



Of all the seasons, autumn offers the most to man and requires the least of him.

~Hal Borland

News from the Farm

Welcome to CSA week 19. It is our second to last week. In preparation for the end of the season please plan to bring bags to the dropsite next week if possible, along with any boxes you have at home. You can then transfer veggies into the bags and not worry about returning boxes. You can bring back boxes in the week(s) following the CSA but please be respectful of the space of our amazing site hosts and try to get them back before November.

It has been a muddy, cool and wet week on the farm. We did some big harvests but still have to harvest a lot of root crops for storage shares, the winter farmers market and ourselves! We have an incredible bountiful set of fall crops - lots of onions, carrots, rutabaga, potatoes and more.

The wood gasification system is fully operational in the packshed (and our house!) and is working wonderfully. We are happy to be working in a heated space and looking at next week's weather we will enjoy it then as well! Our greenhouse renovation is likely to take place in the next 3-4 weeks. We are waiting on greenhouse parts but the heating system is in place for next spring! Yippy. If you have any storage or other CSA questions do not hesitate to contact us. We know turnips, rutabaga, radishes and other roots can look similar!

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

Next Week's Best Guess: potatoes, winter squash/pumpkins, onions, garlic, carrots, turnips, green tomatoes, celeriac, herbs, greens.

Pizzas- Autumn special- our squash sauce topped with blue cheese, apples sage and bacon; Root'n pig- sausage together with a mix of roasted root veggies; 5 veggie- shredded carrots and beets, kale, onion, garlic.

Kat's Kitchen

Rutabaga Hashbrown Nests (adapted from <http://paleoing.com/rutabaga-egg-nests/>)

1 large rutabaga, peeled and grated; 2-3 radishes, grated (or 1/4-1/2 winter radish); 1 Carrot, grated 1/2 onion, thinly sliced; 1 garlic clove, minced; 3-4 tablespoons butter (or other kind of fat); 2 -3 eggs (or more); salt and pepper, to taste. Instructions: Peel your rutabaga. Roughly chop then send the rutabaga, radishes, and carrot through a food processor with the shredding attachment. If you don't have a food processor, you can use a cheese grater. Place a medium skillet over medium-high heat and add 1 tablespoon of butter and minced garlic. In a bowl, mix together vegetables. Place in skillet, spread out in pan and press down. Sprinkle with a bit of salt and pepper. Cook for 4-5 minutes, use a spatula to flip the rutabaga. When the rutabaga is almost done cooking, use a spoon to make a spot in the middle of the shredded rutabaga to crack your egg into (a nesting area for the egg). Crack your egg into the middle of the rutabaga. To cook your egg perfectly, grab a lid and pour in just a tablespoon of water and cover

Winter Radish- winter or watermelon radish can be used like many other fall root vegetables roasted in a fine coat of oil with a sprinkling of salt, or sweetened by tossing with oil mixed with honey or maple syrup. They are also wonderful in quick pickles (mix in a salty vinegar brine with or without sweetness) or added to a fresh fall dip plate with fresh rutabaga, turnips, and/or carrots and a simple dressing or dip.

Sesame noodles with radish: 4 servings (8 oz) your favorite whole wheat, soba or rice noodle, 1/2 bunch spinach, chard, kale, or beet greens roughly chopped, 1/2 lb radish, sliced thinly in rounds, 1/2 cup black or white sesame seeds, 3 Tbsp soy sauce or tamari, 3 Tbsp sesame oil, 3 Tbsp rice vinegar or balsamic vinegar **Preparation:** Cook noodles according to package, adding chopped greens to the hot noodles and water just before draining. Toss with small quantity of oil to the noodles to prevent sticking and chill in the refrigerator while prepping remaining ingredients. Wash and cut radishes in rounds. Put sesame seeds in a skillet or pan just large enough for them to cover the bottom. Toast over medium heat about 3 min, shaking the pan gently to prevent burning. Remove from heat. Mix the vinegar, tamari and oil in a bowl. When noodles and greens are chilled, toss or layer them with radishes, seeds, and dressing, garnish

In Your Box

- **Onions-** red or yellow
- **Tomatoes** – Fulls only
- **Cabbage**-fulls only
- **Potatoes** – a rainbow mix of varieties red to purple and more!
- **Broccoli, cauliflower, and or Kohlrabi** (half shares)
- **Kale**
- **Rutabaga**- these have a purple or purple to green top and a yellower flesh than turnips.
- **Winter radishes-** similar in shape to turnips. These have a red core and look like a watermelon.
- **Carrots**
- **Garlic**
- **Sweet Potatoes** – note these are unwashed to help preserve their skins so you can store them for longer if desired.

Reckoning a Romance with the Family Farm

By Tony Schultz

I am a defender of the family farm - As a business, as an institution, as a source of food, as a home. I have lamented its decline, and fought for its survival and renewal. In the process of confronting agribusinesses' relentless consolidation of agriculture, I have been called a romantic, or someone transfixed by emotion and imagination, rebelling against inevitable conventions. I wasn't sure how offended I should be, but I thought it was a label I should examine. I believe that the emotions surrounding the family farm are rooted in material advantages ecologically and symbolically that play out over the long term.

It is true, the family farm, especially my family farm, is incredibly emotional to me. I have a deeply personal intimate relationship with the history and places of our farm that cause my heart to well up when I travel through them, encounter them, or even think of them. The family farmer's romantic relationship with the land makes it more difficult to exploit and degrade the land. It is at a scale where the land's capacity has to be respected and not diminished especially if it is going to be passed on to its heirs. Because I want my farm to last 1000 years the land becomes a sacred thing. It is this scale that allows me to know spaces intimately, or to put it in a material sense I am better at micromanaging this land because of its relatively small size and my long emotional history with it.

The Romantic era in literature is based on glorifying natural settings. We think of *Frankenstein* as a monster movie but half of Mary Shelly's original version is filled with flowery natural imagery of and worshipful vivid images of natural settings. This is to contrast with Dr. Frankenstein's unnatural work of creating his monster. Today, genetically modified foods, otherwise known as Frankenfoods, are not simply criticized because of their unnatural domination of the marketplace and unnatural domination of our policy making process, but because of a theological(or romantic), and logical objection to an unnatural imposition on the natural selection of life. Ecologically, any good family farmer resists farming fencerow to fencerow because the conservation is essential. Any good family farmer leaves wild spaces on their acreage because life (human or otherwise) doesn't come from a blanket of corn it comes from the long history of innumerable plants and animals that make up the priority of species or web of life that created and sustains us. That space isn't worthless, it's invaluable.

Little red barns grace Wisconsin's license plates not only because they are more aesthetically pleasing than 10,000 cow manure lagoons, but because of their symbolic significance. They symbolize, hard work, bounty, earnestness, family, history, the American Dream. Weddings take place at beautiful family farms because the farm's natural beauty is a symbol of the couple's natural love for one another. Weddings are not set at factory farms because marriage is not meant to be a symbol of functional domination and profitability. That the family farm is more sustainable or a more democratic form of ownership is an emotional knowledge, but also one based on evidence, logic, and peer-reviewed studies. A primary part of any human experience is to be emotional. If feelings are not inspired by what we do and what goes on around us we may as well be machines. Ultimately my materialism is at the foundation of my romanticism, but it is not a materialism based on technological or capital domination, it is a materialism that demands equality and sustainability as logical necessities for life, liberty and happiness. The romantic expression of the family farm is an expression of my happiness.