



Notes From the Pea Patch

Foxtail Community Farm ~ Vol. 10, No. 27 ~ October 25 2015

Farmer's Notebook

Week 22 and another growing season comes to an end. This year marks 10 years as a CSA. First and foremost we would like to thank our wonderful members. It is very difficult to start a farm from scratch, both from a growing and capital perspective, but especially in marketing. Foxtail CSA has provided us with the stable income necessary to grow the farm from 1 acre and 12 members in 2006 to what it has become today. Special thanks to the Applegate-Fisher, Blog-Zisman, Wilhelm and Silver families who have been members since the beginning.

As with every year, this season had its ups and downs. We started off with a bang, 7-8 items even in the first boxes - lettuce, broccoli and peas being particularly good. And then the cabbage came in, far and away the best we've ever grown. Not to be outdone, the summer squash was also the best ever, and the season was rolling along. In mid-June it got wet and many summer crops were adversely affected. The tomato crop was not great, eggplant and peppers were late, melons were small and we lost about half the sweet corn. Potatoes were a good example of our farm's progression. While still not meeting our expectations, they did better than the year before and showed promise for the future. One variety, chieftain, performed spectacularly with yields far exceeding industry standards.

Despite these setbacks, share boxes remained full through the summer and into the fall. We had good harvests of winter squash, carrots, Brussels sprouts and leeks, though fall lettuce, rutabaga and beets were notably absent, and also were able to store crops for winter shares. Overall this was a great year and we received more compliments than ever from our members. It has taken 10 years of hard work and dedication, but as Rachel noted last week, the farm is starting to give back, and we expect next year to be even better. ~ *Eric*

This Week's Harvest

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

Cauliflower - once a signature crop of our Catskills region. Its mild flavor is enhanced with rich cream sauces and soups or Indian curries and Middle Eastern spices. Refrigerate in plastic bag in crisper.

Daikon Radish - distinguished by their white color, mild flavor and large size (the English name "daikon" is derived from the Japanese term for "large root"). Often pickled (kimchi!), can also be roasted or braised like other roots. Refrigerate in a plastic bag.

Popcorn - let dry on the cob until the winter solstice. Strip husks, then remove kernels by rubbing two cobs together. For old-fashioned stovetop popcorn, put a single layer of kernels in the bottom of a pot with just enough oil to coat, cover and shake over medium-high heat until popping stops, sprinkle with salt.

Radicchio (*large shares*) - a cultivated form of wild chicory resembling a small, fibrous wine-colored lettuce. Traditional in Italian cooking. Add raw ribbons to a salad, or enhance the flavor by roasting or braising. Store in plastic bag in crisper drawer. Trim away bottom stem and core.

Savoy Cabbage - a cold weather cabbage variety with distinctive crinkly leaves, savoy pairs well with apples and meat and is delicious in stews or soups or even roasted on its own with olive oil and salt. Refrigerate tightly wrapped. Remove and discard the stem, core and thick outer leaves; rinse leaves well.

Turnips (*large shares*) - these roots are actually members of the brassica family, with a familiar mustardy bite. Remove edible greens and refrigerate in separate plastic bags. Trim tops and peel any tough outer skin. Mashed turnips make a flavorful substitute for potatoes as a side dish.

Sage - an aromatic, soft-flavored leafy herb. Sage works with nearly any vegetable or meat, but is especially prized for stuffing. Any extra leaves can be hung in your kitchen to dry or frozen.

Also... carrots ~ kale ~ garlic ~ onions



Recipe of the Week: Creamy Savoy Cabbage & Carrots from Across the Pond

I came across this recipe on a British site (bbcgoodfood.com) and got a kick out of the instructions, which suggested it would be a perfect side dish for your Hogmanay celebration. I'm thinking of serving it alongside some braised sausage and onions with homemade applesauce.

- 1 savoy cabbage
- 4 medium carrots
- 50 g of butter (that's ~3.5 tbs for us Yankees)
- 4 tbs double cream (that's heavy cream)
- pinch of nutmeg

Remove and discard tough outer leaves from cabbage. Halve, then cut out and discard tough core. Slice or shred the leaves finely, and do the same with the carrots. Bring to a boil a pan of water. Add the cabbage and carrots with a pinch of salt. Boil just until tender, ~5-6 minutes. Drain, then return to the pan with the butter and cream. Heat gently, season with nutmeg plus additional salt & pepper to taste. Serve warm.

One more to try:

Pasta with Radicchio & White Beans

In a large skillet, sauté 1 diced onion in olive oil until lightly browned. Add 1 radicchio sliced into thin ribbons, 3 cloves minced garlic, 1 tbs fresh minced sage and pinch of salt. Cook until tender. Add 2 cups cooked or canned/drained cannellini beans plus 1 cup water. Boil, then reduce and simmer. Toss with cooked chewy pasta, salt & pepper, grated Parmesan and another tbs minced fresh sage. Thank you, Deborah Madison.



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:

- ◆ *December 14 2014* – Swedish cabbage soup two ways
- ◆ *October 26 2014* – New England sage stuffing
- ◆ *October 20 2013* – Mak kimchi

Thank you to all our members for
another great CSA season!

Special thanks to ...

Phyllis Silver, Liz & John Gaudet, Mary
Applegate & Charles Fisher, Maisie
Weissman & Daniel Nester

for hosting our delivery sites this season

Closing out the 2015 CSA season...

- ✓ **Return all your delivery boxes** to your delivery sites by **8:00 pm on Thursday November 5th**. We also appreciate returns of fruit bags, blue tills and jam jars.
- ✓ **Complete an on-line member survey.** Member feedback is very important to us! A link will be emailed to members this week.
- ✓ **Submit any outstanding payments by December 1st.** Invoices will be sent Nov 1st.

...and looking ahead to 2016

With the farm now going four seasons, we'll be jumping right into the next cycle. Please join us for another fantastic year!



- ✓ **Renew your CSA shares for 2016 Winter & Summer shares now!** We are holding spaces for current members for Winter Shares until November 1, and for Summer Shares until December 15. **Do not miss these deadlines.** We have a waiting list and expect open spaces to fill quickly for both winter and summer. [Membership details & forms](#) are on the website.
- ✓ **Consider a Thanksgiving Share.** Are you already dreading the prospect of no farm veggies in November? Would you like to share the bounty of your farm with a less fortunate neighbor? Thanksgiving shares include a box of produce for you plus a box for another family in need. Details and request form on the [farmstand](#).