



Shall I not have intelligence with the earth? Am I not partly leaves and vegetable mould myself.

Henry David Thoreau

News from the Farm

Welcome to Week 15. We are transitioning from the fruits to the roots this week and will be in full fall food mode next week – see the backside of the newsletter for the full root veggie guide! The field tomatoes and peppers were killed with frost, as were vines from cucumbers, winter squash and several other veggies. We will have peppers for at least another week from cold storage. In exciting news we dug our first sweet potatoes and despite the cold wet weather and short growing season they look great! You will find them begged together with potatoes.

We are pulling plastic mulch, getting cover crops established and working on removing all the summer infrastructure. We decided to lime our fields (adjusting the pH) this fall for the first time since we moved back and incorporating lime (which is basically powdered lime stone) should allow us some better crops of certain types since our soil is naturally very acidic.

There are a bunch of upcoming events over the next few weeks so keep your eyes peeled for announcements. Our pumpkin pick and pie event is October 4th and we are planning a large final pizza night (October 31st) where we will have a storage crop and meat sale with a bunch of other local farmers and special pizzas.

The Slow Food Farm to Table Dinner is this Saturday. We hope to see some of you there! Our packshed will be as clean and shiny as it gets all year. **Have a delicious week- Kat, Tony, Riley, Ted and Maple**

In Your Box

- **Tomatoes** – beefsteaks heirlooms (halves)
- **Tomatillos** (fulls)
- **Swiss Chard**
- **Sweet peppers** -green, red, white, chocolate or purple
- **Potatoes** – reds, white, or yellow.
- **Salad mix with baby mustard greens and basil OR baby lettuce heads.**
- **Hot peppers**
- **Cabbage or Cauliflower**
- **Baby Turnips with greens**
- **Sweet potatoes**- bagged with your potatoes this range in size but are all sweet!

Next Week's Best Guess:, radicchio, peppers, tomatoes, kale, leeks, garlic, carrots, winter squash, sweet potatoes

Pizza specials of the week – 5 veggie-kale, peppers, basil, onions, and garlic; Fall Frost- Squash Sauce, apples, blue cheese and bacon; Late Summer Nightshade- Roasted Eggplant, peppers, tomatoes, and sausage; Stoney Pepperoni

Kat's Kitchen

Olive oil veggies – 1 onion, thinly sliced cabbage, peppers cut into strips, 1 cup sliced tomatillos or tomatoes, 2 cups greens. In a large skillet or cast iron pan heat ¼ cup olive oil on medium. Add peppers, cabbage, tomatoes/tomatilloes and onion. Cook stirring well. As the veggies are cooking add a few pinches of salt, black pepper, and spices such as basil, thyme, oregano. Cook until the vegetables start to get mushy, add greens. This can be used on top of rice with yogurt as its own meal or as a side with roasted potatoes and protein.

Sweet potato hash – 2 large sweet potatoes or the equivalent, 1 medium green or red pepper, ½ onion if desired. Cut sweet potatoes into ¼ inch cubes (you can leave skin on or peel). Drop sweet potato into boiling slightly salted water for 4 minutes until slightly tender and drain. In the mean time cut pepper and onion into thin slices or dice. Heat 1.5 Tbs olive oil. Butter or a combo of the two in a skillet. Add sweet potatoes, onions and pepper and stir occasionally until browned. At this point you can top with eggs, add cooked sausage, drizzle with 1 Tbs maple syrup or you can set aside and serve with other dishes for dinner (it goes well with pulled pork, curried meats etc). You can also toss in 1-2 cups of chopped chard or kale during the last minute or two of cooking.

Root Vegetables Primer – from Mother Earth News!

Beet: The best beets for fall and winter are those that keep their sugar content through storage and don't develop a woody center—usually larger sugar beets. Some people prefer the flavor of milder golden beets or striped beets to the stronger dark red ones. Enjoy beets raw (try grating them into salads), steamed, roasted or pickled. Unless they're very small, beets are best peeled.

Storage: Refrigerate for up to 1 month or keep in cold, moist conditions for 4 to 6 months.

Suggested Beet Varieties: Rhonda, Detroit Dark Red

Carrot: Available in a range of colors, sizes and levels of sweetness, there's a carrot out there to please everyone. If you've only eaten carrots raw or steamed, try them roasted or grilled.

Storage: Refrigerate for up to 1 month or keep in cold, moist conditions for 4 to 6 months.

Celery Root/Celeriac: This parsley relative's gnarly exterior belies its buttery, mild flavor, a subtle cross between celery and parsley. Though it's somewhat difficult to peel, the white flesh is delicious roasted or simmered in soups and braises; boiled and mashed; or grated raw into a creamy salad.

Storage: Store in cold, moist conditions for 3 to 5 months.

Parsnip: Beware: Many grocery stores stock inferior parsnips that have not had the chance to sweeten by going through a winter freeze. A winter community-supported agriculture program (CSA) or farmers' market is a better bet if you don't grow these yourself. Roast smaller parsnips; save large ones for soups and stews. When cooking, remove the woody core.

Storage: Store in cold, moist conditions for 4 to 6 months.

Potato: The best way to enjoy potatoes' many flavors and nutrients is by trying a wide array. Nutritious and flavorful varieties such as Yukon Gold and French Fingerlings are widely available and delicious enough to eat without being fried or served with lots of fatty toppings.

Storage: Store in cold, moist, dark conditions for 4 to 6 months.

Rutabaga: Largely interchangeable with turnips, but with a sweeter flavor, these roots should never be overcooked or they'll develop an off-putting flavor. Toss pieces into soup near the end of cooking and serve as soon as they are soft. Roasting and steaming work well, too.

Storage: Store in cold, moist conditions for 4 to 6 months. Discard especially fibrous rutabagas.

Sweet Potato: As good with brown sugar as with salt, the sweet orange, red, white or purple flesh of these tubers pairs perfectly with other root vegetables and winter greens with strong, bitter flavors.

Storage: Unlike most roots, this tropical should be stored in warm, dry conditions; it will keep for 2 to 3 months if cured properly before storing.

Varieties: Beauregard

Turnip: Turnips are delicious pickled, steamed, sautéed and roasted with butter or olive oil. They make a nice bed under a roasting bird. Small turnips, known as salad turnips, are also crisp, sweet and snackable raw.

Storage: Store small-to-medium roots in cold, moist conditions for 4 to 5 months.

Varieties: Golden Globe, Hakurei, Purple Top White Globe

Winter Radish: Popular in Asian and Eastern European cooking, the winter radish family comprises daikon and black radishes. Daikon is usually served grated raw (as with sushi) or pickled. Black radishes have a peppery flavor that mellows somewhat in storage. Grated black radishes mixed into tangy sour cream is a common Russian appetizer.

Storage: Winter radishes keep for many weeks in the refrigerator or a few months in cold, moist conditions.

Varieties: Alpine, Miyashige, Nero Tondo, Round Black Spanish, Watermelon Radish