



FARM NEWS

October 26-29, 2009

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Around The Farm

These warm fall days seem too good to be true. Our cover crops are growing fast and it's nice and warm(ish) for our 7am harvest mornings. I believe this is going to end fairly quickly as the forecast is calling for much colder weather coming in later in the week. Let's soak it up while we can.

It's hard to believe we just have 2 more weeks of the CSA. In a way it seems like yesterday when we were seeding tomatoes and peppers in the greenhouse in late January and now, they've all been mowed down, tilled in and seeded over with cover crops. Everything looks dramatically different on the farm these days. I think all of us are feeling a sense of pride that we've been able to complete the season having done a pretty good job providing food to you all. This season, like most, has pushed us to move through our discomfort and has opened us up to seeing the beauty in the mundane. Taking pleasure in the simple, difficult tasks on the farm is what has allowed us all to enjoy this season of work.

The harvest this week will surely be beautiful. The multicolored winter squashes in your boxes are called 'carnival'. This is a wonderful acorn squash variety that is best eaten baked in the oven. Just cut it in half, scoop the seeds out, drizzle with oil or butter (a tad of brown sugar really makes it stand out) and bake at 375 until soft. They're also great stuffed with a rice pilaf and baked.

Also in your boxes you'll be getting a head of escarole. Escarole is a chicory of sort and unlike lettuces, can withstand brief cooking (wilting). I find it's best used fresh in salads, notably the inner more tender parts of the head. Its bitterness is best accompanied with sweet fruits like persimmons and apples. We'll also be picking some 'toscano' or dino kale. This variety is extremely nutritious and is great eaten raw in a salad (which you massage with oil to break down some of the toughness). Our wondrous carrots continue to be abundant so we keep picking them and we may even harvest some of our purple ones too. Cabbage should also be ready this week so it sounds like you'll have some pretty hefty boxes! Enjoy the last few weeks!

Cooking the Harvest

Hearts of Escarole with Apples and Roquefort
from *Chez Panisse Vegetables* by Alice Waters

1 head escarole
1 Sierra Beauty (or other slightly tart) apple
¼ cup shelled, toasted walnuts
3 to 4 tablespoons olive oil
1 tablespoon sherry or white wine vinegar
Salt and pepper

2 ounces Roquefort cheese
Preheat oven to 350. Trim the escarole, discarding any tough outer leaves, wash thoroughly and spin dry. Peel, core and slice the apple. Toast the walnuts in the oven for about 5 minutes. Take the walnuts out of the oven and rub them in a towel to remove the loose,

bitter skin. Whisk together the olive oil and vinegar and season with salt and pepper. Toss the escarole and the apple together with the dressing. Sprinkle with Roquefort cheese, crumbled and the toasted walnuts.

Pasta with Kale, Chioggia Beets and Parmesan
From The Mountain Bounty Farm Kitchen

Roast the beets in the oven, covered, halved or quartered with a tad of oil, dash of salt and 2 inches of water in the pan for about 30 minutes (400 degrees). When cool, slip the skins off and slice into wedges and add a dash of balsamic vinegar.

Put water on for pasta, add salt and oil. Cook pasta. While pasta is cooking, prepare kale. Remove the midrib and chop coarsely. Sauté over med head with a dash of water and salt. Add a few splashes of balsamic vinegar and chopped cloves of garlic at the end. Toss pasta with olive oil then add the beets and kale so there's equal proportion of veggies to pasta. Garnish with slivers of parmesan.

Reminders

Find our newsletters and recipes online at <http://mountainbountyfarm.com/news.cfm>! Produce is donated promptly at the close of pickup hours. If you can't make it in time, have a friend pick up your box(es).

WINTER SHARES START IN JUST 4 WEEKS!

You can sign up online
(www.MountainBountyFarm.com) or call
292-3776 to find out more. Don't forget to
send your check(s) to reserve your spot.