



this week's

## HARVEST

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

Radicchio  
Peppers  
Mei qing choi  
Cilantro  
Dill  
Beets  
Kale  
Lettuce (heads)  
Salad Mix  
Tomatoes

### Pick-your-own:

Tomatoes  
Flowers  
Sage  
Parsley  
Rosemary  
Thyme

### Add-On Choices

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



Week of September 29, 2008 ~ Issue no. 19

## IN THE BAG *tidbits from Fred*

As the leaves and grass of Rushton Farm loose their green and take on the colors of autumn we find our crop of fall greens just reaching maturity. This week the CSA shares feature an assortment of lettuces and greens which cooked or raw offer a wide variety of health benefits. Recently we began harvesting the salad mix again. The Rushton Farm salad mix is the first crop to be harvested in the spring and will be the last to be harvested going well into December. This mix contains a mixture of six kinds of lettuce and six kinds of greens including mustard and arugula which give it a spicy kick. Along with the mix there will be heads of Radicchio and Tropicana green leaf lettuce. Tossed together, the mix and the head lettuce make a tremendous salad.

Throughout the season I have extolled the virtues of field greens and with good reason, as Swiss chard, kale, spinach and Asian greens are among the healthiest vegetables you can eat. They are extremely high in vitamin C, vitamin K, potassium and carotenoids. Carotenoids promote vitamin A activity and serve as antioxidants protecting cells and tissues from the damaging effects of free radicals. In other words, these greens may help to prevent cancer. Besides their health benefits they also offer tremendous taste. The "braising" greens, chard, kale, Mei Qing choi and spinach are best sautéed with olive oil and garlic with salt to taste. A little balsamic vinegar right before serving adds a tangy flavor. However prepared, just remember the old adage "always eat your greens".

-Fred



## THE DIRT *report from our field managers*

This week will probably be the last week you will receive tomatoes in your share. I hope you all have enjoyed the diverse and complex tastes of all our heirloom tomatoes as much as I have. Many of our plantings have been pulled from the field to make room for cover crops and production of the few summer crops that are left, (peppers and eggplant), has slowed dramatically. In their place you can plan on some great vegetables that will be sure to warm your plate on the cool crisp evenings of autumn. In anticipation of the rain over the weekend, we harvested much of our winter squash to prevent them from rotting in a soggy field. You can look forward in the upcoming weeks to the tastes of delicata, black forest kobocho, and red kuri squash along with the more well-known acorn and butternut types. Winter squash can be enjoyed over the holidays and winter months if stored in a relatively cool dry place. The best storage conditions for winter squash are at 50-60 degrees F with relatively low humidity.

The fall crops are especially rewarding for the grower, as many were first propagated and planted along with our earliest spring and summer crops. For example, today Aaron and I sampled the celeriac, one of the first vegetables to be propagated back in March. This root vegetable, also known as a celery root, has a more subtle taste which is drawn out when used in soups or added to mashed potatoes. You will probably receive celeriac in your share next week along with carrots; the makings for a hearty fall soup.

This week's share is full of greens. Along with our much loved salad mix you will receive a head of lettuce, Mei Qing choi, and radicchio. Radicchio is a peppery; some would say bitter, Italian green, often found in mesclun mixes. The bitter taste is indicative of its detoxifying health benefits. You can mix it in with our salad mix or our head lettuce and an herb infused vinaigrette to mellow the flavor or try the Deborah Madison recipe offered in this newsletter.

-Ashley

## 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

RSVP and advance payment required - send \$25 to the Trust. See web for more details.



## RECIPES *what to do with those veggies*

### Seared Radicchio

*Radicchio is classed as a 'chicory', a variety of leafy green that has a degree of bitterness that turns to sweetness when cooked. Endive and escarole are also chicories.*

1 head radicchio  
1/2 tablespoon chopped parsley  
Olive oil as needed  
Salt and pepper  
Thin shavings of Parmesan, Asiago, or dry Jack

Cut the radicchio into wedges about 2 inches thick at the widest point. Brush them generously with oil, season with salt and pepper, and set aside to marinate for an hour or more. Lightly film a cast-iron skillet with olive oil and set over medium-high heat. When it's very hot, add the radicchio and sear until the leaves begin to brown on the bottom, after a few minutes. Turn and cook the second side, about 5 minutes in all. Transfer to a plate and gently press the wedges to open the leaves. Season with salt and pepper, sprinkle with parsley, and cover with the shavings of cheese.

Radicchio can also be grilled to good effect, or used as a bitter in a salad with a sweet dressing.

-adapted from Deborah Madison's *Vegetarian Cooking for Everyone*

### Spicy Parmesan Green Beans and Kale

3 tablespoons olive oil  
1 onion, sliced  
1 minced garlic  
1/4 pound cremini mushrooms, trimmed and quartered (about 14 mushrooms)  
1 1/2 pounds green beans, trimmed and slice into 1-inch pieces  
2 teaspoons salt  
1/2 teaspoon freshly ground black pepper  
1/4 cup white wine  
1/2 teaspoon red pepper flakes  
1 bunch kale (1/2 pound), rinsed, stemmed, and roughly chopped  
2 tablespoons lemon juice (about 1/2 a lemon)  
3 tablespoons finely grated Parmesan

Warm the olive oil in a large, heavy saute pan over medium-high heat. Add the onions and cook until translucent, about 4 minutes. Add the mushrooms, garlic, green beans, salt, and pepper and cook for 2 minutes. Add the wine and continue cooking until the green beans are almost tender, about 5 minutes. Add the red pepper flakes and the kale and continue cooking until the kale has wilted, about 4 to 5 minutes. Add the lemon juice and the Parmesan cheese. Toss to coat and serve immediately.

-adapted from Giada de Laurentis