



Notes From the Pea Patch

Foxtail Community Farm ~ Vol. 10, No. 24 ~ October 4 2015

Farmer's Notebook

*All things on earth point home in old October:
sailors to sea, travelers to walls and fences,
hunters to field and hollow and the long voice of
the hounds, the lover to the love he has forsaken.
~ Thomas Wolfe (1935)*

We are on the home stretch – counting this week, just four deliveries left in the regular CSA season. In the field, the flashy colors of summer produce are yielding to darker hues of fall crops, with plenty of leafy greens to bookend the season's start back in late spring. The barn loft and cooler are filling up with storage crops for the winter, the pantry is lined with jars of jam and dried goods and soon the freezer will be stuffed with chickens. Some days I feel like a little squirrel, shoving food into every nook and cranny to get us through the cold months.

Even as we savor these final precious weeks of the current season, it's time to think ahead to plans for the winter and, believe it or not, next spring and summer. You can round out the current season with several “limited edition” products from the freezer and pantry, as well as our very special November Thanksgiving Shares. See reverse for information on these opportunities.

Looking a bit further ahead, information about 2016 CSA shares is being sent to current members with this newsletter. We are pleased to offer both winter and summer CSA options, with a Four Seasons membership for those who choose to support and enjoy the farm's bounty all year. As always, returning members will have first dibs on shares: **we will hold places for renewing members until November 1, 2015 (Winter/Four Season shares) and December 15, 2015 (Summer shares).** After that, any available shares will be offered to new members. We fill up more quickly each year, so don't miss these deadlines! ~ Eric & Rachel

This Week's Harvest

Our best guess for what will be in this week's share boxes – subject to change at harvest & packing time.



brussels sprouts – it looks like we'll have a great harvest of this wonderful fall crop this season.

Snap the “little cabbages” off the tree-like stalk and store in a bag in fridge. Trim stem ends and wash in cold water. Excellent steamed, or roasted.

butternut squash - our third and favorite variety of winter squash. It needs no better treatment than to be baked and mashed with butter, salt and pepper. Also makes delicious soup. Stores very well in a cool, dry place with good air circulation.



kohlrabi – like little aliens, these pale green bulbous creatures with spikes shooting out of their heads are actually

the thickened stem of a unique brassica. Aptly named from the German for cabbage (kohl) and turnip (rübe), they have a crisp texture and mild sweet-but-peppery flavor that make them surprisingly versatile in the kitchen. Store in fridge. Try them raw (shredded or sliced), boiled, steamed, braised or roasted.

purple snap beans – a colorful variation of snap beans, these will turn green when cooked. Wash beans before storing in a plastic bag or container in the fridge. Snip stems and any strings just before using. Extra beans can be blanched/cooled and frozen for use throughout the year.



Also...

**carrots ~ eggplant ~ lettuce ~
red russian kale ~ sweet peppers**



Recipe of the Week: Rachel's Kohlrabi Fritters

When I saw kohlrabi on this week's harvest list, I immediately started thinking about these fritters that I concocted last fall.

- 1-2 kohlrabi
- 1 carrot
- 1 small onion
- 2 tbs flour (gluten free is fine)
- generous pinch kosher or sea salt
- 2 eggs

Grate the kohlrabi, carrot and onion. Squeeze or press out as much liquid as you can. Beat the egg and mix with the grated veggies, flour & salt.

In a cast iron pan, heat ~2 tbs oil. Drop generous spoonfuls of batter (2-3 tbs) onto hot pan. Press gently to flatten. Fry until nicely browned, ~3 minutes per side. Drain on paper towels.

Serve with a simple sour cream or Greek yogurt-based sauce with lemon juice. Or kick it up with a slightly spicy fruit-based sauce – I like to use our apricot or peach jam cooked down with a bit of vinegar and a little sriracha.

One more:

Kohlrabi with Parmesan Cheese

A little inspiration from the Joy of Cooking.

Peel 1-2 kohlrabi & slice into matchsticks. Cook in boiling salted water until tender-crisp, ~7-9 minutes. Drain, toss with 2 tbs melted butter and 1 tbs fresh parsley. Sprinkle generously with grated Parmesan cheese & freshly ground black pepper.

Special Fall Orders

We are pleased to offer CSA members some special fall options. Availability is limited, so please email us now to reserve yours!

Stew Hens

Stew hens are 18-24 month old hens that have completed their productive egg-laying period on the farm. Foxtail hens have lived a good life ranging on pasture, building up strong muscles and bones full of minerals, collagen and healthy fat. This creates meat that is too tough for roasting or grilling – but slow-cooked in liquid, the tissues break down to yield tender meat and the richest, most flavorful broth you can imagine. This is the bird you want to make chicken soup, stew and rich chicken stock like your grandmother did. Birds will be delivered frozen with directions for cooking.

\$8 each or 2/\$15

Homemade Jam

It was a great jamming season, with over 15 flavors available. We make our jam by hand in small batches with local fruit and citrus pectin, lightly sweetened with organic cane sugar, local honey or maple syrup. Jam that tastes like real fruit! Not just for bread, jam makes a wonderful base for glazes and sauces or stirred into yogurt. See our farmstand for available flavors (gift towers are three different flavors of our choice).

8 oz jars - \$5.50 or 3/\$15

Gift Towers (stack of three 4 oz jars) - \$12

Thanksgiving Shares

These special shares are truly in the spirit of Thanksgiving. Each share purchased consists of **two** boxes of produce: one for your family, the second donated to another local family through our partnership with the Hilltown Community Resource Center in rural Albany county. Each box contains a bounty of fresh seasonal Foxtail produce including root crops, squash, onions, lettuce, greens, herbs and popcorn. Create a healthy and local Thanksgiving dinner for yourself and a local family in need. Pick up shares on the farm Sunday before Thanksgiving.

\$70 includes both your share & donated share

From the archives



Need more recipe ideas? CSA newsletters back to 2010 are on our website:

www.foxtailcommunityfarm.com/MemberNewsletters.html

Here are a few favorites to re-visit this week:

- ◆ *October 9 2012* – butternut squash & apple soup
- ◆ *October 22 2012* – apple cider roasted brussels sprouts
- ◆ *September 28 2014* – German kohlrabi in cream sauce