

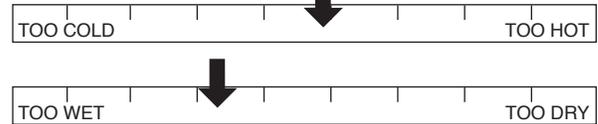


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Red w/tops
Broccoli	Yes	Plastic	or cauliflower
Carrots	Yes	Plastic	
Dill	Yes	Plastic	
Garlic	No	No	
Peppers	Yes	Plastic	Carmen and cherry bomb
Potatoes	No	Paper	Red gold
Salad Mix	Yes	Plastic	
Winter Squash	No	No	Delicata and Sugar Dumpling

Farm Report 9/9/10

Rainfall 1.75"
 High Temperature 70°
 Low Temperature 49°
 Farmer Complaint Indicators™:



More red beets are in the box this week, some of which have gotten quite large. When I see a large red beet I think of roasting. Roasting brings out the sweetness and earthy flavor of beets. A roasted beet salad recipe follows, I'm guessing most bunches of beets this week will be quite a bit heavier than what the recipe calls for, so adjust accordingly.

As long as we're on roasting I've included a roast carrot recipe as well. If you're getting behind on carrots in your fridge, it's a great way to use some up. The recipe calls for honey, but with sweet carrots like ours you can easily omit it if you like.

There's some salad mix in the box this week. It's been touch and go getting this to grow this fall with the cooler temperatures we've had the last few weeks. We could use a little heat to help the rest of it size up. There's already some mustard and arugula in the salad mix, but you could always add the bunch of arugula to it as well if you like.

This is the last of the red gold potatoes for the year. They're starting to become my favorite variety of potato around here.

You should have either broccoli or cauliflower in your box. The next round of broccoli wasn't quite ready for this week, and the cauliflower is very slow in coming this year so it's an either/or deal this week.

The squash continues with more sugar dumpling and delicata. There were some off-types in the sugar dumpling that look just like acorns, so you may see one of these as well.

The peppers have slowed down considerably. Next week may be the last of the Carmens.

Pumpkin Day this Saturday

Here's your last reminder that this coming Saturday is our annual harvest pot-luck and pumpkin day. We've got some wet weather coming our way but it looks like we have a good chance that it will have blown out of here by then and I'm guessing we'll have a nice clearing sky Saturday afternoon, as well as nice cool temperatures. If there is a lingering shower we'll be ignoring it and forging ahead.

The fall colors are just starting on the trees, so it should be a pretty drive down here. Plan to arrive at the farm between 3 and 4pm. We'll have a hay wagon ride around the farm and to the pumpkin patch at 4, followed by a pot-luck at 5:30pm. After the pot-luck we'll have a fire for roasting marshmallows.

Please bring a dish to pass, utensils and plates for your crew, and a blanket or chairs to sit on in the grass. We'll have pumpkins, some apple cider and water, and some backup silverware/plates/napkins. If you want a more sophisticated beverage please feel free to bring it.

It's not too late to RSVP, right now it looks like a good crowd of 75 or so, but there's a lot more pumpkins than that. If you decide on Saturday morning to come just show up, there's always room for more. A link to directions is in the newsletter email this week.

On to this week's veggies...

Garlic and Dill round out the box this week. Fresh dill is a nice addition to roasted beets, or make up a batch of borscht topped with yogurt and dill.

Farm News

Rain is again beating against the window as I sit down to write the newsletter this week. They're talking about it raining 3-5 inches in the next 36 hours. Normal precipitation for the month of September is 2.69 inches and we've already had 4.60. This is really going to go down in the record books as a wet one. A large amount of rain at this point in the season is really more of a nuisance than a disaster. The cover crops are planted for the fall, and most of the moisture sensitive crops are out of the ground by now. We have been having trouble with cabbage splitting and additional rain may exacerbate this problem. It's also getting close to the time when we harvest the large plantings of storage carrots and it would be nice if it could dry out prior to that. Too much water also dilutes the flavor in the carrots, and they were really starting to taste good this week.

Thankfully there isn't much talk of really cold weather in the forecast, which means that we can focus on other things instead of making a mad-dash for the cold sensitive crops like squash. As we pass the autumnal equinox the likelihood of frost increases considerably. This also means that we haven't had to worry about protecting the pumpkins from frost prior to pumpkin day, which can be a major headache.

Monday was another in a series of rainy yucky days at the farm, but we kept busy doing cleanup around the farm in preparation for the pumpkin day. Most of Tuesday was spent bringing in the sweet potato harvest. It looks like a better than average crop and is happily curing now in the greenhouse. We don't grow very many sweet potatoes so we reserve them for the winter shares. It also takes them too long to cure properly to deliver them any sooner.

Lastly, another quick reminder that there are just two more weeks left in the regular 18-week season share.

Coming next week: Arugula, broccoli, onions, leeks, cilantro, peppers, carrots, squash, garlic.

Roasted Beet Salad Gourmet | September 2000

- 1 bunch beets (3/4 pound without greens or 1 1/4 pound with), trimmed
- 1/4 cup sliced natural almonds
- 3 tablespoons olive oil
- 1 tablespoon minced shallot
- 1 tablespoon fresh lemon juice

- 1 1/2 tablespoons red-wine vinegar
- 1/4 teaspoon sugar
- 1/2 teaspoon salt
- 1 large Asian pear
- 3 cups arugula leaves (3 ounces)

Preheat oven to 425°F.

Wrap beets in foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets and cool.

While beets are roasting, cook almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Cool almonds in oil (nuts will get darker as they cool). Transfer almonds with a slotted spoon to a small bowl and season with salt.

Stir together shallot, lemon juice, vinegar, sugar, salt, and oil from almonds in a large bowl.

Slip skins from beets and halve large beets. Cut beets into 1/4-inch-thick slices and add to dressing, tossing to coat.

Quarter and core pear and cut into julienne strips.

Arrange beets on a platter and drizzle with any dressing remaining in bowl. Top with arugula, then pear. Sprinkle with almonds.

Honey-Glazed Roasted Carrots Bon Appétit | December 2005

- 2 pounds carrots (1 to 1 1/2 inches in diameter), peeled, halved lengthwise
- 3 tablespoons olive oil
- 1 tablespoon butter
- 1 teaspoon honey
- 1/2 teaspoon balsamic vinegar

Position 1 rack in center and 1 rack in bottom third of oven and preheat to 400°F. Line 2 rimmed baking sheets with foil. Divide carrots and parsnips between prepared sheets. Sprinkle generously with salt and pepper, then drizzle 3 tablespoons oil over vegetables on each sheet; toss to coat.

Roast vegetables 10 minutes; stir. Roast vegetables 10 minutes longer, stir, and reverse sheets. Continue roasting until vegetables are tender and slightly charred, about 15 minutes longer. (Can be prepared 2 hours ahead. Tent with foil and let stand at room temperature. Rewarm uncovered in 350°F oven 10 minutes.)

Melt butter in heavy small saucepan over medium heat. Stir in honey and vinegar. Drizzle honey glaze over vegetables and serve.