



Notes From the Pea Patch

Foxtail Community Farm ~ Vol. 10, No. 26 ~ October 18 2015

Farmer's Notebook

A farm asks, and if you don't give enough, the primordial forces of death and wildness will overrun you. So naturally you give, and then you give some more, and then you give to the point of breaking, and then and only then it gives back...

~ Kristan Kimball, *The Dirty Life*

We are coming up on the end of the season, just two more weeks of deliveries ahead. As I sit down to write this week's newsletter I can hear the rumble of the tractor moving away from the barn, so I know Eric is out there doing something industrious – maybe going to feed the turkeys, or to move the chicken coops to fresh pasture, or to plant the rest of the garlic he and JD started yesterday. I have my own to-do list at my side, but as I listen to him out on the tractor I find myself thinking of Kristan Kimball's love story to her own husband and farm up in Essex County.

Ten summers have gone by since we delivered our first Foxtail CSA shares in 2006. Fifteen member families that first year – just vegetables, raised on an acre in the field next to the house, washed in a bathtub under open sky. Each year since then has brought growth, increased diversity, an unbelievable number of rocks, rewards and disappointments, doubts and hope, new friendships (human and animal), and a whole lot of work. There is no question that farming, like a marriage, is a labor of love.

As we look ahead to 2016, I'm glad to have a moment to think about the year, and all the years, behind us. We fed our family and 60 others with real food grown by our own hands. The freezer and pantry are full for the winter, turkeys are fattening up on pasture, greens are planted in the high tunnel and young hens are laying a steady supply of eggs. I don't know if this was actually our “best” year, but it was the first year in which I truly felt that the farm was giving back, and for that I am grateful. ~ 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.

Acorn Squash - stored in a cool, dry area (ideally about 50°F) will keep for several months.

Brussels Sprouts - snap the buds off the stalk and refrigerate in a bag. Trim stems & rinse well.

Carrots – what a year for carrots! Refrigerate in plastic bag separate from apples or pears to prevent browning.

Collards - refrigerate in a plastic bag. Extra can be blanched and frozen. Try them in your favorite green smoothie recipe!

Garlic – cured for storage – keep garlic in a cool, dry well-ventilated container.

Jalapeño peppers – refrigerate, or slice and freeze for later use.

Leeks – for optimal storage life remove the tough green tops, wash and dry the leeks, wrap in a paper towel, and refrigerate inside a plastic bag apart from any fruit.

Potatoes – white Kennebec variety. Store unwashed in a cool (>50 degree) dark well ventilated location.

Thyme – use whole sprig or strip the small leaves from the woody stems. Wrap loosely in a paper towel then plastic wrap, store in a warmer area of the fridge (such as on the door).

Share the gift of local food!

Our Thanksgiving shares are truly in the spirit of the season! Each share purchase includes one box of farm produce for your family, and a second for another local family in need. Potatoes, carrots, rutabaga, winter squash, pie pumpkin, onions, garlic, brussels sprouts, herbs & fresh greens. \$70 per share includes your box and donated box. Pick up on farm Sunday before Thanksgiving. Limited number available – reserve yours today!



Recipe of the Week: Collards with Potatoes

If you are ever unsure of something to make with vegetables, look for a recipe from Deborah Madison. This one is from her Local Flavors cookbook.

- 2 bunches collards, kale or combination
- salt and pepper
- 3 medium potatoes, scrubbed and coarsely chopped into bite-sized pieces (skins on)
- 3-4 strips bacon, diced (optional)
- 2 tbs peanut or olive oil
- ½ onion, minced
- 2 garlic cloves, minced
- pinch red pepper flakes, or 1 small hot red pepper minced
- hot pepper sauce and/or vinegar to pass

Strip leaves from stems and wash well. In large pot, bring several quarts of water to a boil. Add salt and greens. Simmer for 10 minutes. Scoop into bowl, leaving water clinging to leaves and reserving cooking water. Coarsely chop leaves.

Add potatoes to same cooking water and simmer until tender, about 8-10 minutes.

Meanwhile, in a large skillet, cook bacon until browned. Drain on paper towels. Discard grease and wipe out pan. Return pan to heat, add oil, then onion. Cook over medium heat about 5 minutes. Add chopped greens along with garlic and hot pepper. Scoop a little potato water into pan to keep everything moist while cooking – add more liquid as needed during cooking.

When potatoes are done, add to the greens. Add bacon, toss, then season to taste and salt and pepper. If you don't mind a messy appearance, mash the potatoes into the greens, otherwise leave intact. Serve with hot pepper sauce or vinegar for seasoning.



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:

- ◆ *January 19 2015* – “popcorn” potatoes
- ◆ *October 21 2010* – City Tavern brussels sprouts
- ◆ *April 28 2014* – gingery lentil stew

Another recipe: Jalapeño Cornbread

Inspired by our food-loving farmhand JD. You'll find versions of this with grated cheese and corn kernels; this is a simpler variation on a class cornbread recipe. Perfect alongside chili on a cold autumn day.

- 1 cup corn meal
- 1 cup all purpose flour
- ¼ cup sugar
- 3 tsp baking powder
- 1 tsp salt
- 1 cup milk
- 1 egg, beaten
- ¼ cup oil or melted butter
- ½ cup jalapeño peppers, chopped



Heat oven to 425°F. Grease a 8x8” pan. In a bowl, combine corn meal, flour, sugar, baking powder and salt. In separate bowl whisk together milk, eggs and oil or butter. Add wet to dry and stir just until blended, taking care not to over mix. Fold in jalapeños.

Pour batter into prepared pan. Bake 20-25 minutes, until golden brown and a toothpick inserted comes out clean. This recipe can also be used to make 12 standard size muffins.

It's time to renew your CSA share for 2016!

Renewals due by:
November 1st (Winter/ Four Season shares)
December 15th (Summer shares)

after these dates shares will be offered to new members