



# Big Leaf Farm Newsletter Week #23 Nov. 1-7, 2009

## Farm News

We removed all of our summer crops from the greenhouse this past week – almost 200 tomato plants, 50 some pepper plants, 30 eggplants- all were piled into a large compost pile. We spread amendments and will till this in and seed cover crops and some overwintering crops in the next day or two. A big job like this is very satisfying as things continue to slow down...

With just two more weeks in our summer season left, we continue to think about next season, and we're looking for your feedback to help us shape decisions for 2010. Was your CSA experience so good that you want to continue next year? If so, completing our survey will help us serve you better. Was your CSA experience less than stellar? We're especially interested in hearing from you – voicing criticisms and suggestions are the only way we can let us know we need improve our services to retain our customers.

We really want to hear what everyone has to say, so we're making it easy to respond. Want complete anonymity or the ease of completing an online survey? Go to our website at [www.bigleafaffarm.com](http://www.bigleafaffarm.com) and follow a link to the online survey. You can also fill out the paper survey (on the back of this sheet) and bring it to the pick up next week. Or you can send it to us at: PO Box 24, Eagle Creek 97022. If you share your membership with another family we'd like to hear from both of you. We look forward to hearing what you think about your CSA experience.

## Cast of characters

- **Delicata winter squash:** We like these best just split in half, seeded, and baked cut side down until tender. Did you know you can eat the skin? It's tasty and *very* nutritious.
- **Kale**
- **Cauliflower:**
- **Scallions:** These are great used like onions in a stir fry.
- **Pac choi:**
- **Carrots:**
- **Mesclun mix:**
- **Beets**
- **Fennel:** Fennel bulb is back after a long hiatus. Forgotten what to do with fennel? You can eat it raw or cook it – there

are two recipes in our newsletter from week #5. You can access this on our website under the 'News and recipes' link.

• **Green Tomatoes (optional):** If you grew tomatoes this year in your yard you probably don't want to see any more of these. We're giving these out to those who are interested so you can try fried green tomatoes. We've never made these before this fall, but are finding them curiously delicious. Thanks to Harper and Eric for the inspiration! You can also use green tomatoes in relishes, or use them in a salsa verde in place of tomatillos. If you don't like them green you can let them sit on your counter until they turn red.

## Recipes

### Squash with herbs

*You can use almost any winter squash with this recipe, and Delicata squash works great.*

- 2 medium delicata squash (about 2 pounds)
- 3 tablespoons butter
- 1 T dried ground sage or 1/4 cup minced fresh sage
- 1 tsp dried rosemary, chopped or 2 T fresh rosemary.
- 1 1/2 cups apple cider or juice
- 1 cup water
- 2 teaspoons cider vinegar
- 1 teaspoon salt
- freshly ground pepper to taste

If using delicata squash, peel it with a vegetable peeler, then cut it lengthwise in half, and scrape out the seeds. Then cut the squash into 1 x 1/2 inch pieces. Melt the butter in a large skillet over low heat. Add the sage and rosemary and cook until the butter just begins to turn color-2 -3 minutes. Add the squash chunks and then cider, water, vinegar, and salt. Cook for 20-30 minutes, stirring occasionally, until the liquid has boiled down to a glaze and the squash is tender. Add salt and pepper to taste!

### Fried green tomatoes

*Fried green tomatoes are the classic way to use end-of season green tomatoes. Recipes are varied – here's one version we like. The cornmeal gives them a nice crunchiness.*

- 2-3 green tomatoes
- 1 cup fine cornmeal
- 1/4 cup flour
- 1/2 t paprika
- 1/2 cup milk



Slice the tomatoes, dip them in the milk, then the flour-cornmeal-paprika mixture. Fry in as much oil as you are willing to use. We found these don't cook well unless there is a little standing oil in the pan. Cook until soft.

*Variation:* you can also salt and pepper and allow to sit for a few minutes, then dredge in flour, then in milk, then in breadcrumbs. This creates a richer, softer crust.

## 2009 survey

- 1) What was your share size, and how many people does it feed, on average?
- 2) In general, my share was a) too large b) too small c) just right.
- 3) In general, I prefer shares with a) smaller amounts of more items b) larger amounts of fewer items
- 4) What items did you feel you received too much of, or you would have rather not received at all?
- 5) What items would you have liked more of, or what items were you hoping for that you didn't receive?
- 6) Please rate the general quality of the produce in your share in each of the following categories. #10 is best.

Taste	1	2	3	4	5	6	7	8	9	10
Cleanliness	1	2	3	4	5	6	7	8	9	10
Appearance	1	2	3	4	5	6	7	8	9	10
Free from pests	1	2	3	4	5	6	7	8	9	10

- 7) Were there any specific items that had particular quality problems? If so, what was wrong?
- 8) 8. We're interested in hearing about how we can add value to your CSA share. Please rank these options in order of preference, where #1 is the option you would most like to have available:

Online recipe database	1	2	3	4	5	6
Starts of plants to grow at home (i.e. cherry tomatoes, parsley)	1	2	3	4	5	6
Paper newsletter	1	2	3	4	5	6
Home delivery	1	2	3	4	5	6
Longer season	1	2	3	4	5	6
Shares of other items (eggs, bread, mushrooms, honey, etc). Specify other items below.	1	2	3	4	5	6

Other \_\_\_\_\_

- 9) Do you plan to sign up for our CSA again next year? Why or why not?

- 10) Any additional comments, questions, or suggestions?