



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	
Brussels Sprouts	Yes	Plastic	
Cabbage	Yes	Plastic	Green
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Thyme
Kale	Yes	Plastic	Lacinato
Leeks	Yes	Plastic	
Onions	No	No	Red and Yellow
Potatoes	No	Paper	Sangre (red)
Radishes	Yes	Plastic	
Shallots	No	No	
Turnips	Yes	Plastic	
Winter Squash	No	No	Sunshine, buttercup and butternut

Farm Report 10/29/09

Rainfall2.31"
 High Temperature 54°
 Low Temperature 30°
 Farmer Complaint Indicators™:



squashes, I like a dry sweet squash and that's a classic buttercup flavor. Last is the pretty red sunshine squash. It's a lot like a cup-less buttercup. These are a close second in my book. Both buttercup and sunshine can be a little bit dry so you may want to roast them with a little water or other liquid.

The potatoes this week are the 'sangre' red potato. It's a nice all-purpose spud. I like to dice them into about 3/8-inch cubes and fry them up with some cubes of chorizo for hashbrowns.

Lots of good alliums in the box this week. Leeks, garlic, onions and shallots. The leeks make a fine soup along with the red potatoes.

There's a nice young head of green cabbage in the box. This is a new variety this year and I'm a little disappointed that they didn't form a more 'round' cabbage shape, but they are nice and dense.

Farm News

I'm glad we're almost done with the month of October because it has been a stinker. It has been one of the coldest and wettest Octobers that I can recall. We can't seem to string together two sunny days and last Friday we got our 4th accumulating snowfall of the month. It's still a busy time on the farm and all this bad weather has put us about two weeks behind schedule.

We had two dry days last week so we were scrambling to get all the carrots, potatoes, parsnips and black radishes harvested. Everything but the potatoes gets harvested with our carrot picker. With the soil so wet we were dealing with a lot more mud than we'd like on everything. We had boxes of carrots which had 45 pounds of carrots in, along with 20 pounds of mud. I

Full box

This is usually the most crammed full box of the year. We've still got some things coming in from the field to go along with all the things we've got in storage. It can be a struggle to fit it all in. If you don't see something in your box that's on the list above it may have gotten left out so we could get the box closed. Hopefully it wasn't your favorite.

This will be the last of the arugula and kale for the year. It's nice to have the greens this late in the season but they also start to show a little wear and tear from having endured so much cold weather. The kale this time of year is nice and flavorful.

Just about every root we grow is in the box this week, with the exception of rutabagas.

We have three varieties of squash this week. Butternut is the common tan squash that's great in soups and is also a good one to peel and cube and cook in a saute pan. Buttercup is the dark green one with the blue button on the end. These are my personal favorite

think over those two days we brought in about 10,000 pounds of veggies and mud.

By Wednesday the rain had returned and it was time to start washing off all that mud. The carrots were the big project, with about two tons of them to wash. I bought a washer for the carrots this year but we've had a heck of a time getting it to do what we want it to do. After several modifications we did end up getting pretty clean carrots out of it, especially considering how muddy they were going in. And we all agreed that it was much better than our old method, and faster too. The four of us were washing about 800 pounds of carrots per hour. Even though we had a new machine it was still a lot of work, and we were all terribly disappointed to find 400 pounds more dirty carrots the following morning that we had missed.

Thursday it was time to do the parsnips, but there weren't many of them, only about 200 pounds. We'll see these in the next winter share. Then it was time to get started on potatoes. Jesse and Tricia washed most of these on Thursday while I ran some errands with the truck. We ended up with a little over 3,000 pounds of them. Friday we finished up potatoes and watched the snow fall.

This week we were lucky to have a few more dry days in a row so we got all the garlic broken up into individual cloves to get ready for planting. We also did a lot of this week's share harvesting Monday and Tuesday so that on Wednesday, when the ground was as dry as it was going to get—not very dry at all—we could get the garlic in.

This is late for garlic to be planted but we haven't had any opportunities to do it until now. We managed to get all 4000 cloves in the ground on Wednesday afternoon ahead of the next round of showers scheduled for tomorrow.

I also managed to get the excavator out on the one dry day last week and get the site for the new greenhouse leveled out. The rain that followed filled the site in nicely so we may have a skating rink for the kids if it freezes up soon. Unless we get a couple dry weeks in November it looks like we won't be able to put up the new greenhouse until next spring.

Two more winter share deliveries remain: Thursday, November 12 and Tuesday, November 24. Happy Halloween everyone, hopefully the pumpkins from the pumpkin day survived until now. Ours on the front steps are doing fine.

The Best Winter Veg Coleslaw *Jamie Oliver*

- 2 carrots, different colours if you can find them, peeled
- 1 bulb fennel, trimmed
- Use at least 2 of the following:
 - 1 black spanish radish
 - 1 light-coloured beetroot, peeled
 - 1/2 a small celeriac, peeled
- 400g red and white cabbage, outer leaves removed
- 1/2 red onion, peeled
- 1 shallot, peeled
- 1 lemon
- Extra virgin olive oil
- A handful of fresh soft herbs (use mint, fennel, dill, parsley and chervil), leaves picked and chopped
- 250ml yoghurt
- 2 tablespoons mustard
- Sea salt and freshly ground black pepper

Shred the carrots, fennel, and your choice of radishes, beetroot, turnip or celeriac on a mandoline, or use the julienne slicer in your food processor. Put the veg into a mixing bowl. Slice the cabbage, onion and shallot as finely as you can and add to the bowl. In a separate bowl, mix half the lemon juice, a glug of extra virgin olive oil, the chopped herbs, yoghurt and mustard. Pour this dressing over the veg and mix well to coat everything. Season to taste with salt and pepper and the rest of the lemon juice if you like.

Spicy Roasted Squash *Jamie Oliver*

Preheat your oven to 400°F

- 1 butternut squash (about 1–1.5kg)
- 1 heaped tablespoon coriander seeds
- 2 small dried red chillies (or to taste)
- sea salt and freshly ground black pepper
- 4 cloves of garlic, squashed
- a few sprigs of fresh rosemary
- 6 rashers of good-quality smoked back bacon
- 1 tablespoon olive oil

Wash the squash, then cut it in half with a large, sharp knife (cut off one side and roll the squash on to the cut edge to make it safer and easier). With a large spoon, remove the seeds from the squash. Cut the squash lengthwise into quarters and then cut the quarters in half lengthwise to give boat-shaped wedges of squash. (Quite frankly, it doesn't matter if you hack it up as long as the pieces are roughly the same shape.) Place the pieces into a roasting tray.

Put the spices into a pestle and mortar and pound them up with a pinch of salt. Scrape them into the tray over the squash, add the garlic, rosemary, bacon and olive oil.

Toss the squash, making sure that all the pieces are well coated with the flavours, and arrange the bacon over some of the wedges. Roast in the oven for about 30 minutes, or until tender. The spicy flavour will cook into the squash, which will crisp lightly, the skin becoming caramelized and chewy.