



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

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Cilantro	Yes	Plastic	
Garlic	No	No	
Leeks	Yes	Plastic	
Onions	No	No	Yellow and red
Peppers	Yes	Plastic	Carmen and serranos
Shallots	No	No	Yellow
Winter Squash	No	No	Butternut and delicata

Cauliflower

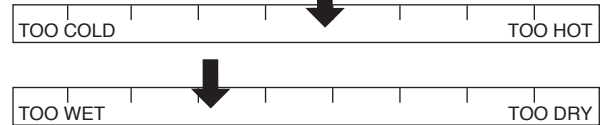
It's been touch and go trying to get any cauliflower for the fall slot this year, but this week we managed to round up enough so that everyone gets one. Almost none are perfect and some are not too pretty but they were looking so bad a few weeks ago that I wasn't sure there would ever be more than a handful to harvest. These are from the first planting of fall cauliflower, and the second planting is looking even better. Hopefully they'll be ready for next week.

Cauliflower is a sister to broccoli, having been bred from the same genetic pool. What makes cauliflower different from broccoli is a flatter, denser head that stays white because it's protected from the sun. The plant does a good job of covering the head with the leaves that grow over it, but in a year where we have a lot of cabbage loopers the heads aren't quite as white because the little buggers like to eat those leaves that are right over the head. Some years we will actually tie up the leaves over the head to keep it whiter, but this year due to the bugs and black rot there really aren't enough leaves left to tie up.

We like to cut the cauliflower up into very small florets so that we can sauté it quickly, or add it to other dishes. A common use in our house is on the top of homemade pizza. It's also a great base for a soup, along with carrots, onions and leeks.

Farm Report 9/30/10

Rainfall 4.25"
 High Temperature 68°
 Low Temperature 36°
 Farmer Complaint Indicators™:



There's a few yellow shallots in the box this week. We grow these with the onions so they've had some of the same problems the onions have had this year. As they cured in the packing shed we had a fair amount of neck rot on them, but they've dried out and improved over the last few weeks. Their flavor is milder than onions, so they can be used fresh in salad dressings or in other places where they don't get cooked.

Cilantro joins the box for the last week or two this year. It was supposed to be ready a little earlier in the season but it took it's time.

The leeks have sized up nicely in the last few weeks, they come into their own in the cooler weather. Leeks are one of the most cold-hardy crops and can overwinter unprotected in our fields.

A nicer head of fall broccoli is in the box this week. We should have more next week.

The peppers are continuing to slow down. Most years this is when the carmens are really coming into their own, but they started producing so early this year that they're about worn out by now. We've started picking and drying the cayenne peppers for the winter shares and they've had a productive year. I think we'll dry almost 2,000 of them.

Moving on to some of the later and larger squashes brings us to the butternut. Butternut is the tan one with a bulbous end, not to be confused with buttercup which is the dark bluish-green one with a beanie. Butternut is a very versatile and easy to use squash. You can bake it the traditional way, but it's also very easy to peel and cube up to cook other ways. It has a small seed cavity so you really get a large amount of usable

squash out of it. My only complaint about butternut is that they tend to get a little large. Another delicata is in the box as well.

Onions and garlic round out a nice box for turning on the oven and making some comfort food.

Farm News

You all already know the big farm news of the last week, which was the 4.25 inches of rain we received between Wednesday evening and Friday morning. My heartfelt thanks to you all who had to re-figure your plans around our pumpkin day postponement. We had six inches of water in our basement and a mess out in the fields. We've now had over 30 inches of rain since May 1st!

The good news is that by Monday I had the basement pumped out and drying up, the sky had cleared and a nice breeze was blowing. By the time we were harvesting on Wednesday most of the muddy spots in the field had soaked in. We should be in great shape for this Saturday.

So, let me invite you to the newly rescheduled pumpkin day this coming Saturday, October 2nd. Same times apply, so arrive at the farm between 3 and 4pm, hayride out to the pumpkin patch at 4pm, pot-luck at 5:30pm and bonfire at 6:30pm. The forecast is for a cool sunny fall day. The week postponement also has made for fall colors that are almost at their peak. Bring a dish to share, plates and utensils for your group, and a blanket to sit on.

The other weather event we had last week was a bit of frost on Saturday night. The forecast was calling for 36° and patchy frost and that's pretty much exactly what we had. When the wind died down that evening I went out and put a row cover over the squash that was still out in the field just in case. A few butternuts that weren't under the cover did get a little bit of frost on them, but not enough to be concerned about. It's sounding like a much better chance of a heavier frost this coming Saturday night, so we'll be bringing in the squash from the field on Friday and covering the peppers. We clipped all the squash off of the plants on Monday and the sunny weather all week has helped them to cure up nicely.

A reminder that next week is the last delivery of the regular 18-week season share, Thursday, October 7. The first winter share delivery will be the following week on Thursday, October 14. We had a late winter share cancellation so if you're interested in one drop me an email.

Coming next week: Arugula, spinach, cilantro, carrots, broccoli, cauliflower, potatoes, garlic, squash.

Risotto with Squash and Leeks *Bon Appétit* | December 1999

- 1 small butternut squash, peeled, seeded, cut into 1/2-inch pieces (4–5 cups)
- 4 tablespoons olive oil
- 6 cups (about) chicken stock or canned low-salt chicken broth
- 3 large leeks (white and pale green parts only), thinly sliced (about 3 cups)
- 2 cups arborio rice or medium-grain rice
- 1/2 cup dry white wine
- 1/2 cup whipping cream
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped fresh sage

Preheat oven to 400°F. Place squash on large rimmed baking sheet. Drizzle with 2 tablespoons oil and sprinkle with salt and pepper; toss to coat. Roast until tender and beginning to brown, stirring occasionally, about 40 minutes.

Bring stock to simmer in heavy large saucepan. Reduce heat to very low; cover and keep stock warm.

Heat 2 tablespoons oil in another heavy large saucepan over medium-low heat. Add leeks and sauté until soft but not brown, about 10 minutes. Add rice; stir 1 minute. Add wine and simmer until absorbed, stirring constantly, about 2 minutes. Add 1/2 cup hot stock; simmer until absorbed, stirring frequently. Add remaining stock 1/2 cup at a time, allowing stock to be absorbed before adding more and stirring frequently, until rice is tender and mixture is creamy, about 25 minutes longer. Add roasted squash, cream, Parmesan cheese and sage; stir until heated through. Season to taste with salt and pepper. Serve warm.

Cauliflower with Rye Crumbs *Gourmet* | December 2008

- 4 slices day-old rye bread, torn into 1-inch pieces
- 1 head cauliflower (2 1/2-to 3-pounds)
- 1 stick unsalted butter
- 1/2 teaspoon caraway seeds, lightly crushed

Preheat oven to 350°F with rack in middle. Pulse bread in a food processor to form medium-fine crumbs. Spread in a 4-sided sheet pan and toast in oven, stirring occasionally, until golden, 8 to 10 minutes. Cool.

Core cauliflower, keeping head intact, then cook in a large steamer rack over boiling water, covered, until tender, about 15 minutes. Transfer to a platter and keep warm, covered. Melt butter in a large heavy skillet over medium heat and stir in caraway seeds, toasted crumbs, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring, until hot, about 2 minutes. Spoon over cauliflower.