



Week of September 22, 2008 ~ Issue no. 18

this week's
HARVEST

This list may change, but this is our best guess at printing time.

Swiss Chard
Salad Mix
Peppers
Eggplant
Tomatoes
Watermelon
Basil
Turnips
Gala Apples (*from Barnard's Orchard*)

Pick-your-own:

Beans
Tomatoes
Flowers
Sage
Parsley
Rosemary
Thyme
Cilantro

Add-On Choices

Eggs from Rushton Farm
Co-op
Goat Cheese from Shellbark Hollow


IN THE BAG *tidbits from Fred*

Time to break out the apples and cider doughnuts, fall has arrived. The farm staff is feeling the autumnal resurgence that comes with the brisk mornings and cool evenings of late September. It is a quiet time between the hot harvest rush of summer and the push of winter field preparation. Peaceful evening walks through the fields reveal the changes of the season. Summer fruits wither away as the hardy fall crops are beginning to take shape. Buds have formed on the sturdy stalks of the Brussels sprouts. The chill in the air has caused the leeks to perk up and stretch in the cool autumn sun. The first Kabocha and Delicata winter squashes were harvested the other day and while sweet they still need a few chilly nights and dewy mornings to enhance their natural sugar.

While these crops flourish many of the summer crops are waning and we invite CSA members to come into the rows and harvest the last of them. With the changing of the leaves comes the changing of the fields so feel free to take one last walk before the summer vegetables that have fed us so well are replaced with winter rye. The summer tomatoes are beginning to make their journey from field to compost pile and we would prefer to see them go to a good home. So walk through the rows of tomatoes and glean what is left either for personal use or for donation to those in need. The haricot vert beans are also preparing a fond adieu and are available as a pick your own crop this week. The hot peppers are a festive fall rainbow of colors and are nearing their end so please harvest to your stomach's content. Nothing matches the taste of salsa made with late season vegetables.

-Fred


THE DIRT *report from special guest correspondent Max, Farm Dog*

While barking off into space Monday morning, I began to contemplate the passage of time. It was the autumnal equinox, and the official end of the dog days of summer. The air at the farm was brisk that morning, tinged with the scent of burnt leaves, and the humans were busy pulling up summer crops to prepare the fields for winter. It is indeed a bittersweet time of year. On the one hand, the thick of the harvest is fading as the nights grow longer and the temperature falls. On the other hand, the hedgerow vegetation is dying back, and it is becoming increasingly easy to chase rabbits.

This week, the last of the green beans are pick-your-own, so help yourself. I might be helping myself, too, if the humans hadn't felt the need to string up that darn electric fence all over the place. I am a bean-loving dog, in case you didn't know. I also discovered, just this morning, that I am a turnip-loving dog, too. The young, purple globe turnips you'll receive this week have a nice, understated kick to them, as well as an easy-to-peel rind. Try roasting them, or putting them sliced right into your salad. As a preview of things to come, I heard the humans talking about carrots, possibly as early as next week, as well as more beets, potatoes, lettuce, and onions on down the line. I am particularly looking forward to the fennel, which I understand tastes a bit like licorice.

Peace and bones,

- Max

HAPPENINGS *upcoming events at the farm*

Mark your calendars! Details forthcoming here or on the web site.

October 18, 2008 - Harvest Celebration 5:00 - 8:00 pm



RECIPES *what to do with those veggies*

Frittata

This recipe is flexible - you can substitute with whatever vegetables you have on hand

2 T olive oil
1 T melted butter
1 small onion, minced
1 small clove garlic, minced
½ t. salt
Freshly ground black pepper
½ t. each: basil and oregano
¼ t. each: thyme, rosemary

5-6 mushrooms
1 small (5") zucchini, sliced
1 small bunch swiss chard (ribs removed) or spinach, chopped
1 small bell pepper

5 large eggs, well-beaten
A few slices of mozzarella
Grated parmesan

In a 9 or 10 inch cast iron skillet, cook the onion and garlic with salt and herbs in combined olive oil and butter, 5 – 8 minutes. Add remaining vegetables, and cook quickly over medium-high heat until the vegetables are tender (8 – 10 minutes). Turn the heat way up, wait just a minute (to be sure it's good and hot) and pour in the beaten eggs. Cook on the stove-top for several minutes, lifting the edges, and letting the uncooked egg flow underneath the cooked egg (as you would for an omelet). Turn the heat back to medium as you do this.

As soon as the egg appears set, place a few pieces of mozzarella here and there on its top surface, and sprinkle with parmesan. Place it in the oven for 12 – 15 minutes (until it is firm, and the cheese is melted and about to brown). Remove and serve in wedges – hot or room temperature.

Cold frittata wedges make wonderful sandwich fillings (with fresh spinach and home made mayonnaise).

-adapted from *The Enchanted Broccoli Forest* by Molly Katzen