain how we sign people up for next year. If you have a share this year we automatically sign you up for one next year. In January you'll get an invoice from us for your 2010 share(s). If you would not like to purchase a share next year you can let us know that now, or when you get the invoice in January. After we know how many people have opted-out, I offer shares to new members in February. If you definitely want a share for next year you don't need to do anything, just pay your invoice when you get it next year. For this reason it's important that you keep your email and mailing address current with us so we can contact you in January.

### Brussels Sprouts with Bacon and Balsamic

- 1 pound Brussels sprouts
- 1/4 pound bacon, chopped
- 1/2 cup finely chopped onion or shallot
- 1-2 tablespoons butter
- 3 tablespoons balsamic vinegar
- salt and pepper to taste

Trim ends off sprouts and halve large ones. Blanch in boiling water or steam over boiling water until just tender. Plunge into ice water to stop the cooking and preserve the bright green color, drain well. Cook bacon until crisp and drain on paper towels. Remove all but 2 tablespoons of bacon grease from the pan. Add onions, cook until light brown. Add Brussels sprouts, butter, vinegar, salt, pepper and bacon. Toss until hot.

### Sesame Garlic Brussels Sprouts

- 1/4 cup soy sauce
- 3 tablespoons toasted sesame oil
- 1/4 teaspoon crushed red pepper flakes
- 1 1/2 teaspoons minced garlic
- 1 1/2 pounds Brussels sprouts, trimmed and halved
- 4-5 tablespoons peanut oil

Combine soy sauce, sesame oil, red pepper, garlic and 3 tablespoons water in a large bowl. Blanch the Brussels sprouts in boiling water until partially tender, 3-4 minutes. Drain well. Heat a wok or large cast-iron skillet over high heat until hot, 2-4 minutes. Add a small amount of the peanut oil, swirl the pan to coat the surface and add about a third of the sprouts. Stir-fry until bright green and crisp-tender. Drain on paper towels. Stir fry the remaining sprouts similarly in batches. Add stir-fried sprouts to soy sauce mixture and toss well. Serve immediately or allow the Brussels sprouts to marinate an hour before serving.