



The Weekly Weeder

A weekly publication for CSA members

OCTOBER 1, 2008—BOX #17

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Tips

Basil: A nice big bunch as this is likely the very last giving for the season. Trim ends, then place bunch into a glass of water and keep out on your counter top.

Broccoli: The fall broccoli is just beginning. With cooler weather, it sweetens nicely.

Cauliflower: (Full Shares) This is a crop we've chosen to grow only in the fall for many reasons including pest and disease problems. We have plenty more that is sizing up in the field for next week.

Eggplant, Globe: (Full Shares) Growing slowly!

Fennel: Cut off long green fronds and store bulb end in a plastic bag. Will remain hard and useable for weeks to come.

Kale, Russian type (white or red)

Leek: What a perfect way to welcome in fall-like temperatures than with a majestic leek. To prepare, cut off roots and green leaves. Cut lengthwise, then wash thoroughly (dirt is easily trapped between each layer, making washing essential to a non-gritty dish). Combine with potatoes and kale for a hearty soup, or try the recipe on the back page.

Parsley, Italian Flat Leaf: Trim ends, then place in a glass or vase of water in the refrigerator and cover with a plastic bag. Can be easily dried but keeps more flavor when chopped and placed in an ice cube tray (then water drizzled over to hold together). Put frozen cubes in a freezer bag for use later this winter.

Pepper, Red Bell: Pepper season is winding down. Have you tried stuffed peppers using red peppers instead of green? We use half a pepper, stuffed like a boat.

Pepper, Hot: An assortment of mild & hot peppers

Raspberries: This week, those who hadn't yet enjoyed this delicious treat finally receive yours. Thanks for your patience as these worked their way through drop sites. As a first harvest off newly planted canes, we're very excited for next season, which should see plenty more berries!

Squash, Delicata: We've been holding off on giving other types of squash since these don't store for very long. Some spots are appearing on fruit, making them even less able to store. So use these up in the next week! Members, Sean & Tara recommended them grilled (just cut in half, take the seeds out, coat in olive oil, adding a splash of dry vermouth)

Winter Radish, Beauty Heart: Wonderful radish flavor with a sweet and not too spicy taste. Because they're good for long storage into the winter, their outer skin needs to be peeled, then the interior eaten. This variety has a beautiful fuchsia interior color.

News from the Farm

At long last, it was MOVING DAY on the farm! Our rainy Monday morning was spent packing, carrying, loading, hefting and unloading everything from the old packing shed into the new packing shed. As a project that has been in the works for two years now, it was hard to believe that we were actually moving. Like all big projects, they seem to drag on and on forever. And we'll continue to finish up the details, like painting, over this winter. But Mat and I are so thrilled to see our new shed outfitted with it's washing facilities. Finally! Aquillino, Brett and Craig are also excited for a warmer place to eat their lunch, quieter area to make a phone call (without a compressor running loudly in the background), and bathroom with warm water! But mostly, I think we're all relieved to have a warm and wind proof working area now that the weather has officially turned to fall. Gone are the days of icy noses, flaming red fingers and being chilled to the bone from working around water at this time of year. — Continued on back.



Left: The old packing shed.
Below: Mat continues to work hard to wire the shed.



Upper: The new shed! The work of deciding where everything goes is a task at hand. Right: A sneak peak at the interior (bulk tank, spray table with cooler doors visible).



Recipes! Recipes! Recipes!

All Saints Leek & Potato Hereford Pie

From: www.recipelands.com

3 Tbsp Butter
1 1/2 lbs of Leeks, trimmed & sliced
15 oz. Apple Cider (hard or dry)
16 oz. Double Cream or alternative
2 tsp. whole-grain Mustard
2 medium Eggs
5 1/2 oz. Hereford Cheese or Cheddar, grated
1 lb Potatoes, thick skinned, sliced 1/4 in. thick, no need to peel
12 sheets Filo Pastry
Salt and Pepper to taste

Preheat Oven 350-degrees

1. Melt third of butter in large frying pan and cook leeks for 6-8 minutes until softened.
2. Add the cider, bring to a boil, boil fiercely (uncovered) until it's reduced by 2/3rds.
3. Add the cream, bring back to the boil and boil fiercely for 3-5 minutes until the sauce has reached a thick consistency.
4. Remove from heat and stir in the mustard, eggs and cheese.
5. Meanwhile, cook the potatoes (no need to peel) in boiling water for 3-4 minutes until nice and tender. Drain and mix with the leek mixture. Season to taste.
6. Using a 12x9 cake pan, brush bottom with butter. Then add a sheet of filo pastry, repeating for 4 sheets, to cover the base and sides of the pan.
7. Spread the leek mixture evenly, then cover the mixture with remaining sheets of filo.
8. Brush top with butter. Bake for 30-40 minutes.

Bulletin Board:

Mark your calendar for the CSA Fall Event: The Pumpkin Pickup! October 19 1:00-4:00 pm.

Come visit the farm and meet your farmers! Pickup a pumpkin, tour the new packing shed, see the fall crops growing, and snack on seasonal treats. We hope you can make it out while enjoying the fall leaves (should be at their peak in colors). Stay tuned for more details next week!

Winter Share Sign-up: Has the news bummed you out, made you feel a bit insecure about our world? Here's a great way to feel secure: a source of good food during the month of December. **Sign up by October 17.** Tell a friend and get \$10 off a Ridgeland Harvest purchase! Visit our website for more details, or give us a call.

Sweet Pepper Toss Pasta with Kale

From All Recipes

1 (8 ounce) package uncooked farfalle (bow tie) pasta
1 tablespoon olive oil
1 medium red bell pepper, chopped
1 medium yellow bell pepper, chopped
1 cup roughly chopped kale
4 cloves garlic, chopped
3-4 Tbsp chopped fresh basil
1 pinch ground cayenne pepper
salt and ground black pepper to taste
8 ounces feta cheese, crumbled

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender.
3. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

Coming Soon...

More carrots, winter radishes, broccoli, cauliflower, winter squash, celery root, beets and more!

News from the Farm—continued...

It was a delight to wash your leeks Monday afternoon while the sunlight gleamed through the west windows. With the wonderful white walls and plenty of windows and doors to open, there is glorious natural lighting, in addition to the overhead lights, making sorting and washing so much easier.

Body efficiency is the other thing that we're focused on improving within our washing and packing area. Up to now, we've had to step up and into our cooler making 10 totes of peppers then 10 different bending/lifting trips (or 5 strained lifts). With cement in place across the entire interior, we have no thresholds to step up and into. We can now unload the harvest truck directly onto a pallet and wheel the whole thing into the cooler. EASY!

And the last thing I want to mention, which I personally have been looking forward to the most in this new building, is the floor drains. I know that must sound silly. With our new cement slightly graded, the water now runs toward the floor drain and isn't something you have to chase around with a broom to avoid puddling affects. The dirt now washes away instead of collecting in the puddles. I was so delighted to sprayed down the floor yesterday, keeping the area clean and tidy. What a joy!

From all of us at Ridgeland Harvest, Happy October!