



It's bizarre that the produce manager is more important to my children's health than the pediatrician. ~Meryl Streep

News from the Farm

Welcome to week 16! Remember the Pumpkin Pick and Pie is this Sunday from 1-4pm with a cooking class from Kim Casey running from 2-3pm. Pumpkin picking, apple cider pressing, tasting portions of pizza and pies will be ready starting at 1pm. See last week's newsletters for complete listing for the event.

We are completing some of our biggest harvests as the fall sets in. The trees are showing lots of color, we have had several frosts and the working conditions are wonderful. We have peppers stored in the cooler for the next 2 weeks. We had a huge bumper crop so if you are looking for more peppers (hot or sweet) for preservation we should have plenty to sell by the lb or half bushel. We pulled turnips, rutabaga, and winter radishes last week and are happy to report they are huge and beautiful. In fact if we did not remove the tops we are quite sure we could fill an entire half share box with a single turnip (don't worry, we will not do that!). We are expecting large harvest of potatoes and sweet potatoes next week and are excited to report back.

You have 1 month of deliveries left. If you are getting behind on veggies or collect a bunch of squash or root crops in the weeks to come, we highly recommend reviewing the storage tips in the CSA member resources section of the website which can help make some of the veggies last further in the fall. Please return boxes you may have piled up at home. The more boxes we get back the lower we can keep CSA costs each year.

Have a delicious week - Kat, Tony, Riley, and Ted

Next Week's Best Guess: Daikon radish, winter squash, onions/leeks, peppers, tomatoes, potatoes, carrots, kale, fall herbs.

Pizzas of the week – Taste of Fall 2013: A winter squash sauce with caramelized onion, ham, fresh apples, with or without blue cheese; 5 veggie: peppers, kale, onion, grated carrot, and garlic; Fall dill- dill, garlic, and kale with ham

Kat's Kitchen

Concord grape Crumble- ¼ cup packed light brown sugar, 6 tablespoons all-purpose flour. 1/3 cup pumpkinseeds, 1/3 cup almond flour or ground almonds, Pinch kosher salt, 4 tablespoons unsalted butter, cut into medium pieces, 1/3 pound Concord grapes, stemmed and rinsed, 3 cups plain whole-milk Greek yogurt, 4 teaspoons honey. 1) To make crumble, heat oven to 200 degrees. Spread brown sugar evenly on a baking sheet, and bake until it dehydrates and looks crunchy, about 15 minutes. Remove from oven, and let cool. Raise oven temperature to 375 degrees. In a bowl mix all-purpose flour, pumpkinseeds, almond flour, brown sugar and salt. Add butter, and, using a pastry cutter or your fingers, combine butter with dry ingredients until mixture comes together in large crumbs. Spread evenly on baking sheet, and bake until golden, 10 to 15 minutes. Let cool. 3. Gently squeeze grapes into a bowl, slipping off skin. Using a skewer or a toothpick, puncture each grape, then push seeds out and discard them. 4. Divide yogurt and grapes among 4 serving bowls and top each with crumble. Fill 4 teaspoons with honey; rest a spoon in each bowl, and serve.

Poblano Peppers 101- These peppers are often found in Chile Rellenos (Mexican cheese stuffed roasted and fried peppers). They have a rich flavor and go wonderfully in soups, blended into fancy butters (to top bread or potatoes), or as part of more elaborate roasted veggie dishes or wonderfully roasted in strips and added to tacos. They are a mild hot pepper so with seeds removed they can be used in dishes where you want more pepper flavor.

Celery and radish salad - 1 pound celery (about 2), stalks separated, rinsed, dried and sliced very thin (3-4); 1 bunch radishes, sliced very thin; 3 tablespoons chopped flat-leaf parsley or chopped celery tops; 1 tablespoon chopped chives, leeks or onions; 1/3 cup chopped; 1 ounce gorgonzola or other blue cheese crumbled (about 1/4 cup); 2 tablespoons sherry or champagne vinegar ; 1/4 cup extra virgin olive oil; 1 Tbs walnut oil; fresh ground pepper and salt. Combine all ingredients (mixing the oils/vinegar together).

In Your Box

- **Purple, green, and red peppers** – a mix of very large long roasters and standard shaped peppers.
- **Poblano peppers-** very dark green and shiny but like a sweet pepper in shape. These are milder hot peppers.
- **Watermelons or muskmelons** – full shares only
- **Eggplants-** halfshares only
- **Leeks or Onions**
- **Celery**
- **Tomatoes** – beefsteak and/or heirloom
- **Carrots** – remember to remove tops for storage and to use them for broth!
- **Radishes**
- **Herbs-** dill or cilantro
- **Winter squash-**
- **Concord grapes-**
- **Garlic**
- **Broccoli and/or cauliflower** - fulls

Winter Squash guide 2013!

Over the next month you will enjoy a lot of winter squash in your box. Keep this guide as a reference to what squash are in your box. Keep in mind we NEVER give you gourds or decorative squash. That means all squash and pumpkins are for eating and many of them last a longtime so you can use them right away or keep them into the fall.

Pepo Family- This family is the most diverse in terms of colors and texture. They tend to have a thinner skin, hard narrower stems, and wetter flesh. These include Acorn squash (dark green or light white varieties); Carnival and sugar dumpling (a bit more flattened acorn shapes with white and green stripes or white, green and orange stripes); all pie pumpkins (see listing below), and delicata (tube shaped and rubbed like an acorn). All of the summer squash also belong to this family.

Pumpkins- all pumpkins are edible but many are not great in terms of flavor or texture. We grow several pie pumpkins including new England pie and baby pam (both smaller smooth skinned) and winter luxury (a lightly netted skin and lighter color). All three make great pies, sauces, soups or just pureed squash.

Maxima Family – These are the dry fleshed squash also known as hubbard family. They have a thicker skin, drier and sweeteneing flesh, the most common of which are buttercups which look like dark green cups topped with wine corks. Other types you will see in the boxes are red kuri (tear drop shaped orange red with red flesh), and baby blue hubbards which are slate blue and tear dropped, on the larger size, with a lighter green flesh. These store very well!

Moshata family- when you want “pie pumpkin” reach for the moshata. Canned pumpkin is actually not a “pumpkin” as you think but rather canned butternut or other moshata flesh. This squash tends to be sweet, a bright orange-light brown, and to have green striped brown or just brown skin. Butternuts are the best know moshatas and you may see baby butternuts with green striping in your box. These did not do very well this year due to our shorter growing season.

All winter squash is easy to prepare – pepo types are best cut into slices although moschata types are fine this way as well. We love slices of carnival or delicata squash with seeds removed baked with a bit of butter at 350-400 degrees. For mashed squash all types can be used but hubbards are probably the best. Cut in half, remove seeds, bake cut side down until the squash softens and then scoop out. This is the same method to use for extracting pumpkin flesh for pies as well. **pumpkin” seeds** can be made from any squash but are best from pepo types including pie pumpkins.

What is Wood Gasification?

A Primer on Sustainable Efficient Heating

Every October and November my Father and I make 10 -12 full chords of firewood from our woods. We take deadheads and limbs from his saw logs and I throw it in our basement and burn it in our basement to heat our house. However, most of the potential energy is lost. Some, because the fire wood can be made too wet, and evaporating the water can take a lot of energy, but mostly because a lot of the combustible material in a standard wood furnace goes up in smoke. Indeed most standard wood furnaces, which are how most rural residents in my neighborhood heat their homes, are only 40% efficient even with dry firewood. This, an outdated heating system in our own house, and the evolving heating needs of our farm, have led us to invest in the third phase of our current 5 year plan to achieve energy neutrality on our farm. The first and part of that effort in conservation, switching light bulbs to fluorescents and now LEDs, switching to energy star appliances, limiting their use, and eliminating them altogether, switching to on demand water heating, weatherizing our house, etc. The second phase was this spring’s installation of an 8kw grid tied solar panel system which has provided approximately 80% of our electricity needs this summer and will be expanded to a 12kw system in the next 3-4 years. The third phase is wood gasification, our current project. We knew we wanted something like this but our supplication for a federal grant for solar spurred a more immediate installation. The final phase is a switch to electric vehicles, and the on farm production of sunflower oil not only for human consumption but biodiesel for a truck and tractors as well. So, what is wood gasification? It is based on a specialized furnace that burns wood like a normal furnace but through a system a automated dampeners captures and then recycles the majority of combustible material that is currently lost like carbon which usually goes out a chimney. The burn is thus incredibly efficient 90-95% efficient and incredibly clean producing nearly no smoke – two things we value and think about when we consider the impact of our energy consumption. We will be using this system, to heat our packshed, commercial kitchen and bathroom (all used for pizza night but also winter projects); a real greenhouse (something we have held off on because of avoiding a large cost and volume of propane); and also our house. It operated by heating two 100 gallon tanks of propylene glycol which is pumped in the floor of the packshed, used to heat water which heat the greenhouse through a heat exchange, and which will hook into hydronic radiators in the house. Surprisingly we will burn roughly the same amount of firewood – 10 to 12 cords of wood for a much longer intensive heat use. This system will be complete in