



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

	Fridge?	Bag?	Notes & Varieties
Beets	Yes	Plastic	Red
Brussels Sprouts	Yes	Plastic	
Cabbage	Yes	Plastic	Red
Carrots	Yes	Plastic	
Celeriac	Yes	Plastic	
Cornmeal	No	Paper	Mandan Bride
Herbs	Yes	Plastic	Parsley, sage and thyme
Leeks	Yes	Plastic	
Onions	No	No	Yellows and a red
Peppers	No	No	Dried sweet paprika
Potatoes	No	Paper	Red norland
Radishes	Yes	Plastic	Watermelon
Shallots	No	No	
Spinach	Yes	Plastic	
Winter Squash	No	No	Buttercup or kabocha and butternut

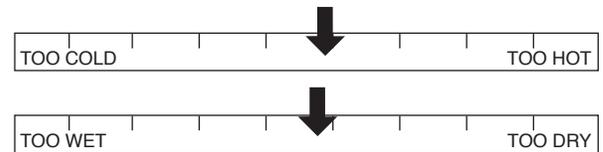
Brussels Sprouts

Ah, Brussels sprouts. What would November be without these tasty little nuggets. They fared quite well this year despite some dry conditions and persistent insect pressure. This was a new variety which I hadn't grown before and I think we will stick with it for now. The Netherlands produces 82,000 metric tons of Brussels sprouts annually, as compared to the 32,000 tons for all of the USA. Brussels sprouts contain high levels of vitamin C and K, and since K is a coagulant you may want to go easy on them if you're taking medication to thin your blood. Although I don't think the amount in the box this week will cause you any ill effects. Brussels sprouts have about twice as much vitamin C by weight as oranges.

How you prepare these is left to personal tastes, but I will say that boiling greatly reduces the benefits of many of the anticancer compounds contained in the sprouts. Boiling is also the least appetizing way to prepare them, both from a smell and look standpoint.

Farm Report 11/25/14

Rainfall 0.20"
 High Temperature 49°
 Low Temperature 2°
 Farmer Complaint Indicators™:



We prefer them roasted, or sautéed and finished with a little cream and thyme. We had a friend over for supper last Thursday and I ate at least a pound by myself. Hard to believe that they routinely rate as the most hated vegetable in America.

With the current popularity of kale chips I thought it would be fun to put a BS chip recipe in the newsletter, you'll find it at the end.

This is also our one hurrah for cornmeal this year. We planted the corn a little too far away from the buildings this year to adequately defend it from its natural invaders, deer and raccoons. We harvested enough to get everyone about a pound, so if you're making some cornbread for your stuffing this week there will be plenty for it. Speaking of corn, the popcorn suffered along with the cornmeal and we're going to hold the little we have for delivery in the first box of 2015 after it's had time to dry over the winter.

As I said last time around we did manage to get the leeks all out of the field before the deep freeze. They've held up nicely in the cooler and are all dressed up and ready to appear in your holiday meals.

The cabbage is a nice red one this week. I found a new variety of red cabbage this year and have been very pleased with it. Sometimes it's difficult to get red cabbages to size up very well, but these have been great.

A couple of the dried sweet paprika peppers are in the bag with the onions again this week.

Everyone should have a couple butternut squash and a buttercup or kabocha. Hopefully we can fit them all in. I had more butternut than I had written down, so we'll try to make it work.

A last pile of beets and watermelon radishes are in the box. Both of these guys will keep great for months in a plastic bag in the crisper drawer. The watermelon radishes are at their prettiest right now, use them as a garnish on Thanksgiving. Even if they don't get eaten they sure are festive.

A couple more celeriac just in time for some celeriac purée. And another nice bag of carrots to get you into December.

I took a broom out to the thyme to get the snow off of it so that the sun would melt the ice on it. Then it decided to be almost 50° over the weekend, which made that seem a little silly. In any case, we were able to pick some nice herbs for you.

We're finishing up the potato season with the way we began it, dark red norlands. I know I said there'd be 5 pounds for everyone this week but our inventory numbers didn't match what we had, 4 pounds is more accurate. The celeriac or last share's parsnips can help to stretch the potatoes and taste delicious mashed together.

There's also a bag of spinach from the high tunnel this week. It had thawed out enough that we could harvest in there. It was bagged right at harvest, so it will be rather dirty. It also has some holes from the dumb grasshoppers that have made the high tunnel their winter home.

Farm News

Before we get to this week's news I wanted to again apologize for the fiasco that was our last delivery. In 12 years we've never had a mechanical failure on delivery day, so I guess we were due. The honest truth is that we had a clogged fuel filter. I had gone 8 years with this truck blissfully ignorant of the fact that it had not one but two fuel filters. This one hidden behind the I-beams that make up the main frame of the truck. I'm always grateful for new knowledge, just wish it would come at more appropriate times.

I think the high temperature forecast was about 15° when we got the cornmeal ground last week. The sun was out though, and that makes a huge difference. We got it set up out of the wind and it went off without a hitch. Setting up the mill and cleaning it up takes about an hour, and it's so powerful that we ground all 100 pounds of corn in about 5 minutes. Thankfully with the sun out it was about 70° in the greenhouse so we could bag it up in comfort. We didn't label the bags this year since we have trouble getting labels to stick

at last week's lovely temperatures.

Other than getting the corn ground, things have quieted down on the farm considerably. After the truck leaves the driveway today we will put things to bed for another season.

It's hard to look back on any season and not remember the negatives most poignantly. My memories of 2014 weather will be the second wet, cool spring in a row and the chilly November. In the field, a poor tomato crop is always frustrating for us on the farm, as well as our members. But there are always many positive things going on at the farm that keep our spirits up when the (Brussels sprout) chips are down. We had excellent crops of onions, garlic and leeks, and very nice harvests of most everything else. 2014 will also be remembered as the year that we became significantly more sustainable by utilizing the sun's energy to produce the electricity needed by the farm. Even after 12 years there continue to be new ways that we can work together to change how our food is raised.

Thank you all for another year of support, we couldn't and wouldn't do it without you.

Brussels Sprouts Chips *Epicurious* | March 2014

- 1 pound brussels sprouts
- 3 tablespoons olive oil
- 1 teaspoon sea salt

Preheat the oven to 350°F. Remove the leaves of the brussels sprouts. This is tedious work, but it can be done. You want as many leaves as possible, and you may need to keep cutting away the stem as you get deeper into the sprout.

Place the leaves on a baking sheet and drizzle generously with olive oil, tossing to coat. Sprinkle with the sea salt. Bake, turning every 5 to 7 minutes, until browned and crunchy, almost burnt, but not burnt.

Roasted Brussels Sprouts

- 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 and serve immediately.