



*this week's*

## HARVEST

*This list may change, but it's our best guess at printing time.*

Asian Greens  
Beets  
Cabbage  
Eggplant  
Hot Peppers  
Lettuce  
Onions  
Peas  
Potatoes  
Soybeans  
Sweet Peppers

### Add-On Choices

*Rushton Farm Honey*  
*Eggs from*  
*Rushton Farm Co-op*  
*Ground Beef from*  
*Crum Creek Farm*  
*Cheese from Shellbark*  
*Hollow*



Week of September 21, 2009 ~ Issue no. 18

## IN THE BAG *tidbits from Fred*

As autumn arrives and cool crisp weather descends upon the farm, the farm staff has been reflecting on our very productive season. Sunday night we shared a wonderful evening at the farm with the volunteers who have helped us through this successful second year. It was a time of recognition of the many community members who have given generously of their time and energy to enable us to bring a bountiful harvest to our members each week. Aaron, Ashley, Chelsea and I deeply appreciate the help they gave us and value the friendships that have been made. The night was full of food, fun and recollections of an eventful summer.

The highlight of the evening may have been when Aaron unveiled his 2009 silk screen design for the "farm staff" of Rushton volunteers. With the help of field assistant Chelsea Allen, Aaron and Chelsea printed dozens of shirts for our dedicated volunteers. The silk screen image features a farmer on our faithful Ford tractor and the words "Farm Staff 2009". We hope that our volunteers will wear the shirts proudly and know that we are deeply grateful for their help at Rushton Farm.

As we move through the rest of the season we want to remind those community members who want to be involved in the farm that Wednesdays from 9 to 4 are volunteer days. It is a good time to come out, experience the farm, and spend time with others who share a love of the land and the food it produces.

-Fred



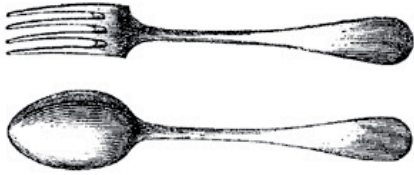
## THE DIRT *report from the field*

Fall is by far my favorite season. The nights have been cool and clear, perfect for stargazing and comfortable sleeping. During the day one is pleasantly warmed working in the fields, and as the sun moves south, a golden glow has fallen over the farm highlighting the autumnal bounty.

This week we are excited about a few new crops in your share. The first are Soybeans, also commonly known to those of you who enjoy Japanese cuisine as Edamame. This tasty bean is incredibly nutritious- rich in vitamins A, C, and E as well as calcium, phosphorus, protein and dietary fiber. To prepare, steam or boil in its shell for 5 minutes and serve with salt. The shell although edible is not recommended. The beans easily slip out of their pod when cooked. Or remove the shells and sauté the beans in a bit of olive oil with salt until lightly browned. If not consumed immediately, shell and refrigerate the beans.

We hope many of you have been able to sample some of the many hot peppers we have harvested throughout the summer. This week we will be harvesting in quantity the Poblano peppers. Poblano peppers, one of the most popular peppers in Mexico, originated in the state of Puebla, Mexico. Aaron claims you know it's a good pepper when they give it two names. In Mexican cuisine the relatively mild Poblano chile pepper is used fresh in many salsas and sauces and is the pepper of choice for chile rellenos. When dried, the same pepper is referred to as an *Ancho* and is used to make mole. We have included in this week's newsletter a recipe for chile rellenos that we hope you enjoy.

-Aaron & Ashley



## RECIPES *what to do with those veggies*

### Chiles Rellenos

Preheat broiler. Carefully cut lengthwise slit in each chile and stuff with some Cheddar. Combine flour, salt, and pepper and dredge chiles.

In large saucepan, heat ½ inch shortening to 375 F on a deep-fat thermometer. Fold yolks into egg whites. Working with 2 chiles at a time, using slotted spoon, dip chiles into eggs and fry, turning occasionally, until golden, no more than a couple of minutes. With slotted spoon transfer chiles (careful – they are delicate!) to paper towels to drain.

Arrange chiles on a flameproof plate and sprinkle with sharp Cheddar. Broil just long enough to melt cheese and serve immediately, accompanied by salsa if desired.

#### \*Roasted Peppers

*Ashley note: use this same method to roast sweet peppers as well, pickle or freeze in ziplocks for a winter treat*

Using long-handled fork, char peppers over an open flame (a gas grill works beautifully) or on a rack set over an electric burner, turning, until skins are blackened, 4 to 6 minutes. (Alternatively, broil peppers on a rack of a broiler pan under a preheat broiler about 2 inches from heat, turning every 5 minutes, 15 to 20 minutes, or until skins are blistered and charred.) Transfer peppers to a bowl and let stand, covered, until cool enough to handle. Keeping peppers whole, scrape off skin, cut off tops and discard seeds and ribs.

### Ingredients

Eight to ten green chiles (Poblanos or Anahims), roasted\* (see procedure below)  
 ¾ lb grated mild Cheddar (about 3 cups)  
 ½ cup all purpose flour  
 2 ½ tsp salt  
 ½ tsp freshly ground black pepper  
 Vegetable shortening for frying  
 4 large egg yolks, beaten  
 4 large egg whites, beaten until foamy  
 ¼ lb grated sharp Cheddar (about 1 cup)

Accompaniment: fresh salsa (optional)

-adapted from *Gourmet* September 1995

## HAPPENINGS

### RUN-A-MUCK



**October 4, 2009** - Run-a-Muck. Family-friendly cross country race & ramble through the Willistown Countryside. Advance registration only on [www.wctrust.org](http://www.wctrust.org)



### HORSE TRIALS

**October 10, 2009** - Horses & the Radnor Hunt Countryside ~ Radnor Hunt Horse Trials. Pig Roast Party at the Palace after the last horse. . [www.radnorhuntht.org](http://www.radnorhuntht.org)



**October 24, 2009** - Harvest Celebration, 5:00 to 8:00 pm. RSVP at [wctrust.org](http://wctrust.org).

*See [wctrust.org](http://wctrust.org) for more info*