



this week's

HARVEST

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

Broccoli
Carrots
Chard
Onions
Peppers
Pumpkins
Salad Mix
Winter squash

Pick-your-own:

Flowers
Sage
Parsley
Rosemary
Thyme

Add-On Choices

Eggs from Rushton Farm
Co-op
Goat Cheese from
Shellbark Hollow
Honey from Rushton Farm
Ground beef from Crum
Creek Farm



Week of October 20, 2008 ~ Issue no. 22

THE DIRT *wisdom from the farmers*

The Cecil B. Rushton Wild Carrot Awards

With only a couple of weeks left in the season, and after a hard frost Sunday night, it has come time to award the first ever Cecil B. Rushton Wild Carrot Awards. The envelope please...

Tomato of the Year: Blue Beech. We grew 18 different varieties of tomatoes this season, but the general choice of the farm staff for our favorite, both in terms of taste, texture, productivity and novelty was the horn-shaped 'Blue Beech' heirloom tomato.

Runner-up: Early Girl

Lazarus Award for Outstanding Longevity in Terms of Production:

Islander Pepper. This purple bell-shaped pepper was the first to go in your shares back in July came back and was still being harvested well into October. While other peppers, tomatoes, and eggplant successions faded away towards the fall, the Islander kept going strong. Bravo!

Runner-up: 'Sweet 100' cherry tomatoes.

Best in the Leafy Green Category: 'Bright Lights' Swiss Chard. Not only did our spring chard planting pull through and come on strong again in the fall, but our fall planting took hold and produced brilliantly as well. The chard was relatively trouble-free, always gorgeous to look at, and a favorite of our Sunday market crowd.

Runner-up: Mei Qing Choi

Best New Variety: Arrowhead Cabbage. This was a variety of cabbage new to some of the farm staff that produced a wonderfully sweet, compact head in the spring. Even those of us who had seen it before were surprised by its performance on Rushton Farm, both in terms of taste and quality. Way to go, Arrowhead Cabbage!

Runner-up: Black Czech hot pepper.

The Conrad Frederick de Long Award for Outstanding Crop in the Field:

Okra. A cult favorite, this crop is even more gorgeous in the field than in the stew. In fact, there were some who felt the field is where this crop should have stayed, but the beauty of this crop is its consistent season-long production. Even after a hard frost the plants are still standing over near our green house, the fruits bronzing in the autumn sun, waiting for a November harvest and their transformation into holiday decorations.

Most Satisfying Crop: Carrots. The farm staff loves fresh carrots but, alas, between varietal issues, weeding issues, and ill-advised planting schemes, our spring crop was a bit of a disappointment. It was to our great delight, then, when our fall crop did much better and gave us a number of good lessons on carrot cultivation to carry into next year.



The Cecil B. Rushton Wild Carrot Awards (cont'd)

Worth the Wait: Potatoes (in particular, the 'Kennebec' variety). Potatoes are, alternately, a wonderfully exciting and somewhat anxiety producing crop. You never really know what you've got until you dig them up, and then there they are, in all their potato-y glory. The Kennebecs gave us the best production of the five varieties we planted.

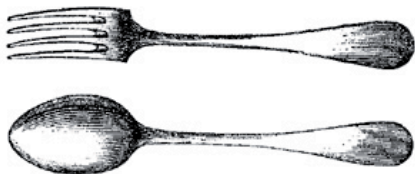
Flower of the Year: Zinnias 'Benary's Giant Mix'. Six feet plus and still blooming four months later. 'Nuff said.

Best Farmshed Garden Crop: Suyo Long cucumbers. These distinctive, delicately sweet cucumbers were only grown in the Farmshed Garden and yet produced enough fruit that they occasionally found their way into the CSA shares, amidst the field cucumbers that produced neither as well per plant, nor as deliciously. Next year Suyo Long is definitely going to get the field treatment.
Runner-up: the cherry tomatoes.

Best Farmshed Garden Herb: Lemon Verbena. Whether in teas, crushed and sniffed in hand, or chewed raw, this was an herb everyone who came through the garden delighted in sampling. Ashley lifted it out of the ground yesterday in the hopes that we can over-winter it indoors and return it to the garden next spring.

Best Dog Food Substitute: Green beans. Occasionally, we'd be embarrassed to realize we'd run out of dog food at the farm. Often, we'd realize this when we'd observe Max stealing green beans out of our harvest crates.
Runner-up: Turnips.

Cecil B. Rushton Employee of the Year: For her tireless efforts both in the field and the meeting room, for her tolerance of both brotherly quarrels and kiddings, for her kindness towards all the plants and animals around her, and for her generally sunny disposition, we the farm staff, in honor of our farm's indomitable namesake, Cecil B. Rushton, humbly bestow the prestigious, incomparable, gilded pitchfork prize to Ashley Brister, Well done, Ashley!



RECIPES *what to do with those veggies*

Roasted Winter Vegetables

1 pound carrots, peeled
1 pound parsnips, peeled
1 large sweet potato, peeled
1 or 2 winter squash (about 2 pounds of butternut, hubbard, acorn, etc.)
3 tablespoons good olive oil
1 1/2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
2 tablespoons chopped flat-leaf parsley

Preheat the oven to 425 degrees F. Cut the carrots, parsnips, sweet potato, and butternut squash in 1 to 1 1/4-inch cubes. All the vegetables will shrink while baking, so don't cut them too small. Place all the cut vegetables in a single layer on 2 baking sheets. Drizzle them with olive oil, salt, and pepper. Toss well. Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula. Sprinkle with parsley, season to taste, and serve hot.

-adapted from a recipe by Ina Garten