



9/14/11

Dear Members,

In your share this week you'll find tomatoes, cucumbers, lettuce, carrots, sweet onions, beets, and spinach. We had our first, very light, frost this past week. It didn't kill any of our crops, but there are several nights this coming weekend that are forecast to be in the 30's, so the end of many of the summer crops is near. With fall weather upon us, we've been busy getting all of our onions onto screens in the barn to cure (the sweet onions in the share this week are fully cured now and can be stored at room temperature). We also harvested all our winter squash yesterday and have it laid out in the field to cure. There's a nice crop of it this year.

Here's our very favorite way to cook beets; I don't believe anyone who says they don't like beets until they've tried this recipe for caramelized beets and onions:

- ¾ lb. beets, sliced into thin rounds
- ¾ lb. sweet onions, sliced into thin rounds
- 4 tbs cooking oil
- Salt and pepper to taste

Heat the cooking oil in a heavy-bottomed skillet on medium heat. Add beets and onions and sauté for 15 minutes, stirring frequently. Turn the heat to medium-low, cover skillet and cook for 30-45 more minutes until caramelized, stirring occasionally to prevent sticking. Season and serve. Makes 4 accompaniment servings.

Another good beet recipe is this one for Russian-style grated beets:

- 4 cups raw beets, grated
- 2 tbs butter
- Juice of 1 lemon
- Salt and pepper to taste
- 1 tbs flour
- ½ cup water

Heat the butter in a pan, add beets, lemon juice, salt and pepper. Cook, covered, over very low heat for 25 minutes, stirring occasionally. Now sift flour on top of beets. Do not stir. Recover and cook for 15 more minutes. Stir, add water, bring to a boil and serve. The tanginess of the lemon juice in this recipe pairs perfectly with the sweetness of the beets.

Have a good week!