

Farm News

We've been harvesting fall crops here at the farm. We got in all our winter squash and they are now in a cool storage location in the house. In total we harvested over 500 squash of five varieties, for a total of almost 1,000 pounds. Onions are finished curing and are now stored in mesh bags. We also dug several beds of potatoes. This year we are going to experiment with leaving much of our potato crop in the ground to be harvested as they are needed. However, for insurance we're harvesting and storing about



A portion of our winter squash harvest

half of them, in case pests get to the ones in the field.

This abundance of food makes us feel very fortunate for a successful season, and we look forward to sharing this bounty with all of you for the next several months. We're getting excited about winter crops, and the weather forecast for the next week has us looking for squash recipes.

A number of you have expressed interest in seeing the farm one last time before winter sets in for sure. So we're planning on setting some time aside for an open house in a couple of weeks. We'll have the farm open to visitors on Sunday October 11th, from 12:00 – 4:00. This will be an informal affair: Bring a lunch if you'd like, and a blanket or chair for the grass. If it's rainy outside we can

take refuge in our very large greenhouse where it is always drier and warmer than outside.

If you would like a pumpkin for Halloween carving this is the time to pick it up. Unfortunately we don't have enough for all of our members, so we're making you come out to the farm. When they're gone they're gone! We'll put some directions to the farm in the newsletter the week before

Cast of characters

- **Onions:** Here are the first of our yellow storage onions. These are called 'Copra', and are pungent. They are best used for cooking.
- **Lettuce:** This week's lettuce is Mascara again.
- **Carrots:**
- **Tomatoes:** The tomatoes are really slowing down, but there's still enough to give everyone a couple.
- **Potatoes:** This week's potatoes are red inside and out – they're from the same planting that yielded new potatoes in late June and early July. They are called "Cranberry red" or "All Red".
- **Kohlrabi:** Fall kohlrabi is here! These grow quickly in this beautiful fall weather, and they sized up quickly while we weren't looking. Fortunately, this variety is known for staying tender when large. We've tasted some of the largest ones and have found this to be true.
- **Arugula:** This week's cut green is arugula. There was baby arugula in last week's salad mix; this arugula is more mature and is a little spicy, although not too much for salad in our estimation. However, for most I's probably better cooked. See the pasta recipe below for a nice way to incorporate this green in a meal. You can add arugula to any dish calling for greens (especially spinach). It takes a little less time to cook than spinach, so plan accordingly.
- **Pac Choi:** Pac choi is back! After a long break, we've been enjoying this in stir fries. You will see this a couple more times this fall.
- **Delicata squash:** This small winter squash is highly prized. It's small size, thin skin, and sweet flesh make it easy to deal with and tasty to eat!

Recipes

Can you feel winter in the air? Try roasted winter vegetables this week, with squash, potatoes, onions and carrots. Peel the squash and onions and cut everything into similar sized chunks. Place on an oiled cookie sheet, and toss with herbs of your choice (rosemary is nice), and salt and pepper. Bake at 375°- 400° for 30-60 minutes, stirring occasionally, until all is tender.

Aromatic whole wheat pasta

Here's a hearty pasta dish that features cooked arugula. If you don't have any celery in the house you might try substituting it with kohlrabi juliennes. Pac choi stems would also substitute nicely.

1 T olive oil
 3 cups diced onion
 1 cup peeled (optional) and diced carrots
 1 cup diced celery
 1 T minced garlic
 ¼ cup red wine or vegetable broth
 2 T fresh or 2 t dried parsley
 12 ounces whole wheat pasta, preferably a chunky shape
 1 cup finely chopped arugula or Swiss chard
 1 t salt
 ground black pepper to taste
 1 T extra-virgin olive oil
 ½ to 1 cup grated Romano or parmesan cheese
From Deborah Madison's "Vegetarian cooking for everyone"

Delicata squash rings

1 large butternut squash
 1 ½ T olive or vegetable oil
 Salt and pepper

Warm sage and garlic butter sauce:

2 T butter
 2 T extra virgin olive oil
 1 T chopped sage or 1 t dried
 2 garlic cloves, finely chopped
 1 T finely chopped parsley, or 1 t dried
 salt and pepper

To make the sauce, heat the butter and oil over high heat. When bubbling, add the sage and fry for 30 seconds. Then add the garlic and cook until it has permeated the oil. Remove from heat, stir in the parsley, and season with a pinch of salt and plenty of pepper.

To make the squash, peel with a vegetable peeler, slice off the ends, and cut the squash into rings about 1/3 inch thick. Remove the seeds, heat the oil in a wide skillet, and add the squash and fry over medium heat until richly colored on the bottom, about 6 min. Then flip and cook on the other side until tender. Remove to a serving plate and garnish with the Sage and garlic butter sauce.
From Deborah Madison's "Vegetarian cooking for everyone"

Indian curried potato wraps

These are traditionally served with chipati, a whole wheat flour Indian flat bread. They are easily made from scratch (you can find an easy recipe on the internet). You can find pre-made chipatis at many health food stores. Alternatively, these are great with tortillas. Try a nice whole-wheat one.

2 ½ cups cubed potatoes
 ½ t salt

½ cup cream cheese, at room temperature
 1 T olive oil
 1 cup diced onions
 1 garlic clove, minced
 1 t freshly grated ginger root
 ¼ t ground cinnamon
 ¼ t tumeric
 1/8 t cayenne, or to taste
 ½ cup frozen peas
 ½ cup chopped fresh tomato
 2 t fresh lemon juice
 salt to taste
 6 whole wheat chapattis or flour tortillas

Preheat the oven to 350° and lightly oil a baking dish. Place the potatoes and salt in a pot of hot water and boil, cooking for 10 minutes, or until tender. When they are tender, drain and mash them with the cream cheese. Meanwhile, warm the oil in a skillet and sauté the onions and garlic on medium heat for 10 minutes until the onions are translucent. Add the ginger and spices and cook for 1-2 minutes, stirring constantly. Add the peas and tomatoes, cover, and cook on low until heated through. Stir the cooked vegetables and the lemon juice into the mashed potatoes, and add salt to taste. Place a generous 1/3 cup of filling in the wrap and roll up, then place on a cookie sheet, cover with foil, and bake for 10-15 minutes, until hot. *From "Moosewood Restaurant New Classics"*



Harvesting storage potatoes. These are the very popular "Russet Burbank" If you like French fries, you've eaten many of these!