



this week's

HARVEST

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

Broccoli
Cabbage
Carrots
Celeriac
Head Lettuce
Leeks
Potatoes
Spinach

Add-On Choices

Rushton Farm Honey

Eggs from

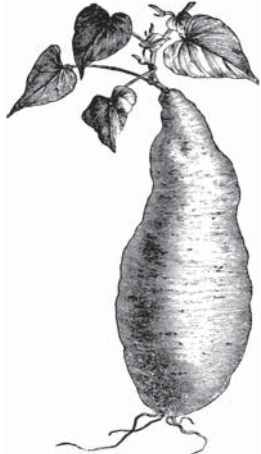
Rushton Farm Co-op

Ground Beef from

Crum Creek Farm

Cheese from Shellbark

Hollow



Week of October 12, 2009 ~ Issue no. 21

IN THE BAG *tidbits from Fred*

My submission to *The Wild Carrot* this week comes from the surprisingly sunny and comfortable surroundings of Portland, Oregon. Bill Hartman, Lisa Kiziuk and I are attending the National Land Trust Alliance Conference where we have the privilege of presenting a workshop that describes how our Community Farm Program is benefitting Willistown Conservation Trust and its mission. Surprisingly, we have found a number of land trusts that are considering or have similar programs in the works. Only a short time ago the idea of a land trust directly supporting a farm was largely considered impractical and not within the mission of a land conservation organization. It is refreshing to see and a further example of how the local food movement is changing the thinking of individuals and organizations. It is also exciting to talk to these groups about the unique ways in which they are supporting local food production.

On another note, the support of local food in Portland (and much of the west coast) is truly amazing. Ask where you can find a restaurant that buys locally and you get a multitude of possibilities. Local food is abundant and the city even funds a seed saving program for native plants throughout the region. By the way, the transit program in Portland is second to none with a tram, trolley, train and trail system that greatly reduces the use of motor vehicles throughout the city (I know, sounds mundane but I don't get away from the farm much so I'm easily impressed). See you next week!

Halloween is coming and next week we will be featuring pumpkins as part of the weekly share.

-Fred

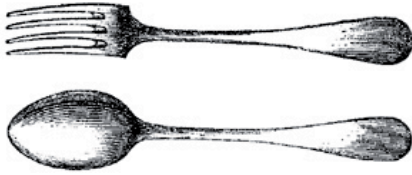


THE DIRT *report from the field*

The Harvest Moon rose on October 4th this year. Shortly after sunset it ascended over the horizon, appearing large and illuminating the sky with a warm red glow. The full moon that rises closest to the time of the autumnal equinox is known in many cultures as the Harvest Moon. In the days before tractor lights and headlamps, farmers used the light of the autumn full moon to bring their crops in from the fields and make up for the shortening day length. This little piece of farm folklore speaks to the abundance of the fall season.

Here at Rushton, although we have not had to harvest any vegetables by moonlight, some of the crops we have been watching all season are finally ready to pull from the ground and enjoy. This week's share is full of root vegetables. You'll receive leeks again this week along with the last of the potatoes. Be sure to check out the recipe we've included for potato leek soup. Celeriac, also known as 'celery root' will be harvested as well. Celeriac is in the same family as celery but has been cultivated for its knotty root rather than for its stems and leaves. Its taste is somewhere between that of celery and parsley with a nutty twist and a texture similar to potatoes. Celeriac is great mashed with potatoes or used in soups or slaws. And finally, carrots, everyone's favorite root crop, return to the harvest list. The flavors of all these hearty vegetables complement each other very well and we hope they provide you with a culinary experience that warms you and your home on these cool fall days.

-Aaron & Ashley



RECIPES *what to do with those veggies*

Potato Leek Soup

Chop the leeks into small pieces. In a 6-quart saucepan over medium heat, melt the butter. Add the leeks and a heavy pinch of salt and sweat for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 25 minutes, stirring occasionally.

Add the potatoes and the vegetable broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 45 minutes.

Turn off the heat and puree the mixture with an immersion blender until smooth. Stir in the heavy cream, buttermilk, and white pepper. Taste and adjust seasoning if desired. Sprinkle with chives and serve immediately, or chill and serve cold. Makes 6 servings.

Recipe courtesy Alton Brown, 2005

Ingredients

1 pound leeks, cleaned and dark green sections removed, approximately 4 to 5 medium
 3 tablespoons unsalted butter
 Heavy pinch kosher salt, plus additional for seasoning
 14 ounces, approximately 3 small, Yukon gold potatoes, peeled and diced small
 1 quart vegetable broth
 1 cup heavy cream
 1 cup buttermilk
 1/2 teaspoon white pepper
 1 tablespoon snipped chives

-Alton Brown, 2005

Celery Root Remoulade (popular French salad)

In small bowl stir together mayonnaise, sour cream, parsley, lemon juice, mustard, and salt and white pepper to taste until combined well.

In a large saucepan of salted boiling water cook celery root 2 minutes. Drain celery root in sieve and refresh under cold water. Dry celery root completely. Add celery root to sauce and stir together. Chill salad until ready to serve.

Ingredients

(adjust ingredients to the amount of vegetables you have)

1/4 cup mayonnaise
 2 tbs crème fraiche or sour cream
 1 Tbs minced fresh parsley leaves
 2 tsp fresh lemon juice
 1/2 tsp Dijon mustard
 2 celery roots (about 1 1/4 lb total), peeled and cut into matchstick pieces or shredded course
 Salt and white or black pepper to taste

(For an added twist include 1 Tbs minced dill pickle, 1/2 tsp salted capers and a pinch of tarragon to sauce)



HAPPENINGS

October 24, 2009 - Harvest Celebration, 5:00 to 8:00 pm. RSVP at wctrust.org.

See wctrust.org for more info