

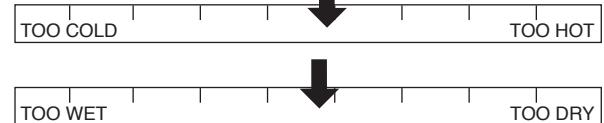


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Red w/tops
Broccoli	Yes	Plastic	
Brussels Sprouts	Yes	Plastic	
Carrots	Yes	Plastic	
Cilantro	Yes	Plastic	
Garlic	No	No	
Peppers	Yes	Plastic	Carmen or green bell, serrano and jalapeño
Potatoes	No	Paper	Sangre
Spinach	Yes	Plastic	
Winter Squash	No	No	Buttercup and sunshine

Farm Report 10/7/10

Rainfall0.00"
 High Temperature..... 70°
 Low Temperature 31°
 Farmer Complaint Indicators™:



This is the
LAST WEEK
 of the regular season share. The
 winter shares begin next Thursday,
October 14 at the same pickup sites
 and times. Please make sure everyone
 in your group knows this. Thanks.

Brussels Sprouts

It has become a Hog's Back Farm tradition to have a stalk of Brussels sprouts in the box for the final week of the summer shares. They look pretty good this year, if a bit small. I prefer to harvest them after we've had a good hard freeze, but we'll have to settle for the 30° or so that we had on Saturday night. We like to send them still attached to the stalk so that everyone can see how these freaky things grow. Unless you have a large empty refrigerator, you probably want to remove them from the stalk before putting them in there. Just snap the sprouts to the side and put them in a plastic bag. Good work for the kids. Some may need to be trimmed a bit to remove bad outer leaves.

I don't think I ever had a Brussels sprout until I was 30 years old. Because of that I didn't have any bad childhood experiences in the way of my enjoyment of them. If you have bad memories of them and avoid them it's time to become reacquainted. The worst possible thing you can do is to boil them. Our favorite ways are to roast, sauté or braise them. Ideally sautéed and then braised in some cream. You don't have to leave them whole either. Often we cut them in half or quarters, or you can even completely disassemble them into little leaves for a quick cooking dish. If you go on the web-

site and look at week 18 newsletters from past years, almost every one will have a Brussels recipe in it.

We finally eked out a little spinach for everyone this week. A small salad for two is about it. Combine it with the arugula to stretch it.

The beet tops have held up well so we've got another round of beets with the tops. We've eaten more beet greens this year than I can ever remember, mostly because the kale has never recovered from the black rot.

The squash this week is the buttercup and sunshine. Buttercup is a classic old-school northern squash. It's the dark green one with the beanie on the end. The sunshine is the bright orange one. It's very much like a buttercup but without the beanie. Both of these squashes are much drier than, say, a butternut. They'll be about at their peak in a month, but you can enjoy them now too. If I'm cooking a buttercup this early I usually halve it, scoop out the seeds and bake it cut side down on a cookie sheet with a few tablespoons of water on it. That way it stays a little more moist. Delicious on their own, or excellent pureed and added to cookies, bread or pies.

No tops on the carrots this week as the bulk carrot harvest has begun, just bags of nice clean carrots.

More favorites round out the box this last week of the regular season share.

Farm News

I spend so much time complaining about the weather in this space that I suppose I must be fair and balanced and praise it when it warrants. The weather has been fabulous this last week. The air is clean and crisp in the mornings and by the afternoon it's nice to have a T-shirt on. The fall colors are at their peak and it's hard not to get lured into the woods to go for a walk. Things have dried out nicely and allowed us to tackle whatever projects are on the to do list. A far cry from last October where we had multiple snowfalls.

The first major project we tackled last week was getting a concrete slab poured in the greenhouse. I was just going to stick with a dirt floor in there, but it becomes so much more useful as a space if I can drive a tractor in there to set down pallets of potting mix, and then be able to move them around easily. It will also be a great space for curing onions, garlic and squash.

The next big project was bringing in all of the remaining winter squash from the field. The forecast was for pretty widespread frost on Saturday night, so the squash got boxed up into all the big boxes we have and put in the back of the delivery truck for the weekend.

Hosting the pumpkin day last Saturday was the last big project of last week. Despite our postponement of one week, we had a great turnout. The weather was a little chilly, but the wind died down and sun came out for the evening. There were plenty of pumpkins, but not plenty of leftovers when it came to the pot-luck. Thanks to those of you who made the trek, it's always great to see how big everyone's kids are getting. We've always got a lot of requests for recipes after the pot-luck so we'll try and get on that for next year.

Monday was shaping up to be a lovely day so I decided we were going to hit the first half of the carrot harvest. Last year's carrot harvest was a cold and muddy mess, so I've been anxious to start that project before the dry spell ended. Conditions were very good and the carrots came out relatively clean and easy. We made some modifications to our carrot washer and it did a much nicer job of getting the carrots nice and clean without beating them up too much. We ended up harvesting and washing right about 3000 pounds. I had Alissa take some video of the carrot harvester in action, and

we'll take some more next week before I try and piece something together to put up on the website.

As I've already said, this is the last delivery for the regular summer season. Thanks again for supporting our farm! It has been a trying year with record amounts of rain, but we've put everything we had into bringing you the best for your boxes given the conditions. The crew at the farm deserves a round of applause for putting up with the weather and the grumpy farmer at the same time. Jesse, Alissa and Cheryl have been great and we couldn't do it without them. Lastly thanks go out to my lovely wife and kids who are the foundation of all that we do here.

If you're new to the farm this year, we'll contact you in January to see if you'd like to sign up again for next year. If you have a winter share we'll see you next week, if not, have a great fall and winter.

-David Van Eeckhout

Roasted Brussels Sprouts *The Barefoot Contessa Cookbook*

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons good olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

Melinda's Carrot Purée

This is a common fall dish at our house that my wife came up with, it's a great use for extra carrots. It's kind of like carrot humus without tahini, we eat it on crackers but it's also a good sandwich spread.

- 3 cups carrots diced into 3/4-inch chunks
- 4 cloves garlic, peeled
- 1/3 cup extra-virgin olive oil
- salt to taste

Toss the carrots and garlic with the olive oil and spread out in a single layer on a large baking sheet. Roast them at 375° until the carrots are tender and 20% of the carrots have started to caramelize and turn a golden brown. Remove from the oven and puree in a food processor until smooth, adding more olive oil if needed. Salt to taste. Spread on toast, crackers or just eat it by the spoonful.