



Notes From the Pea Patch

Foxtail Community Farm ~ Vol. 13, No. 30 ~ October 21, 2018

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)

The farm season is nearing its end. Snow fell on the mountaintop last weekend, and we got our first official frost here in the valley a few days later. We've got the wood stove going most nights now.

Next year's garlic is in the ground, ready to be mulched. The rest of the field is put to bed for the winter, a few small but stalwart cold-hardy kale and Brussels sprout plants that survived the deluge still standing until we pick them for a family dinner. A late flurry of preserving has filled our family's freezer and pantry shelves with memories of the year's harvest.

The last cohort of meat birds goes to the butcher this week for October chickens shares, and the older stewing hens will follow. The younger hens soon will move to their winter quarters near the barn, joining the turkeys who will continue ranging there until Thanksgiving.

Next week (October 29 & November 1) will be our final Summer CSA deliveries. In better years these late boxes would be heavy with root crops and filled out with leafy greens. This year we're counting out the last of the onions, potatoes, and winter squash that survived, dividing them up between this week and next week's boxes. We'll have a few treats in there to see us out as well.

This is always a bittersweet time of year. Whether a season was bountiful, disappointing, or (most often) a mix of both, it's impossible not to feel reflective as a growing cycle and period of intense labor nears its end. We are glad to share these final weeks with all of you! ~ Rachel

This Week's Harvest

our best guess for what will be in this week's share boxes – subject to change at packing time:



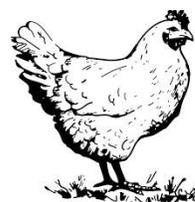
apples – yep, apples in our veggie share boxes. We went apple picking with friends this weekend at Samascott Orchards in Kinderhook and, you know, couldn't help ourselves from picking 150 pounds of apples – so we figured we'd share them with you. We picked a medley of varieties we hadn't previously tried: Melrose, Suncrisp (tastes like bananas!), Snow Sweet, Sonata, Spigold (zesty!), & Staymen's Winesap.

lettuce – the last picking from the field for this year. Shares will include a leafy mix of varieties. Store unwashed in plastic bag. Wash and dry completely before using. Enjoy your salads!



popcorn – take 2! These are from last fall's harvest, so they are well dried and ready to pop. 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 (coconut oil is especially good). Cover and shake over medium-high heat until popping stops.

**also... butternut squash
garlic ~ onions**



Eggs, too! And chicken shares this Thursday 10/25 & next Monday 10/29



Recipe of the Week: Apple & Maple Bread Pudding

This one's for Kris, who shares my love affair with bread pudding. This combines several recipes, drawing in particular on King Arthur Flour's recipe for creamy maple bread pudding and a Bon Appétit recipe for the apple component.

Apples:

- 3 tbs unsalted butter
- ~ 2 pounds apples (about 4 apples) – peeled, quartered, and sliced
- 3 tbs pure maple syrup, preferably dark
- 3 tbs brown sugar

In a skillet melt butter on stovetop over medium-high heat. Add apple slices. Sauté, stirring and turning apples frequently, until golden brown and slightly soft – about 10 minutes. Stir in maple syrup and brown sugar. On low heat, cook at a simmer until sugar dissolves and mixture thickens to syrup. Remove from heat.

Custard & Prep:

- 1 cup chopped pecans or walnuts
- 4 + cups cubed bread (stale is fine)
- 4 large eggs
- 2 ½ cups milk & cream (blend – be sure to include some whole milk or cream for richness)
- ½ cup pure maple syrup, dark preferred
- ¼ cup brown sugar
- 1 tsp maple or vanilla extract (use maple if you can get it!)
- ½ tsp ground nutmeg
- pinch kosher or sea salt

Heat oven to 350°F. Grease a 1 1/2-quart casserole dish or a glass bread loaf pan.

Spread nuts in a single layer on rimmed baking sheet. Toast in oven for ~8 minutes until golden and fragrant, taking care not to burn. Set aside.

Place bread cubes in a large bowl. Set aside.

In another mixing bowl, whisk together remaining ingredients. Pour over the bread cubes and stir thoroughly. Let the mixture sit for 15

minutes to allow the bread to absorb the liquid. Stir in the toasted nuts and half the apples.

Scrape the custard into pan. Arrange remaining apples on top & drizzle with extra apple syrup.

Place pan on a rimmed baking sheet to catch any spills. Bake at 350°F until the top is puffed and cracked, the center firm to gentle press, and the interior cooked to a temperature of about 170°F. This may take 30-60 minutes, depending on depth of your baking pan.

Let sit at room temperature ~45 minutes to cool and settle. Serve with fresh whipped cream. Extra may be stored, covered, in fridge for up to 5 days.

Help make room in our pantry & freezer! Email your orders to deliver with your shares this week or next:

Pastured Foxtail Chickens

Whole broilers/ roasters \$4.75/lb

Legs (pack of 2) \$5.75/lb

Boneless Breasts (pack of 2) \$8.75/lb

Maple Syrup \$20/qt

Amber or Dark

Fruit Jam \$5/jar (8 oz)

concord grape - honey peach - hot pepper jelly - sour cherry - strawberry - strawberry rhubarb - sugar plum

Specialty Preserves

Maple Molasses Tomato Jam (8oz) \$8

Green Tomato Relish (8oz) \$6

Apple & Green Tomato Chutney (8oz) \$6

Applesauce (16 oz) \$8