

High Meadow Farm CSA

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Newsletter 19

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This week's box:

Arugula (the greens in your box)
Broccoli OR Cauliflower
Jalapeño peppers (the only hot ones in your box)
Leeks (look & smell like green onions)
Onions

Peppers (Sweet)
Potatoes
Rainbow chard
Sweet potatoes (The orange tuber with pointed ends)
Tomatoes

Bread shares: veggie bread and lemon bars

One more week to go! (Next week is the last delivery.)

As we are cleaning up the garden- taking down tomato trellis and winding up irrigation tape, I am remembering the days that we put them all up. Warm sunny days of summer. I can't believe that the season is almost over. Even though next week will end our 20 week season, there are still cool-season veggies growing in the garden! They are very happy with the cooler weather and will continue to grow until a hard freeze stops them in their tracks. Usually around the end of November. We also have some nice storage-type vegetables that will store in a cool place for you to use well into the winter. We are offering a limited number of season extension shares. More information about this will be in your email; please let us know as soon as possible if you are interested.

We enjoyed a great tin-foil dinner meal cooked over a hot bed of coals on Sunday. It was breezy but a great day and it was great to see the members who came before the season ends. I believe that "tin-foil dinner" is my new favorite meal! I am looking forward to re-creating it in the oven this winter- if it doesn't work, I may be having lots of campfires! Although there may be other's favorite combinations from Sunday, here's the recipe for *my* perfect dinner:

Ingredients to cube into ¾" chunks: beets, potatoes, Daikon radish, carrots, red onions (thin slices), leeks (thin slices), butternut and/or delicata squash, cheddar cheese.

Tear off a 15" piece of foil and place a handful of each above into a mixture in the center of the foil and lay a few very thin slices of tomato over the top. (I think this is key.) Drizzle with olive oil, salt, pepper, roasted pepper flakes, a dash of soy sauce and a dash of sesame oil if you have it. Seal the foil and cook on a grate over a nice fire until the veggies are steamed and tender.

Check out the facebook page for great photos!

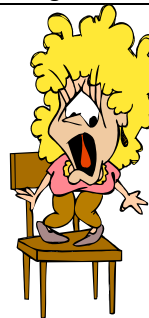
Arugula, one more time. Have you learned to love it yet? I have. As I have said before, and many new arugula lovers agree; adding a dressing, lemon juice or seasoning takes the sharp bite away and makes it surprisingly delicious! You can also sauté it or wilt it for a wilted salad. I like the stems, but you can trim these off if you like. Arugula also makes a great pesto sauce! *Store it in the fridge in a loose plastic bag.*

Arugula Pesto

3 cups packed arugula washed well and spun dry
1/3 cup pine nuts, toasted golden and cooled
1/2 cup freshly grated Parmesan cheese
1/2 teaspoon salt
1 large garlic clove, chopped
3 tablespoons olive oil
1/4 cup hot water plus additional if desired
In a food processor blend together all ingredients except oil and water until arugula is chopped fine. With motor running add oil in a stream, blending mixture until smooth. Stir in 1/4 cup hot water plus additional for thinner consistency if desired. Serve on pasta, bagels or crackers. It's good on pizza with fresh tomatoes, too!

Please note: the workers that have been washing the arugula have just noticed what looks like possible frost damage from last night. Arugula was covered and is pretty cold hardy, but sometimes gets it a bit. Check it for cold damage and eat immediately or trim the damage out before eating and use ASAP.

In your box this week, you will be getting **beautiful broccoli or incredible cauliflower**. Hopefully, you will get the other next week!



Still afraid of last week's rutabaga?

(The big round turnip-looking thing with the purple top) It was the talk of the campfire Sunday! Try adding it to your foil dinner or grating it and frying it into "Rutabaga Browns". Rutabaga/potato pancakes? Or add it to soup or a roast. Slice it thin and eat it with veggie dip; it is not as scary as it looks! Just eat it!

Sweet Potatoes

Yum, yum, yum! There are so many ways to love a sweet potato. Aside from baking whole and eating with butter, they can also be cut into chunks and steamed, cubed or sliced and used in stir-fry's, curries and quiche or fried into sweet potato fries.

Sweet potatoes take a little longer to cook in a pan than most other veggies, so add them first or cut smaller.

To store the sweet potatoes, keep them **OUT** of the refrigerator in a loose plastic bag, (they need air circulation) at temps as close to 50° F as possible. The higher the humidity the better but I know that is nearly impossible in the winter months. They should keep on a shelf for a few weeks to a month, longer if optimal storage conditions are met. I recommend that you just keep checking them and eat them as soon as possible!

This recipe is by one of my favorite chefs, Alice Waters, found in her [*Chez Panisse Vegetables*](#) cookbook.

Sweet Potato Puree with Roasted Garlic

- 1 head garlic
- 2# sweet potatoes
- 2# russet potatoes
- Salt and pepper
- 2 cups milk
- 1/4 to 1/2 cup extra-virgin olive oil

First roast the garlic: Wrap the head in foil, put in a preheated 400 degree F oven and bake for 30-40 minutes, or until completely soft. (Test with the tip of a knife.) When cool, cut the top free from the head, separate the cloves, and set aside. Peel and quarter the sweet potatoes and russet potatoes. Put them in a pot with a steamer insert. Season with a teaspoon of salt and steam over medium high to high heat until cooked, about 20 minutes. Drain, add the unpeeled roasted cloves of garlic, and puree through a food mill, using the fine disk. Return the puree to the pot and reheat over low heat. Scald the milk in a separate saucepan and add from 1 to 2 cups to the potatoes, depending on how dry they are. Then add the extra-virgin olive oil to taste, and season with salt and pepper. Serve immediately or keep warm in a double boiler. Serves 6 to 8.

Sweet Potatoes vs. Yams

| <u>Sweet potatoes</u> | <u>Yams</u> |
|--|---|
| Native to tropical Central America. They are in the same family as the morning glory and the ornamental 'Potato Vine' that we like to use in our planters! (This plant is <u>not</u> edible!) An excellent source of vitamin A (in the form of beta-carotene), a very good source of vitamin C and manganese, and a good source of copper, dietary fiber, vitamin B6, potassium and iron. | Native to Africa. Not related at all to the sweet potato. Yams are really tree roots that can weigh up to 150 lbs! You'll often see smaller "yams" for sale at the grocery store, but they are often a variety of sweet potato. Grocery stores use the names interchangeably, as do many of us. True yams are drier inside, take longer to cook and have a bark-like skin. |

Was I ever wrong about the tomatoes! They are NOT done. They have just kept on and on, even though the vines were hit by frost. We have cut them and removed them from the garden now, but they still may not be done yet- still covered with green tomatoes. We are done picking them though. We do hope you enjoy the extended tomato season! As I mentioned in my tin-foil dream dinner recipe, they add a nice sweetness to anything when they are warm. Put slices over eggs at breakfast, in your soup at lunch and over your nice warm dinner. (*Remember what a store-bought tomato tastes like?*)

Leeks and tomatoes love each-other, too. They are both very sweet when they are warm. Leeks baked into almost anything savory are often that magical something that makes it special. Raw leeks may smell strong, but they are very mild-tasting when added to dishes. Store them in a plastic bag in the fridge for a week or 2; careful, they like to let everyone in the fridge know they are there!

About last week's Rutabaga again, if you haven't used it all yet, this is a great recipe to try:

Turnip or Rutabaga Puree with Leeks

- 1 small potato, peeled
- 2 pounds turnips and or rutabagas, thickly peeled
- 1 or 2 medium chopped leeks, white and light green parts only
- 1 garlic clove or 1 stalk green garlic, chopped
- salt and pepper
- 2 T or more cream, buttermilk, or milk
- 2 T butter
- 2 tsp chopped thyme

Chop the potato and turnips the same size. If using rutabagas, chop them about half the size of the potato. Put the vegetables, leeks, and garlic in a pot with cold water just to cover, add ½ t salt, and simmer, partially covered, until tender, 15-20 minutes. Drain, reserving the liquid.

Mash or blend the vegetables adding 2 Tbs or more cream or reserved broth to thin the puree. Stir in the butter and thyme and season with Salt and pepper to taste.

You can embellish the mash as you would special mashed potatoes; with roasted garlic, a nice grated cheese like Gruyere', rosemary or other seasoning.

Rainbow chard: I have run out of room here, but there are some great new chard recipes posted on the blog including Dolmades, using chard leaves to roll up a delicious filling!

Volunteers needed at HMF soon

We are very excited that we are recipients of a NRCS grant that assists us in the purchase of a large (30' x 96') hoop-house to support local, year-round production of food crops. (A hoop house is an unheated greenhouse like structure.) We'll be constructing it soon and are in need of helping hands to assemble and pull the huge sheets of plastic over. If you are handy, able and interested, let us know and we will add you to our hoop-house-raising volunteer list and let you know when the time has come! We'll offer food, drink and happy faces in exchange for your help!