



The Weekly Weeder

A weekly publication for our CSA members

NOVEMBER 9, 2011—BOX #22

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Box Contents & Tips:

Broccoli: HALF SHARES ONLY Don't forget to put into a plastic bag so it doesn't become rubbery in the refrigerator!

Brussels Sprouts: They can be a bit tricky to get off the stalk—just snap off the sprout using your thumb or palm of your hand. For longer term storage, remove from stalks and keep in plastic bag.

Carrots: Oh baby, how sweet they are!

Garlic: Keep out on the counter at room temperature

Kale, Red Russian or White Russian: The most tender and mild of the kales. One of our favorites. Great added to the potato leek soup.

Leek: Time to make a potato leek soup!

Squash: Round and multicolored = Sugar Dumpling is very sweet; Brownish colored = Butternut is a petite variety with deep and bright flesh. Store in a cool, dry place and will keep for many weeks.

REMINDERS

First Holiday Share Delivery Wed Nov 16

Second Holiday Share Delivery Wed Dec 14

Beef Delivery is expected to be Dec 14

SURVEY: Complete the survey and enter into the chance of earning a \$50 gift certificate towards your 2012 produce share! It only takes 5-10 minutes to complete and is a huge help to us. Thanks.

<https://www.surveymonkey.com/s/THZCGKW>

News from the Farm:

This is our 11th year of growing produce for sale and the 8th year of our CSA. Over the years we have changed many aspects of how we farm and how we run our CSA. People really have come to rely on us for their produce needs. As we made all of our decisions we have always tried to view it from our customers perspective. What would be best in the box this week? How many carrots is supposed to feed 4 people? (as we state in our brochure) How much is reasonable to charge for a CSA share? What day of the week is the best for delivery? What crops should we grow and what crops should we not grow.

Over the years we have tracked the amount and value of produce we have given to the CSA. While we have never let the spread sheet and the dollar value dictate how much produce you receive in a season, we are finessing which crops sustain our farm. Yet limiting the amount of produce based upon a dollar value is not in the CSA spirit—after all we do state that you will share in the bounty as well as the risk should there be a crop failure.

What we found from this season is that the true box values (based upon farmers market prices) were \$501 for the half share; \$968 for the full shares. These numbers are typical of the last couple of years. While we want members to receive the bounty, the price must be close to the true value. We just can't afford to give \$300-400 dollars in produce away to close to 100 people every year. So how to find a balance? Likely you'll see a slight increase in full share prices next season. Half share price will remain the same.

Indeed there are lots of things to think about for 2012 and we'll share more with you in the coming months. We hope we have infected you with the love of cooking with really fresh seasonal produce, inspired you to eat better, or caught your attention to just how important it is to have the right to choose who you buy your food from. We also hope that you'll continue to find us a source of safe food from a reliable and honest family farm. We thank you for support, the many kind words and wonderful recipes/food tips. Food is the source of our physical, emotional and mental well being. So eat well friends! Your farmers, Cate & Mat

Recipes! Recipes! Recipes! Recipes! Recipes! Recipes!

Quick Butternut Squash Soup

<http://www.food.com>

Ingredients

1 teaspoon olive oil
1 clove garlic, minced
1/2 cup chopped onions
1 teaspoon fresh sage, chopped
1/2 teaspoon salt
1/8 teaspoon ground black pepper
3 cups fat-free chicken broth
1 1/2 lbs butternut squash (peeled, seeded, cubed)
parmesan cheese (Garnish)

Directions

Add oil, garlic and onion to large stockpot over medium heat. Sauté for 3-4 minutes. Add sage, salt, pepper, broth and squash. Bring to a boil. Cover, reduce heat and simmer for 20 minutes (or until squash has a tender consistency).

Use stick blender to lightly puree, leaving some chunks, or puree half of the soup in a food processor or blender and return to pot.

Garnish with parmesan cheese and more fresh sage (if desired).

While we take great care to provide the cleanest and safest food possible, you should always rewash produce prior to eating.

Squash and Apple Bake

<http://allrecipes.com>

Ingredients:

1/2 cup packed light brown sugar
1/4 cup butter, melted
1 tablespoon all-purpose flour
1 teaspoon salt
1/2 teaspoon ground mace
2 pounds butternut squash - peeled, seeded, and cut into 1/2 inch slices
2 large apples - cored, and cut into 1/2 inch slices

Directions:

Preheat oven to 350 degrees F

In a medium bowl, stir together brown sugar, butter, flour, salt, and mace. Arrange squash in an ungreased 9x13 inch baking dish. Top with slices of apple, then sprinkle with the sugar mixture. Cover with a lid or aluminum foil. Bake for 50 to 60 minutes in the preheated oven, or until squash is tender.

Roasted Carrots with Garlic

<http://www.wholeliving.com>

Ingredients

1 pound medium carrots, peeled and halved lengthwise
6 small garlic cloves, skin on
1 tablespoon extra-virgin olive oil
Coarse salt and freshly ground black pepper
1 lemon, cut into wedges

Directions

Heat oven to 425 degrees.
Arrange carrots and garlic on a rimmed baking sheet. Drizzle with oil and season with salt and pepper.
Roast, rotating pan once, until caramelized and tender, 30 to 35 minutes. Squeeze with lemon before serving. Use a knife to spread roasted garlic on carrots.

Cinnamon-Carrot Muffins

<http://www.wholeliving.com>

3/4 cup all-purpose flour
1/2 cup whole-wheat flour
2 tablespoons wheat germ
1 teaspoon ground cinnamon
1 teaspoon baking powder
1/2 teaspoon baking soda
1/8 teaspoon kosher salt
1/3 cup vegetable oil
1/3 cup buttermilk
2 large eggs
3/4 cup light brown sugar
2 cups finely grated carrots (4-5 carrots)

Directions

Preheat oven to 350 degrees. Line a standard muffin tin with paper cups. Whisk flours, wheat germ, cinnamon, baking powder, baking soda, and salt in a bowl. Whisk remaining ingredients in a separate bowl. Fold dry ingredients into wet and mix until just combined. Spoon batter into cups. Bake until a toothpick inserted in the center of a muffin comes out clean, about 22 minutes. Cool in pan for 15 minutes, then transfer to a wire rack to cool slightly before serving