



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

| | Fridge? | Bag? | Notes & Varieties |
|---------------|---------|---------|--------------------------------------|
| Arugula | Yes | Plastic | |
| Beets | Yes | Plastic | Gold w/tops |
| Carrots | Yes | Plastic | |
| Cauliflower | Yes | Plastic | or cabbage |
| Garlic | No | No | |
| Herbs | Yes | Plastic | Thyme |
| Peppers | Yes | Plastic | Red carmens, green bell and serranos |
| Potatoes | No | Paper | Yukon gold |
| Salad Mix | Yes | Plastic | |
| Spinach | Yes | Plastic | |
| Winter Squash | No | No | Delicata |

Yukon Gold

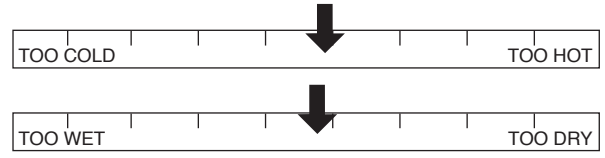
It seems like there's always been Yukons around but they're actually a relatively new potato variety, released by AgCanada in 1981. They're actually a cross of a white potato and a wild South American variety. At the time they were a fancy gourmet potato, and it took a while for them to catch on. Yellow-fleshed potatoes have long been much more the norm in many countries outside the U.S.

Yukons are quite popular here in the Midwest because they are a nice yielding potato that is ready fairly early and stores well. They're also popular among organic growers because they do quite well in an organic system. Some potato varieties are really bred for a high-input conventional farming system and simply can't perform at all when used in an organic system. The only real problem we have with them is that the potato bugs do prefer them over some of our other varieties and in a bad bug year they get beat up pretty bad.

Yukons are a multi-purpose potato with a fairly waxy texture. The most common uses for it are boiling, baking or frying. They're common in the better restaurants mashed, although you don't use the phrase 'mashed potatoes' there, but Yukon Gold potato purée. They can incorporate quite a bit of fat in the form of butter or cream which makes them so yummy that way.

Farm Report 9/29/11

Rainfall0.64"
 High Temperature 73°
 Low Temperature 46°
 Farmer Complaint Indicators™:



The squash this week is the lovely delicata variety. It's a tasty thin-skinned squash that is our early squash season favorite. It's delicious just baked in wedges, or scooped out and puréed with some butter. It's also one of the few squashes with an edible skin, so sometimes we bake it in thin wedges and just eat them as finger food. It's been a weird squash year around here and the delicata seem smaller and less productive than a normal year.

More gold beets this week with their lovely tops. Some of them are getting a little large. The weather has definitely favored large beets this year. As they get larger they're perfect for roasting. Trim the root and tops, scrub them good until nice and clean. Drizzle them with a couple of tablespoons of olive oil, wrap them in foil and roast them at 375° for 30-60 minutes depending on their size. When a sharp knife easily pierces the root they're ready. After they cool you can peel them under running water, or just use your hands to rub the peel off. Then they're ready to make a nice roasted beet salad, or dice and top any dish. Every grocery store in France has vacuum-packed beets that have already been roasted for the French version of fast food.

More cauliflower in the box this week. This will be the last of it for the season. In fact I don't think we'll have enough for everyone so some of you will get a cabbage instead.

There's another nice-sized bag of lettuces in the box this week. We did wash it this time because was dirtier than the last planting and it gave us a chance to pull out any weeds that made it into the boxes.

The peppers continue at a nice, steady pace. I think this will be it for the bell peppers, but we'll have more

carmens next week. There's still tons of serranos out there so unless we get a lot of people at the pumpkin day that want to take home grocery bags full we'll see more of them next week.

The arugula and spinach bunches are a little smaller this week but still quite nice. By making them a bit smaller this week we should be able to have a nice bunch of each of them next week as well.

Thyme and garlic round out the box to flavor your early autumn dishes. I know you all have your own thyme plants at home, but we ended up with a bunch extra at the farm too. If you can't use it up, hang it upside down inside a paper bag to dry it, so that the dried leaves fall off inside the bag. Thyme can also keep for weeks in the crisper drawer if it's in a bag.

Farm News

It was kind of a gloomy week out at the farm. The forecast had looked good but then this weird system hovered over Chicago for 4 days and we kept getting clouds and misty rain from the edges of it. The sun finally came out on Wednesday afternoon, which was nice because nothing had really grown all week. I was thinking we'd have broccoli in the boxes today but it just sat there like a bump on a log all week.

We did manage to get a few rows of storage carrots harvested on Monday before it started to drizzle. I've been a little concerned about them getting too big so I wanted to get a better handle on what was out there. The reality is that they look great, and should be fine until we get the rest of them out next week.

This is the time of year that we have to figure out where to put everything around the farm. With storage crops getting ready in the field and shares to pick for each week, it's a constant juggling act to find enough empty boxes to put things in. Some of the cabbages for the winter shares had started to split in the field, which is something they can do if the weather is warm and they're mature. I had Jesse stop and pick us up some cabbage boxes on his way back from deliveries last week just so we'd have something to put them in. Cabbages can take up a lot of space.

Between carrots and cabbages there was just more washing and harvesting this week. Squash, peppers, potatoes and cauliflower kept us busy the rest of Monday and Tuesday.

Just a reminder that there's only ONE MORE delivery in the 18-week regular season. Next Thursday, October 6th will be the last one. If you're signed up for

a winter share they'll be beginning on the following Thursday, October 13th.

Coming next week: Arugula, broccoli, brussels sprouts, squash, onions, peppers, spinach, carrots, garlic, thyme

Crispy Delicata Squash Rings

Preheat oven to 400 degrees

Slice one delicata squash into 3/8-inch rings. With a spoon scoop out the seeds. Drizzle with olive oil and salt and roast in a single layer on a heavy baking sheet for 10-15 minutes. Flip and cook for a few more minutes, until the rings are tender and slightly brown. Soy sauce or balsamic vinegar can be a nice addition to this. Eat them straight from the oven, skin and all.

Beet and Carrot Salad with Coriander and Sesame Salt

Bon Appétit | October 2010

- 3 1/2 tablespoons minced shallot
- 3 tablespoons plus 2 teaspoons apple cider vinegar
- 2 tablespoons fresh orange juice
- 1 tablespoon white miso (fermented soybean paste)
- 1 teaspoon finely grated peeled fresh ginger
- 1/2 teaspoon finely grated orange peel
- 1/3 cup extra-virgin olive oil
- 1 1/2 teaspoons coriander seeds
- 2 tablespoons sesame seeds
- 3/4 teaspoon coarse kosher salt
- 4 2-inch-diameter beets, peeled
- 1 pound carrots, peeled

Whisk shallot, vinegar, orange juice, miso, ginger, and orange peel in medium bowl. Let stand 10 minutes to allow flavors to blend. Gradually whisk in oil.

Toast coriander seeds in small skillet over medium heat until beginning to brown, about 2 minutes. Cool. Transfer to spice mill; process until coarsely ground. Add sesame seeds to same skillet. Toast over medium heat until golden brown, about 3 minutes. Add 3/4 teaspoon coarse salt; stir 30 seconds. Transfer sesame salt to small bowl and cool. Cover and chill dressing. Store toasted coriander and sesame salt in separate airtight containers at room temperature.

Using shredding disc on processor or a box grater, coarsely grate beets and carrots. Transfer vegetables to large bowl. Add enough dressing to coat lightly. Add coriander and 1 tablespoon sesame salt. Toss to coat. Let marinate at room temperature 30 minutes. Season salad to taste with salt and pepper. Can be made 4 hours ahead. Cover and chill.

Toss salad, adding additional dressing, if desired. Sprinkle with remaining sesame salt and serve.