



10/12/11

Dear Members,

In your share this week you'll find two vegetables that don't come into their full flavor until a hard frost hits them. Thanks to last week's cold temperatures (we saw 24 degrees here!) the flavor and sweetness of the rutabaga and kale in your share will be fully developed. You'll find cooking tips and recipes for both of these delicious fall vegetables below. Filling out the share this week are potatoes, onions, mesclun salad mix ('spring mix'), butternut winter squash, and 'Cosmic Purple' carrots—a red-skinned variety that's a favorite of our farmers' market customers.

The hard frosts last week have us busy on some fall projects. Yesterday we started digging our winter storage carrots. Those of you who pick up on the farm will notice that our walk-in cooler is starting to fill up with boxes and bags. These are some of our storage crops for winter sales—more on that next week!

Today the groundwork is getting done for our big fall project, which is the construction of a large, 30' x 96' hoophouse. We got a USDA grant for this hoophouse, which we'll use for in-ground growing starting next season. The protection that the hoophouse's layer of plastic provides is a real boon to heat loving summer crops like tomatoes, as well as being a great way to extend the season in the spring in fall by protecting plants from frost. Needless to say we're very excited about the possibilities for increased production this will give us!

Rutabaga is best prepared by very simple cooking methods. It goes excellently in with other root vegetables either in a pot roast or as a roasted vegetable platter. Or try this classic dish:

Rutabaga Puree

1 rutabaga, peeled and cut into long slices

1 pound potatoes, cut into 1" chunks

¼ milk or cream

4 tbs butter

½ tsp dried thyme

Salt and pepper to taste

Bring a pot of water to a boil, add rutabaga and simmer ten minutes. Add potatoes, cook until vegetables are tender. Drain. Add remaining ingredients and mash. Serve hot.

We like kale best steamed as a side dish. Cut out the tough midribs, then steam the leaves until tender. Season to taste with butter, salt and pepper. The butternut squash is best cut in half, placed cut side down in a baking pan with a ½" of water and baked at 350 until easily pierced with a fork (about one hour). Either serve as is with butter and a little sweetener, or scoop out the flesh to make a puree or a creamy soup.

Have a good week!