

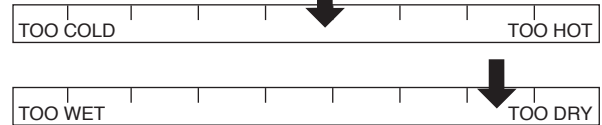


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	High tunnel
Beets	Yes	Plastic	Red
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Green or red or cauliflower
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Garlic	No	No	
Herbs	Yes	Plastic	Parsley, thyme and a little sage
Leeks	Yes	Plastic	
Onions	No	No	Yellows and a red
Potatoes	No	Paper	Chieftain
Salad Mix	Yes	Plastic	High tunnel
Shallots	No	No	
Spinach	Yes	Plastic	
Winter Squash	No	No	Buttercup and Butternut

### Farm Report 10/25/12

Rainfall . . . . .0.33"  
 High Temperature . . . . . 65°  
 Low Temperature . . . . . 30°  
 Farmer Complaint Indicators™:



week were seeded in the greenhouse in April and were grown until they were a few inches high. Then we transplant them to a larger open 'leek bed' still in the greenhouse. There they stay until they're about the thickness of a pencil. They get quite tall in the greenhouse, so they get their tops cut back several times, which doesn't bother them in the least. Finally they get transplanted to the field by hand. They are about the only thing we hand-transplant anymore, because we want them 6-inches apart in the rows and we don't have a way of doing that with our transplanter. Plus, you want to plant your leeks as deeply as possible so that you shield more of the stem from the light, which is what keeps it white.

Harvesting leeks is also a fair amount of work. They have to be dug or pulled from the ground, the roots and tops trimmed, and several leaves pulled off of each stalk until they are looking lovely. Lastly we wash the roots quickly in the packing shed before they're ready to make their way to your fridge and table. I love to eat leeks and also enjoy growing them, they're one of those crops that is a labor of love, but would never make sense to grow if we were a farm that just grew things for the wholesale market.

You may either get green cabbage, red cabbage or cauliflower in your box this week. We don't have quite enough cabbage for all of the winter shares and still had some beautiful cauliflower coming in, but not very much of it either. Everyone will get a red cabbage next share.

The arugula and lettuce mix are both from our high tunnel this week. The early tomatoes and cukes that we were picking in there in July are long gone and replaced by spinach, arugula and lettuce for the late

### Leeks

It just isn't fall without leeks. It was a foggy, rainy day on Wednesday while we were harvesting and between the smell of leeks and the herbs it was hard to not let your mind drift to some delicious hot meal you'd like to make right then and there. Leeks are one of the tougher crops that we grow. They survive in the field just fine and can freeze solid without going downhill in quality. In fact most years we have a few leeks left out in the field over the winter and they will survive and continue to grow in the spring. At that point, though, they really aren't that nice to eat.

Leeks have been around a long time, with some evidence to them being cultivated in Mesopotamia and Egypt around 2000 BCE. Four-thousand years of history is quite a bit for a vegetable. Some very similar plants were found in Egyptian grave sites as part of a meal for the afterlife.

Leeks are not particularly difficult to grow, but they are time-consuming. The leeks in your boxes this

season shares. The lettuce is very lush and tender from growing up in an environment of heat and no wind.

Another herb bunch accompanies the rest of the veggies this week. More parsley and thyme with a sprig of sage mixed in.

The spinach is still coming from the field this week. It's big and beautiful and there's a pretty good-sized bag in each box. Spinach that's come through some cold nights has such a wonderful texture and sweetness. It's my favorite spinach of the year for salads, but it also cooks down lovely.

The broccoli in the field survived it's few tastes of freezing temperatures and has continued to size up nicely. We'll see if we can even manage to have some for the next box.

The potatoes this week are the red-skinned white-fleshed Chieftains. It was so humid and foggy when bagging this stuff up on Wednesday that you may want to take them out of the bag and let them dry out when you get home. Ditto the onions and garlic.

More carrots, beets and celeriac are in the box this week. Don't worry if you get behind on any of these. They'll keep for weeks in a crisper drawer in a plastic bag.

### Farm News

Our first week off of delivering shares is usually a crazy busy one around the farm, but this year it was pretty laid back. The dry fall allowed us to get a lot of work done earlier, not to mention the fact that we planted fewer carrots and had a smaller than usual harvest of potatoes. Since there weren't large amounts of harvesting to do we continued on with getting things cleaned up and put to bed for the winter. These projects are also ahead of schedule for the year.

In fact we were caught up enough that I took most of the last ten days to remodel the bathroom/laundry room in our house. I had tore out our leaking toilet sometime in July or August and ripped out some of the rotten floor at that time. There wasn't much mental space to dedicate in the summer, beyond ripping things out, so it waited until I could focus on it this fall. I finally hooked up the last of the plumbing on Tuesday and just have a couple of pieces of trim to cut to finish it up and have to say that it's about a 1000% improvement. It was actually kind of nice to take a break from the farm, even though I wouldn't exactly call it a vacation. Thanks to Jesse and Cody for doing everything else while I focused my mind elsewhere.

Farming is hard work that is very rewarding, in that you are constantly enjoying the fruits of your labors. But if you are a little bit of a perfectionist, which I am, it can be somewhat tiresome to be at the mercy of nature. No matter how perfectly we plant, weed and water things we are never quite in control. Giving up this control is a big part of what it means to farm as a profession. It's also what makes it enjoyable to remodel your bathroom, because you know that if you line everything up right it's going to stay that way, not wash away, wilt in the drought or be attacked by a mysterious disease.

### Buttercup Squash With Sage and Leeks

- 1 sunshine squash (2.5-3 lbs)
- 1/2 cup butter (1 stick)
- 4-8 leaves fresh sage, chopped into ribbons
- 1 leek, julienned white only
- 1 teaspoon salt

Preheat oven to 350. Prepare squash by washing, poking 2-4 holes into center with sharp knife. Bake whole squash in oven for 60-90 minutes, until soft. When squash is done, cut in half, remove seeds and fibers, and scrape flesh from skin into a bowl, mash but do not puree squash.

Melt butter in a large skillet. Add sage leaves and fry until crisp 1-2 minutes. Add leek and salt and continue heating 2-5 minutes until leeks are soft and translucent, add squash to skillet and mix until all butter is incorporated.

### Garlic Creamed Spinach Gourmet | February 2003

- 1/4 cup water
- 5 oz spinach (6 cups)
- 3 tablespoons heavy cream
- 1 garlic clove, lightly smashed and peeled
- Scant 1/8 teaspoon freshly grated nutmeg
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Bring water to a boil in a 2-quart heavy saucepan over moderate heat, then add spinach in handfuls and cook, tossing, until wilted, 2 to 3 minutes. Transfer to a sieve set over a bowl and press on spinach with back of a wooden spoon to remove excess liquid, then discard liquid.

Add cream, garlic, nutmeg, salt, and pepper to saucepan and boil until reduced to 1 tablespoon, about 2 minutes. Discard garlic and add spinach to cream mixture, tossing until coated and heated through.

This recipe is for one serving, or a couple small sides, double it for more of a side dish.