



The Weekly Weeder

A weekly publication for CSA members

OCTOBER 29, 2008—BOX #21

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Box Contents & Tips

Broccoli and/or Cauliflower: While still more broccoli is awaiting us, this is the last big quantity coming off the field. Oh so sweet! We enjoyed a luscious Sunday family dinner with fresh pork chops, rice and steamed broccoli. Simple and delicious! THE LAST Cauliflower.

Carrots

Fennel: Full Shares only. The last.

Kale, Red Russian: Everyone

Kale, Lacinato: Full Shares

Leeks

Onion, yellow

Peppers, red & green bells: The very last of the summer delicacies.

Rutabaga: The creamy flesh is wonderful combined with potatoes or cut into chunks and added to a stew or soup. Although you won't find these covered in paraffin like the grocery stores (aids in preservation), you'll still want to peel the outer skin.

Winter Radish, Black Spanish: Peel these spicy radishes prior to eating.

Winter Squash, Butternut: See recipe idea on back page. Stores well.



A LOOK INSIDE: I made the crew nervous as I pointed the camera in their direction. A bit of the action on a Tuesday morning, preparing to pack boxes later in the afternoon. Far Left: Mat washing leeks;

Top: Brett counting cauliflower; Left: Aquilino & Craig trim the rutabaga's.

News from the Farm

Brrrrrrr.....the north westerly winds that blow across the ridge are now cold and blustery. Monday's harvest was a preparation for frigid low temperatures anticipated in the low 20's, colder with winds and an open clear sky. So we hustled through the CSA harvest and onto more root crops for storage. Our plan to have lots of root crops put away for winter washing has worked well, and we are very pleased with the yields on our crops. It was all hands on deck as the afternoon sky started spitting wet flurries in our eyes and the wind picked up. We worked until darkness fell and we could no longer see. Our wind chapped faces and cold knees brought in crates upon crates of the last turnips and celeriac. Safe now from a hard freeze. We were lucky to find more wooden bins (4'x4'x4') this week from a local apple supplier, just in time to fill up! Mat put in a long night re-organizing our cooler and unloading crate upon crate of root crops into our new wood bins. We'll be filling more bins Tuesday with the 2 last beds of carrots, which will complete our 2008 root crop harvest! Then, our focus will turn to planting garlic.

The change in weather has reminded me that it's difficult to fit long Johns under maternity clothing, which just wasn't designed for the active outdoor farm woman (I'm supposed to be inside and resting, right!?). Second, that wood ash from our stove shouldn't be dumped onto the compost pile when it contains any live coals....the dry garlic stalks were perfect kindling for a compost fire....still smoldering after 3 days! And lastly, on a serious note, we have continued to receive more emails and phone calls from new and current CSA members who are interested in Winter Shares, meat bundles, and 2009 Summer Share information. Despite what is happening on Wall Street, this is what the REAL ECONOMY is all about....investing in something that is alive, tangible and real. This investment keeps our farmland certified organic, your food source known and accountable, good paying jobs in our local community, diversity in the landscape, and Mat and I doing what we were called to do...farm. Thank you.

Some of you may have read the recent Michael Pollan open letter to the next president elect (whomever it be) published in the New York Times. We've made this available on our website, next to this week's newsletter link. I found his letter thoughtful and provoking, but mainly challenging political agenda's from both sides. He begins by stating that the last time a president has had to think about Food Policy was during the Nixon Administration—the last time we were confronted with rising food prices. "But with a suddenness that has taken us all by surprise, the era of cheap and abundant food appears to be drawing to a close. What this means is that you, like so many other leaders through history, will find yourself confronting the fact — so easy to overlook these past few years — that the health of a nation's food system is a critical issue of national security. Food is about to demand your attention." Continued on page 2 -

Coming Soon...

More butternut winter squash, celeriac, cabbage, brussels sprouts, onions and more!

Recipes! Recipes! Recipes!

Potato, Kale, Leek Soup

1 cup butter
1-2 leeks, sliced
salt and pepper to taste
1 quart chicken broth (or vegetable)
1 tablespoon cornstarch
4 cups Yukon Gold potatoes, peeled and diced
2 cups heavy cream
1 bunch kale leaves, steamed or wilted down

In a large pot over medium heat, melt butter. Cook leeks in butter with salt and pepper until tender, stirring frequently, about 15 minutes.

Stir cornstarch into broth and pour broth into pot. Add the potatoes and bring to a boil. Season with salt and pepper. Pour in the cream, reduce heat and simmer at least 30 minutes, until potatoes are tender. Add steamed kale and heat through. Season with salt and pepper before serving.

ROAST VEGETABLE CHILI from Jane Rowe, CSA member

Makes 10 servings. Freezes well.

1 ½ butternut squash, peeled, seeded & cut into ¾" chunks
3 carrots, sliced into rounds
2 large bell peppers (red & yellow), coarsely chopped
2 zucchini, cut into ¾" chunks
2 Tbsp. olive oil
1 ½ tsp. ground cumin
1 tsp. salt
1 large onion, chopped
1 Tbsp. minced garlic
1 Tbsp. chili powder
1 can (28 oz.) diced tomatoes in juice or 6-8 fresh tomatoes, peeled & chopped
2 (15 oz.) cans black beans, drained & rinsed
1 C. salsa (If you want the chili spicy, use chipotle salsa.)
1 C. water

Preheat oven to 450 degrees. Divide the squash, carrots, peppers, zucchini, 1 Tbsp. of the oil, cumin and ¼ tsp. of the salt between two jellyroll pans. Stir to combine. Roast for 20 min. Set aside.

In a Dutch oven, heat the remaining 1 Tbsp. oil over low heat. Add onion & sauté until softened, about 8 min. Add garlic & chili powder; sauté for 2 min. Add remaining ¾ tsp. salt, tomatoes, beans, salsa & water to the onions. Bring to a boil, then reduce the heat & simmer for 30 minutes. Stir in the roasted vegetables and bring to a simmer. Cover & simmer for 30 minutes.

News from the Farm (continued) We recommend reading this article for anyone concerned about food and national security. Whichever political party you may align with during this important Election Year, none of us can deny the central issue of greatest importance in our lives—food.

"In addition to the problems of climate change and America's oil addiction, you have spoken at length on the campaign trail of the health care crisis. Spending on health care has risen from 5 percent of national income in 1960 to 16 percent today, putting a significant drag on the economy. The goal of ensuring the health of all Americans depends on getting those costs under control. There are several reasons health care has gotten so expensive, but one of the biggest, and perhaps most tractable, is the cost to the system of preventable chronic diseases. Four of the top 10 killers in America today are chronic diseases linked to diet: heart disease, stroke, Type 2 diabetes and cancer. It is no coincidence that in the years national spending on health care went from 5 percent to 16 percent of national income, spending on food has fallen by a comparable amount — from 18 percent of household income to less than 10 percent. While the surfeit of cheap calories that the U.S. food system has produced since the late 1970s may have taken food prices off the political agenda, this has come at a steep cost to public health. You cannot expect to reform the health care system, much less expand coverage, without confronting the public-health catastrophe that is the modern American diet."

I am still thinking about Pollan's letter and formulating thoughts on how our farm addresses some of the issues he puts forth. How we'll harness our own energy in the years to come is at the forefront of our goal planning we'll be doing in the slower winter months ahead of us. And yet, unlike the model of the corporate food system, we can all feel very good about the relationship we've developed, Community Supported Agriculture—one that is symbiotic or co-existing (without one, the other can not be). Together, we have recreated a food web that works on a local level and small scale. But there is more work to do, and we'll be sharing those thoughts with you as we move into the planning of next year's season. With warm thoughts, Cate & Mat

Bulletin Board:

Winter Share Sign-up Reminder: We have enough people signed up to proceed with the Winter Share CSA. We have extended the deadline to November 3. For planning purposes, this is a firm deadline and we won't be accepting any winter share signups after that date. So if you have enjoyed your CSA experience with us so far this season you will enjoy eating locally through the holidays. Space is limited and will be available on a first come first serve basis. So don't delay in getting signed up today.

Last Box date has been set for November 12 Since the last box will contain mostly storage vegetables, we will be combining boxes 23 and 24 for the last delivery. The items you will receive will store well on your counter top or in your fridge, garage or porch so don't fear you won't have to eat two weeks of produce in one week before it goes bad— many of the items will last for up to 4 weeks (if not longer). **Mark your calendars! The date for the last delivery will be November 12.**

Available Pork Bundles: We have a few more 25# bundles available. Delivery to Madison is this coming Saturday from 8:30am-11am. If you're interested, please contact immediately. Local delivery's are currently under arrangement.