

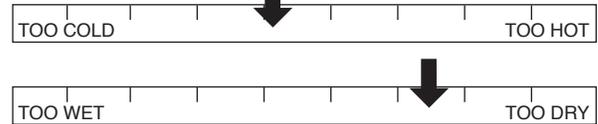


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Red w/tops
Carrots	Yes	Plastic	Bagged
Cauliflower	Yes	Plastic	
Garlic	No	No	
Kale	Yes	Plastic	Lacinato
Leeks	Yes	Plastic	Nice
Onions	No	No	Yellows and a red
Parsley	Yes	Plastic	
Peppers	Yes	Plastic	Carmens, serranos and a green bell
Shell Beans	Yes	Yes	Tongue of fire
Spinach	Yes	Plastic	
Winter Squash	No	No	Sugar dumpling

## Farm Report 9/22/11

Rainfall . . . . .0.31"  
 High Temperature . . . . . 69°  
 Low Temperature . . . . . 31°  
 Farmer Complaint Indicators™:



Leeks have been cultivated since at least 2000 BC in both Egypt and Mesopotamia. It is one of the national emblems of Wales, where it is said that in the 7th century the Welsh battled the Saxons in a field of leeks and their king ordered the warriors to wear a leek in their helmets to identify each other during the battle. No mention is made of how the farmer reacted to the battle in his leek field, but I imagine his customers didn't get leeks that week.

Beets return to the box this week with some late reds with tops. The tops on these aren't in perfect shape and they're really tall. We thin all the beets in the row so that they have enough room to grow, but these grew so fast that it seems like we could have thinned them out even more.

The arugula this week is particularly lovely. It has a milder flavor now that the weather has cooled down a bit.

Shell beans are back for another week. The frost nipped the plants back so they didn't get quite as mature as they could have, but there are still some very nice beans. There's some moisture on the pods which can lead to mildew so you may want to take them out of the plastic bag when you get them and either put them in paper, or just use them up right away.

Cauliflower and lacinato kale are back for another round. This will probably be the last bunch of kale for the regular season. We may eek out another round of cauliflower next week. A few of you may also get a broccoli as the planting from last week winds down.

The spinach also loves the cooler weather and gets a thicker leaf with a sweeter taste.

## Leeks

More leeks are in the box this week, and they're a bit larger than back in week 13. The leeks this year are very nice and uniformly good-sized. Up until this year we have always grown leeks in clumps of three in the field, so that when harvesting them we're always harvesting three at a time. This is convenient but it doesn't grow the nicest leeks since they have to compete with each other. This year we potted up the leeks individually in the greenhouse into large flat boxes we made. Each box is two feet by three feet and could hold about 400 leeks. This way we could grow them to a larger size in the greenhouse and transplant them individually. It was quite a bit more work, but the results are nicer and actually quicker to harvest and clean because they aren't all entwined together. I also think that they're more tender this way.

The way that leeks grow lends itself to accumulating dirt in the layers of leaves. It can be tricky to get all of the dirt out. The best way to slice the leek in half lengthwise starting about 2 or 3 inches up from the base. The uncut base will hold the whole thing together while you can fan the layers apart under running water to remove any dirt.

The peppers made it through the frost OK and are continuing to ripen. Again, the carmens are the sweet red peppers, use them anywhere you'd use a red bell. If you have tomatoes left from last week use the serranos and an onion to make a little pico de gallo.

The squash this week are the sugar dumpling. They're a nice all-purpose squash with sweet nutty flavor.

### Farm News

We came through last week's frost pretty well. It did damage the tomatoes and the leaves of some of the unexposed squash plants. The squash we had covered survived just fine and will get a couple of extra weeks of ripening which will make them sweeter. The peppers didn't really get damaged at all, even though some of their leaves were frozen when I checked that morning. I think our neighbors who grow soybeans had a lot more damage than we did, a lot of the leaves on their plants were killed by the frost.

We also got a bit of needed moisture over the weekend, although not really enough to make a dent in the dry conditions. Honestly though I'd rather have it dry right now than soaking wet. If we get a lot of rain this late in the year it'll stay wet until the ground freezes, there's just not enough heat left to dry it out. Not a problem this year.

We're getting so almost 100% of our time is spent harvesting or cleaning up. It's nice that the colder weather seems to be holding off for a while longer so that we can not have to worry about harvesting things that we don't have the space for. Although the 70's they're forecasting for next week can also cause problems. We've got a lot of cabbage for the winter shares that's looking pretty big already. I'd hate to have to fill the cooler with cabbage right now but we'll have to if it starts to split.

As of this week we only have two more deliveries of the regular season. The last delivery will be Thursday, October 6th. Make a note of it on your calendars. If you're signed up for a winter share the first delivery for them will be on Thursday October 13th. We are sold out of winter shares in case you're wondering.

A reminder to RSVP if you'll be joining us for the Pumpkin Day on Saturday, October 1st. Come on out and see where your food comes from. Arrive between 3 and 4, bring a supper dish to share and plates and utensils for your crew. Let us know if you're coming and how many kids and adults. There's always plenty of pumpkins so don't be afraid to have the kids bring a friend.

**Coming next week:** Chard, spinach, arugula, thyme, potatoes, squash, peppers, carrots, broccoli, lettuce, cauliflower.

### Carrot Soup with Thyme and Fennel

*Bon Appétit | March 1999*

- 1/4 cup (1/2 stick) butter
- 4 medium carrots, peeled, chopped
- 3/4 cup chopped onion
- 3/4 cup chopped leek (white and pale green parts only)
- 2 garlic cloves, chopped
- 1/2 teaspoon chopped fresh thyme
- 1/4 teaspoon fennel seeds
- 5 cups (or more) canned low-salt chicken broth
- Additional chopped fresh thyme

Melt 1/4 cup butter in large saucepan over medium-low heat. Add carrots, onion, leek, garlic, 1/2 teaspoon thyme and fennel seeds; stir to coat. Cover; cook until onion is translucent, stirring occasionally, about 15 minutes. Add 5 cups broth. Bring to simmer. Cover partially; simmer until carrots are very tender, stirring occasionally, about 40 minutes. Cool slightly. Working in batches, purée soup in blender. Return to pan. Thin to desired consistency with more broth. Season with salt and pepper. (Can be made 1 day ahead. Cool slightly. Cover and chill.)

Bring soup to simmer. Ladle into bowls. Sprinkle with additional thyme.

### Pasta with kale, shell beans and sausage

- 8 oz rigatoni or other small tubular pasta
- 1 bunch kale
- 1 TB olive oil
- 2 cloves garlic, minced
- 1 TB anchovy paste
- 3/4 tsp salt
- 1/4 tsp cayenne pepper
- 2 cups shell beans, cooked over a low simmer until tender
- 1/2 cup sliced almonds
- 8 oz. organic Italian pork sausage, if they have Pastures A

Plenty sausage at your co-op use it, it's excellent

In large pot of boiling water, cook pasta according to package directions. Drain, reserving 3/4 cup pasta cooking water. Remove the thick rib stem of the kale leaf by cutting along either side. Stack the remaining leaves in a pile and roll them tightly into a cylinder. Chop the cylinder of leaves into 1/8 inch strips.

In large skillet, heat oil over high heat. Add the pork sausage and cook until done. Remove the sausage from the pan, turn the heat down to medium-low and add the garlic and cook 2 minutes or until soft. Add anchovy paste and kale leaves, salt, and cayenne and cook, stirring occasionally, 5 minutes or until tender. Add beans, almonds, cooked sausage and reserved pasta cooking water, and bring to a boil. Add pasta, toss until heated through and serve.