



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

	Fridge?	Bag?	Notes & Varieties
Beets	Yes	Plastic	Red
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Savoy
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Leeks	Yes	Plastic	
Onions, Dry	No	No	Yellow and red
Parsnips	Yes	Plastic	
Peppers, dried	No	No	Cayenne
Potatoes	No	Paper	French fingerling
Radishes	Yes	Plastic	Black
Shallots	No	No	
Dry Beans	Yes	Yes	Marfax
Sweet Potatoes	No	No	Beauregard
Winter Squash	No	No	Sunshine, delicata and sugar dumpling

## Beans, Peppers, Sweet Potatoes and Parsnips

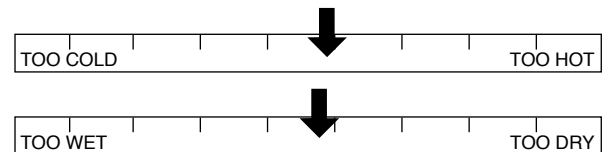
There's a few late season treats in the shares this week. We're always experimenting with additional items to make the winter shares a little more diverse.

Last year I trialed several varieties of dry beans. The one that I liked the best, called Marfax, is the one that's in the box this week. I wish it was easy to grow a lot of dried beans because it would be fun to have them in the winter share more often, but the reality is that doing it by hand is kind of time consuming. What we would really need would be a combine for harvesting the beans. What we do now is pull all the plants out of the field in September and lay them out on the benches in the greenhouse to dry out. Then when they're good and dry we spread the plants out on a tarp, place another tarp on top and jump up and down on them until the pods are all shattered. Lastly we winnow out as much of the chaff, leaves and dirt as possible.

Since our methods are a little arcane these beans won't look quite as perfect as the ones in the grocery store,

## Farm Report 11/12/09

Rainfall .....0.83"  
 High Temperature..... 64°  
 Low Temperature ..... 26°  
 Farmer Complaint Indicators™:



they'll have some runts and dirt in them. Give them a good picking over and rinse before you use them.

Marfax is kind of a weird name for these beans, I think it sounds more like a prescription drug. They're quite similar to what's known as Swedish brown beans. They cook quickly and have a nice meaty texture if not overcooked. One reason they cook quickly is that they're fresh, many of the dried beans we buy in the store are a few years old and very very dry.

In the same bag as the dry beans you'll find a few dried cayenne peppers. We have a large dehydrator that we use to dry these after the plants have been harvested late in the season. We'll have more of these in the next box.

Next are the sweet potatoes. We make a stab at growing these each year but they don't always cooperate when we have a cool summer. Sweet potatoes are a tropical plant, so the hotter the better. Considering it was a cooler summer this year, we did pretty good with these and have a nice bag of them this week with more to come in the next share. Sweet potatoes are the only crop that grows below ground that we don't wash before delivering it to you. Their skins are very fragile when harvesting. After harvest they cure for a week or so at about 85° to toughen up the skins. So we rub off as much dirt as we can after they cure. Wash them well right before you use them, they'll keep better if you leave them dirty until then. Also you should remove them from the plastic bag when you get home and just keep them on the counter, not in the fridge.

The last new and exciting item this time are the parsnips. We usually can't count on a crop of these every year, but they did pretty well in spite of some neglect

this year. Our main failing was that we never thinned them out after they germinated. Because of that they averaged fairly small, but enough add to a nice winter dish. Most of the flavor of parsnips lies just beneath the skin so give them a good scrubbing rather than peeling them to preserve the flavor.

The rest of the box should be fairly familiar. The warmer weather the last two weeks kicked some of the remaining broccoli into gear, so we got enough to put in the boxes this week, although some of them are kind of puny.

### Farm News

REMINDER: THE NEXT (AND LAST) SHARE DELIVERY FOR THE SEASON IS **TUESDAY**, NOVEMBER 24th (the Tuesday before Thanksgiving). Shares will be available at the regular times.

A dramatic improvement to the weather was the main news at the farm this week. We've had almost two weeks of dry weather with some above average warmth which has helped us to catch up with all kinds of things around the farm. It's also helped everyone's feet to dry out and warm up for the first time in weeks. We really needed some nice sunny weather before heading into the long, dark days of winter.

We've gotten caught up with most of the fall cleanup around the farm. The plastic mulch and drip tape are all out of the field and the irrigation hoses are coiled up and put away in the machine shed. The electric fence that keeps the deer out is all rolled up and put to bed. Next year's garlic is mulched along with the strawberries and asparagus. Next year we should be able to start harvesting a little of our asparagus patch, but it'll need another year of growing before we'll have enough for the shares. We may actually be able to get some of the work done on the new greenhouse if the weather holds out for another week.

**Coming in the Thanksgiving share:** Beets, red cabbage, carrots, onions, garlic, shallots, buttercup squash, turnips, radish, celeriac, russet potatoes, thyme and sage, cayenne peppers, brussels sprouts, sweet potatoes, corn meal!

### Sauteed Savoy Cabbage

- 2 lbs. fresh wrinkly-skinned Savoy Cabbage
- 2 cloves garlic
- 1/4 cup extra virgin olive oil
- salt and pepper to taste

Peel away the outer leaves of the cabbage and discard them. Then slice the rest of the cabbage into thin 1/4"

strips. Heat the garlic cloves in the oil in a large non-stick pan. When the oil is hot add the cabbage and salt. Mix often until the cabbage is thoroughly cooked. Salt and pepper to taste.

If the cabbage gets to dry while cooking just add a little water or white wine to keep it from sticking. Note that the volume will reduce by 70% when cooked.

### Buttered Cabbage *Darina Allen*

This recipe for quickly cooked cabbage has converted many an ardent cabbage hater!

- 1 lb fresh Savoy cabbage
- 2-4 tablespoons butter
- salt and freshly ground pepper
- an extra knob of butter

Remove all the tough outer leaves from the cabbage. Cut the cabbage into four, remove the stalk and then cut each quarter into fine shreds, working across the grain. Put 2 or 3 tablespoons of water into a wide saucepan, together with the butter and a pinch of salt. Bring to a boil, add the cabbage and toss over a high heat, then cover the saucepan and cook for a few minutes. Toss again and add some salt, freshly ground pepper and the knob of butter. Serve immediately.

### Mashed Sweet Potatoes *cooksillustrated.com*

Cutting the sweet potatoes into slices of even thickness is important in getting them to cook at the same rate. A potato masher will yield slightly lumpy sweet potatoes; a food mill will make a perfectly smooth puree. The potatoes are best served immediately, but they can be covered tightly with plastic wrap and kept relatively hot for 30 minutes. This recipe can be doubled in a Dutch oven; the cooking time will need to be doubled as well.

- 4 tablespoons unsalted butter, cut into 4 pieces
- 2 tablespoons heavy cream
- 1/2 teaspoon table salt
- 1 teaspoon granulated sugar
- 2 pounds sweet potatoes (about 2 large or 3 medium-small potatoes), peeled, quartered lengthwise, and cut crosswise into 1/4-inch-thick slices
- pinch ground black pepper

Combine butter, cream, salt, sugar, and sweet potatoes in 3 to 4 quart saucepan; cook, covered, over low heat, stirring occasionally, until potatoes fall apart when poked with fork, 35 to 45 minutes.

Off heat, mash sweet potatoes in saucepan with potato masher, or transfer mixture to hopper of food mill and process into warmed serving bowl. Stir in pepper; serve immediately.