



# The Weekly Weeder

A weekly publication for CSA members

**NOVEMBER 5, 2008—BOX #22**

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## Box Contents & Tips

**Broccoli/Cauliflower:** With apologies, full shares only

**Brussels Sprouts:** Are you one who says, "I hate brussels sprouts!" - well today is a new day! Sweetened by the cold nights and frosts, these tender little cabbages may just change your mind. Be careful not to overcook! Mushy anything is a miserable eating experience. Rinse sprouts with water, trim a sliver off the end of each sprout and cut an X into the end—this will allow for more even cooking. Boiled or steamed until just tender, we love them simply with butter and a light sprinkle of pepper. Can also be marinated overnight in your favorite dressing and used in salads the next day. Recipe on Back.

**Cabbage, Green:** Coleslaw, sauerkraut, cabbage rolls, fried cabbage, or one of my favorites the boiled New England dinner. Store in a plastic bag until used.

### Carrots

**Celery Root:** I received a neat idea from CSA members who pre-cook celeriac and add to their meat loaf—yum!

**Garlic, Asian Tempest:** A pretty Asiatic type that is the first to mature. Fiery eaten raw, but sweet with a good garlic flavor once cooked. Garlic is grown globally, with China by far the largest producer (some 23 billion pounds or 75% of the world output), with India, South Korea and the USA following in production. (Wikipedia)

### Onion, Red

**Pie Pumpkin:** Pumpkin bars, pumpkin pie, pumpkin soup! A versatile winter squash and beautiful on your tabletop until used. Cook and freeze for use later this winter.

**Green Top Turnips:** Cut the greens off the roots and store separately. Keep the roots in a plastic bag and use as you need. Leaves can be cooked—see recipe on back.

We love the beauty of garlic in the landscape.



**Last  
Box  
Delivery  
is Next  
Week!  
Nov 12**  
You'll  
receive a  
diverse  
mix of all  
the fall  
crops.

## News from the Farm

The pressure is on to get our garlic planted before the ground freezes up. Rain threatens our ability to plant at the end of the week, so Tuesday was primarily garlic planting. As a result, we decided to hold back on giving some items in this week's box to free up our crew, but also to allow you to use up items in your refrigerator before next week's double box. Remember, next week is the last delivery for the Summer Share boxes, and will be very large so be sure to bring some extra bags to transfer your vegetables into.

So what's the story of garlic on our farm? We started growing garlic for our own use and selecting bulbs for seed when we rented a small plot of land next to a rental house back in 2000. That first year, we had a beautiful crop drying nicely and laid out in our greenhouse. We were both working full-time off-farm jobs and our greenhouse was not sophisticated in the least. Returning from our jobs one night, we panicked at the smell of roasting garlic that filled the entire neighborhood. Yes, the greenhouse had gotten too hot and actually cooked the garlic. So, our first attempt at saving seed failed, but we had lots of yummy garlic that we turned into garlic powder for holiday gifts that year. Since then, we no longer use our greenhouse for garlic storage (it prefers to be shaded after harvest for better long term storage)!

Garlic is one of the larger crops we grow, up to 1/4 acre for 2009. While it's a labor intensive crop, we love it for many reasons. Right now we're hand planting individual cloves in the ground, and will soon spread a thick layer of straw mulch over the beds to keep the ground at an even temperature during the spring thaws. As a mulched crop, the weeds are mostly suppressed and no mechanical cultivation is used during its growth. As the mulch starts to break down during the growing season, it attracts thousands of soil microorganisms and worms, adding lots of organic matter to the area. Once harvested, the area is seeded down with a cover crop of oats and peas, and as a result that following year we have an extremely fertile planting area ready for an early spring crop. We love the beauty of garlic in the landscape.

Why is garlic expensive? For us, it's a labor-intensive crop. It is hand planted and mulched in the fall, then uncovered in spring, garlic scapes harvested for 4-6 weeks (every-other-day picking), then finally hand harvested and hung to dry in the tobacco barn. Once dry, each bulb is cut off its stalk, the dirty outer skin is peeled off and the roots clipped. That's a lot of times that each bulb is touched! But, it's a crop that we love to see growing, we love to eat, and love to share with others. And each year we say, gosh, we'll need to plant more next season!

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# Recipes! Recipes! Recipes!

## Brussels Sprouts Serves 6-8

1 lb fresh brussels sprouts  
4-6 Tbsp butter  
1/2 onion, chopped  
Salt and Pepper  
1 teaspoon lemon juice or 1 Tbsp Meyer lemon juice, fresh squeezed  
1/4 cup toasted slivered almonds

1. Boil in water or steam brussels sprouts for 3-4 minutes until just tender. Split one open to see if it has cooked to the middle. Strain and place in a bowl of ice water to keep the color bright green. Cut into halves.

2. Sauté onions in 2-3 Tbsp of butter in a wide sauté pan until the onions are translucent. Add the brussels sprout halves and 2-3 Tbsp more of butter and cook on medium high heat for several more minutes, until the sprouts have reached your desired level of doneness. Add salt and pepper to taste while the sprouts are cooking. Whatever you do, do not over-cook, as the sprouts will be bitter.

3. Remove from heat, toss in half of the toasted slivered almonds and the lemon juice. Add salt and pepper if needed. Put into serving dish and garnish with the rest of the toasted almonds.

## News from the Farm—continued

We've received numerous requests from members asking, "How can we reserve a space for 2009?" Gosh, you've made us blush! Everyone will receive information about next season and the dates for signing up. We will again have an Early Bird Discount and our Gift Certificate for signing up a new member. We are excited to start the 2009 thinking process! It's hard to believe but the seed catalogs are already starting to come in the mailbox, a great thing to start early in ordering since impressions from varieties are still fresh in our minds. But I can hardly believe it's November! While Mat and I have yet to talk in great length about next season, we know that a few new pick-up sites will be offered in both the Madison and La Crosse areas. We'd also like to add a recipes area to our web site for easy downloading and searching. But what other things should be changed, what could be improved, what was great and what wasn't....these are the things that we want YOU to tell us about from your experience as CSA members. Next week we'll be sending you our end-of-season survey so you can give us your thoughts and feedback so we move into the planning of the 2009 season with your ideas in mind.

Here's to good eating from all of us at the farm:

Cate, Mat, Paul and the awesome crew of Aquilino, Brett and Craig



## Turnip Greens Serves 4

1/2 cup thinly sliced onions  
2 cloves garlic, minced  
1 Tbsp olive oil  
1 pound turnip greens, washed and torn into large pieces  
2 to 3 Tbsp chicken broth or vegetable broth  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon dark sesame oil

1 In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

2 Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

## New England Boiled Dinner

3 1/2 pounds corned beef brisket (or plain beef brisket)  
15 peppercorns  
8 whole cloves  
1 bay leaf  
2 medium sized turnips, peeled and quartered  
4 red new potatoes, peeled and quartered  
3 large carrots, cut thirds & thickest pieces quartered lengthwise  
1 small head cabbage, cut into fourths

1 Put the brisket in a 5 or 6 quart Dutch oven and cover with 1 inch of water. If your corned beef brisket does not come already packed in seasoning, add peppercorns, cloves, and a bay leaf to the pot. Bring to a simmer, then cover, lower the heat until it is barely simmering. Keep at a low simmer for four hours or until the meat is tender (a fork goes through easily).

2 Remove the meat and set aside, keeping the meat warm. Add the vegetables to the pot. Check the broth for taste. If it is too salty, add a little more water to taste. Raise the temperature and bring the soup to a high simmer. Cook at a high simmer until done, about 15-30 minutes longer, depending on the size of the cut of your vegetables.

3 Slice the meat in thin slices. Serve in bowls, a few pieces of meat in each, add some of the vegetables and some broth.

Serves 6 to 8. Serve with horseradish or mustard.

## Bulletin Board:

**Winter Shares:** Thank you for all the recent sign-ups! Everyone who has signed up will be receiving an email confirmation from us in the next week. Box delivery dates will also be clarified. Frost-sweetened spinach awaits these boxes!!

**Beef Bundles:** Delivery of beef will likely be in January 2009. Individuals who ordered bundles will receive updates. Thanks!!