



this week's

HARVEST

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

Broccoli
 Brussel Sprouts
 Butternut squash
 Celeriac
 Cabbage
 Little Gem lettuce heads
 Peppers

Pick-your-own:

Flowers
 Sage
 Parsley
 Rosemary
 Thyme

Add-On Choices

Eggs from Rushton Farm
 Co-op
 Honey from Rushton Farm
 Ground beef from Crum
 Creek Farm



Week of October 27, 2008 ~ Issue no. 23

IN THE BAG *tidbits from Fred*

The first CSA season comes to a sad but satisfying end this week and with the final pick-up on October 31, comes the one year anniversary of the formation of the Willistown Conservation Trust Community Farm Program. A lot has been accomplished at Rushton Farm and there have been many minds and bodies working overtime to make this first year a tremendous success. What started as a feasibility study has turned into a fully developed farm operation providing food for over thirty-five families. Bonnie Van Alen and the WCT Trustees' vision of a Farm Program that not only nourishes the community, but educates it as well, has come to fruition.

I would be remiss if I did not recognize some of the many people who have worked so hard to make this first year a success. It all started with the efforts of Bonnie, and she has been the driving force behind the WCT Farm Program's success, displaying an ever enthusiastic attitude while exhibiting the patience necessary to let a program of this size grow properly. Alice Hausmann and the Farm Advisory Committee have provided both guidance and insight into the development of the farm and the initiatives around it. The dedicated Trust staff embraced the many challenges presented by the new farm program and showed tremendous enthusiasm and skill in doing so. We were lucky to have a tremendous group of volunteers who were tireless in their efforts. Sarah and Jim Hutchin, dedicated working members of the Farm Program as well as CSA members, provided much needed housing for Aaron and Ashley, while Keith and Frank Pension gave me a place to crash and follow the Phillies through an amazing season.

While many thanks go out to those on the development side of the Farm Program it was the hands in the field that made Rushton Farm such a success in its first growing season. Aaron de Long and Ashley Brister were the backbone of what I honestly believe was the best first season any farm could have hoped for, and one of the best seasons of any farm I have been associated with. They consistently worked well over 60 hours a week while ensuring that the fields, and the farm, were tended to properly. A farm is only as good as its farmers and Rushton Farm has two of the best in mind, body and spirit in Aaron and Ashley.

A final thanks to our members and supporters. It was a tough but rewarding first season and the many encouraging words and actions of our members made it all worthwhile. As my days in the field morph into days in the office, I already find myself easing out of reflections on the season gone by and looking forward to the season ahead. We have many exciting plans for the 2009 season and we hope to see you all again come spring. Until then stay warm, eat healthy and live right.

-Fred



THE DIRT *report from our field managers*

Last week the farm experienced the first hard frosts of the season. Overnight the foliage of the peppers, eggplant, tomatoes, and basil turned from green to black. Although we did manage to glean a few peppers from the dying plants, the taste of the tomatoes has changed from that of the warm summer sun to mealy pulp. However, for a few of the crops in your share this week the frost couldn't have come at a better time. In this week's share you will be receiving Brussel sprouts and celeriac. Most gardeners will agree that these vegetables taste best

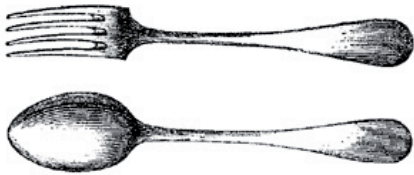
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THE DIRT *(continued from page one)*

after a hard frost. This has to do with how they survive freezing temperatures. The cell walls of plants are made up of water and when temperatures drop below freezing, the cell walls of a fruit like a tomato expand and break, destroying the texture and taste of the fruit. In contrast, Brussel sprouts and celeriac, along with various other cool weather crops, have evolved to survive frost damage by concentrating sugars in their cell walls when temperatures drop. The sugars act like natural antifreeze, and the result of all that concentrated sugar is a sweeter sprout, leek, carrot, or celeriac root.

In addition to a tastier Brussel sprout, the frost brought home the reality that it is indeed time to close the farm down for the season and prepare for the winter. The Dahlia bulbs are being dug up to be stored indoors for the winter, our compost pile is growing daily with all the vegetable residue being cleared from the fields, and two new fields have been turned in preparation for an expanded CSA membership next year. Although we are looking forward to the more restful pace of the winter season and spending time with our families over the holidays, we will miss our weekly visits from you, our CSA members. It has truly been a joy to get to know all of you and share the bounty that Rushton Farm has produced for us this season. Your support and engaged participation has given us an invaluable opportunity to improve our farming skills and more importantly a community to feel at home in. From all the staff at Rushton Farm, we sincerely thank you for an awesome season.

- Ashley and Aaron



RECIPES *what to do with those veggies*

Curried Butternut Squash Soup

4 tbsp unsalted butter	3 cups chicken stock
2 cups finely chopped yellow onion	1 cup apple juice
4 to 5 teaspoons curry powder	salt to taste
2 medium butternut squash	pepper to taste
2 apples, peeled, cored, chopped	1 shredded granny smith apple for garnish

Melt butter in a large heavy pot over low heat. Add the onions and curry powder and cook, covered, until the onions are tender, about 25 minutes. Meanwhile, peel the squash. Cut in half horizontally, scrape out the seeds, and chop the flesh. When the onions are tender, pour in the stock, add the squash and chopped apples, and bring to a boil. Reduce the heat and simmer, partially covered, until the squash and apples are very tender, about 25 minutes. Pour the soup through a strainer, reserving the liquid, and transfer the solids to a food processor, or use a food mill fitted with a medium disc. Add one cup of the cooking stock and process until smooth. Return the pureed soup to the pot and add the apple juice and about 2 cups more stock, until the soup is of the desired consistency. Season with salt and pepper, simmer briefly to heat through, and serve immediately, garnished with the shredded apple.

- *The Silver Palate* by Julee Rosso and Sheila Lukins

Celery Root and Potato Mash with Horseradish

2 celery roots (about 1 1/2 lbs. each), peeled and cut into 1-inch cubes	1/2 cup heavy cream
3 lbs. baking potatoes, peeled and cut into 1-inch cubes	1/2 cup (1 stick) unsalted butter
1 teaspoon salt, plus kosher salt and freshly ground black pepper, for seasoning	1 tablespoon grated fresh or prepared horseradish
	Chopped fresh chives, for garnish
	Extra-virgin olive oil

Place the celery root and potatoes in a medium saucepan and cover with cold water; add a teaspoon of salt. Bring to boil over medium heat and simmer for 15 to 20 minutes, until the celery root and potatoes are very tender. Drain the water from the vegetables and pass them through a food mill or a ricer into a large mixing bowl. Stir in the cream, butter, and horseradish until the cream is absorbed and the mixture is smooth. Season with kosher salt and pepper and garnish with chopped chives. Drizzle with a healthy dose of olive oil and serve.

- Tyler Florence