



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Red
Cabbage	Yes	Plastic	Green
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Sage and thyme
Leeks	Yes	Plastic	
Onions	No	No	Yellows, red and shallots
Parsley	Yes	Plastic	Italian
Peppers	No	No	Dried cayenne
Potatoes	No	Paper	Desirée
Rutabagas	Yes	Plastic	
Salad Mix	Yes	Plastic	
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Gold ball
Winter Squash	No	No	Butternut, buttercup and delicata

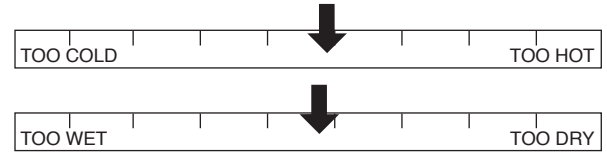
## Rutabagas, Turnips and Beets, Oh my!

It's the time of year for root crops so this week we've got a nice variety. This will be the only share with rutabagas and fall turnips in, so enjoy them or tolerate them depending on your preference. Now that we have our high tunnel in production with salad greens and spinach it might be time to drop these guys out of the rotation all together. There's only so much room in the box and I'm guessing folks would rather get more leafy greens than rutabagas. Still, you have to appreciate the history of root crops and how important they've been as a hedge against a difficult winter. Even if sometimes it has resulted in people having nothing but rutabagas to eat during the winter.

The turnip and rutabaga are very closely related, and in many countries they don't even have separate words for them. In Scotland they can both be referred to as 'neeps', although sometimes also 'turnshie'. Potatoes get Scotchified into 'tatties' and the traditional side dishes to haggis are mashed 'neeps and tatties.'

## Farm Report 11/10/11

Next (and last) Delivery . . . **Tuesday, November 22**  
 Low Temperature . . . . . 27°  
 High Temperature . . . . . 54°  
 Farmer Complaint Indicators™:



These turnips are different from the ones we grow in the spring, they are a storage turnip rather than a salad turnip. They're actually an heirloom variety known as Gold Ball, but they're really not very gold this year. They have a milder flavor than the rutabagas and less bite if you're going to eat them raw like kohlrabi. Both rutabagas and storage turnips should be peeled before using them.

There's three things from the high tunnel in the box this week, the spinach, salad and arugula. All three of them are actually a little oversized due to the mild October we've had. And the fact that the high tunnel is a work in progress this year as we try to figure out planting dates for harvesting this late in the year. One thing is for sure, these are all much nicer than you could get out of the fields this time of year! The spinach leaves are large and very tender, they were so fragile that bunching them was out of the question. The spinach and salad went right into bags from the high tunnel so please remember to wash them well at home.

The herbs have also fared well this fall with the mild weather so we find ourselves with more thyme and parsley this week. Italian parsley can lend such a nice fresh flavor to dishes this time of year. Also in the box this week is sage. The leaves on it are a little ragged, but they're still very sage-y. We'll mostly likely have all three of these again next time for your Thanksgiving preparations. This will be the last of the leeks for the season. They have been very nice this year, so nice that we picked them all already. The leeks and herbs are the only things coming from the field this week.

In the onion bag this week there's some dried cayenne peppers, they're hot. The garlic is already sprouting quite a bit, so you may want to cut the sprout out of

the middle. It's also getting little roots on it which is what's causing it to bulge on the bottom. Maybe we'll have garlic that will keep a little longer next year when we have some new seed coming into production.

The squashes this week are butternut, buttercup and delicata. I like to save the buttercup until later in the season like this because it's really better after it's been stored for a while. If you eat it straight out of the field it's very dry, but it moistens in storage. Buttercup is still my favorite squash, I love the grassy smell it has when you cut it open. And I love how smooth of a purée it makes after it's been baked. I also think it makes the best pumpkin pie. Are you getting behind on squashes? Bake them, purée them and put them in the freezer.

### Farm News

Things are winding down quickly around here now. We are almost completely out of the field and the vast majority of cleanup is done for the year. It has been a treat to get it done during dry, mild weather. The garlic and strawberries for next year are resting beneath a thick blanket of straw mulch and the potting mix for next year's greenhouse plants is ready and waiting in the greenhouse.

The seed catalogs for 2012 haven't started arriving yet, but we'll see the first of them in a week or two. They get set aside until January, I like a little perspective and don't look at them right away. OK, I look at them but I don't really *look* at them. I've got a pretty good list of different things to do for 2012, nothing radical but constant tweaking.

Just as we humans get a little tired at the end of the season, so do the machines. The battery's been slowly dying on the John Deere, our farm truck started running really rough, and the delivery truck started spewing diesel everywhere while I was picking up the potting mix. It's nice to have the time to do maintenance this time of year. By the end of the day on Friday everything was repaired and ready for more.

I still hadn't had time to deal with the radiator on the IH 504, so I had Larry, who works on my tractors, come and pick it up. I've been planning to have him do a major overhaul of it this winter anyway so he came up to get it before the snow flies. With a newer tractor in the shed I'm not using the 504 as much, but I still want to have it around the farm, it's been a great reliable tractor and it was our first one on the farm. And there are just some things that a 50-year-old tractor does better.

There's just one more share remaining for the 2011 season. It's our only share that's delivered on a Tuesday, the Tuesday before Thanksgiving, November 22. I'll send out a reminder email that week so you have it on your radar. Pickup sites and times remain the same. It does mean, however, that you only have 12 days to eat up this box, instead of the usual 14.

**Coming in the Thanksgiving box:** Beets, Brussels sprouts, red cabbage, carrots, celeriac, onions, garlic, dried paprika peppers, Yukon gold potatoes, butternut, buttercup and acorn squash, parsnips, lacinato kale from the high tunnel, thyme, sage and parsley.

Fall is the time of year for risotto and it's a great place to use your squash, leeks and sage.

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

- 1 butternut squash, peeled, seeded, cut into 1/2-inch pieces (4–5 cups)
- 4 tablespoons olive oil
- 6 cups 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.