



THE VEGGIE VOICE

Village Acres Farm Summer CSA • October 13, 2009 • Distribution 22 of 25
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“Instead of complaining that the rosebush is full of thorns, be happy that the thornbush has roses.” German Proverb

Farm Note • a word from the Village Acres Crew:

Here at the farm October seems to have gotten stuck on the cool, wet cycle. It has not yet gotten very cold yet – we haven’t seen frost and we haven’t started the woodburning stove that heats the farmhouse either – but neither have we had too many brilliantly clear sunny days. As the days get shorter the quality of the sunlight seems to matter just as much as the quantity, and crops that would normally ripen over the weekend take five or six days instead. The salad mix and arugula love this weather, as you’ll find when you open your box this week, but the beans and raspberries might have produced more if the clouds had parted a little more frequently.

Of course, the same thing seems to happen to people in the fall. Some of us have been sweating and burning all summer and are grateful for the cooler temperatures, and some of us find ourselves wishing that we had a tropical environment to live in. The availability of cider and squash may or may not make up for the scarcity of tomatoes and sweet corn, depending on our personal tastes, and the early sunsets may or may not be compensated for by the size of the harvest moon in the sky. Luckily we all live in central Pennsylvania, a pretty easy place to enjoy the fall. Whether it snows this weekend, climbs into the eighties, or just stays cool and wet, I’m sure it won’t take much inspiration both to enjoy the scenery and to find something delicious in your box to go with it. - Dave

Produce and Cooking Notes

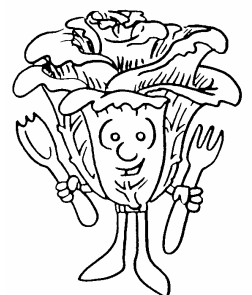
Lettuce Mix: We hope you’re as excited as we are to put such lovely and tasty lettuce mix in your share. This is from our outdoor planting of lettuce mix. Last week’s rain splashed some soil onto the leaves. We didn’t pre-wash the greens so give them a good rinse; this will also perk up any wilted leaves. These are best if used within a few days. Add a paper towel to the plastic bag to keep the greens fresh longer. The greens are lettuce mix with some baby kale.

Arugula: Also known as Roquette or Rocket. It’s got an unmistakable taste, which most people like. See the recipes on the back, as well as on our website (search under recipes for “arugula.”) We didn’t prewash it, so give it a good rinse. Store like the lettuce mix. The flea beetles like arugula – hence some of the minor damage to the leaves.

White Potatoes: Store your potatoes outside your refrigerator and away from onions, which accelerate their decay. Wash just before using. These potatoes are from David Swarey who uses organic methods, but is not certified. See Veggie Voice #16 for the *Lumpy Potato Burritos* recipe or try the *Sauerkraut* recipe on the back with some mashed potatoes.

Chinese Cabbage: Try adding some raw shredded cabbage to your lettuce mix. Make sure you rinse the leaves well, soil likes to hide in the folds. See the *Easy Sauerkraut* recipe on the back.

Edamame Soybeans: Most the fields of soybeans you drive by, here in central Pennsylvania, are probably growing GMO (genetically modified organism) soybeans. Isn’t it nice to know that your soybeans were grown naturally, without any GMO seed or herbicide? Organic growers, such as us, do not use GMO seeds. See Veggie Voice #20 for cooking tips and the *pate* recipe.



IN THE BOX

Lettuce Mix
Arugula
Potatoes
Chinese Cabbage
Onions
Edamame
Kale
Hot Pepper
Parsley
Rosemary or Cilantro
C: Pattypan or Pepper

Kale: Wash leaves, remove stems and cut into slivers, then sauté with a bit of olive oil until tender, adding water if necessary to prevent sticking. Now the sky's the limit. Put the sautéed greens on pizza, on quesadillas, in quiche or omelets, in pasta salad – or eat them alone with a splash of vinegar.

Hot Pepper: Inside your box today – it's a green or red Jalapeño pepper.

Choice: Pattypan Squash or a Pepper: Larger than normal pattypan. Neutral taste, will absorb the flavors of other items it's cooked with.

Community News

Fall Harvest Festival: It's not too late to tell us you're coming and/or to donate an auction item to the festival on **Saturday October 24**. Please let us know by filling out the online RSVP (sent via email), or calling/emailing the farm.

Winter CSA Signup: There are still shares available. Winter shares run biweekly from November until May. You can signup at distribution today, no computer required, or call/email the farm. The cost is \$350 for State College and Burnham, and \$310 for farm pick-up.

Blue Rooster Farm – On special for Tuesday, Oct. 20, **leg of lamb for \$8/lb**. Our whole legs average between 4 – 6#. Hugh Fearnly-Whittingstall recommend inserting garlic slivers, rosemary, and anchovies into about 15 slits cut in the leg before roasting it. Give it a try. Thanks, Julie

Recipes

Arugula Pasta

Chop 1-2 bunches arugula leaves. Cook pasta (bows are nice), drain. While pasta is cooking saute 3-4 cloves minced garlic in olive oil (add mushrooms if desired). Toss warm pasta, garlic, arugula, salt to taste and a few walnuts or pecans. Top with a little crumbled feta cheese.

Arugula and Fontina Frittata

- 1 garlic clove, halved
- 1/2 sweet onion, chopped
- 1 1/2 tablespoons extra-virgin olive oil
- 7 cups packed arugula, washed and dried
- 6 large eggs
- 1/2 teaspoon salt
- freshly ground black pepper
- 1/4 lb Fontina cheese, sharp cheddar, or pepper jack - cut into 1/2" cubes

Preheat broiler (an optional step - read below).

Cook garlic and onion in olive oil in a 10" ovenproof skillet over moderate heat, stirring occasionally until golden. Add arugula and cook until wilted, about 1-2 minutes. Whisk together eggs, salt and pepper and pour over arugula in skillet and cook without disturbing over moderate heat until almost set, 5-6 minutes. Add cheese evenly and broil 4-5" from the broiler flame until eggs are just set and the cheese is melted, 1-2 minutes. If you don't want to turn on the broiler, cover the frittata for the first 6 minutes and then finish uncovered until the eggs are set.

Edited by Patrick Smith, CSA Manager

Village Acres Farm is owned and operated by Roy & Hope Brubaker

Stuffed Cabbage

Mix 1 cup minced onion, 1# ground meat, 2 cups cooked brown rice, 1 egg, salt and pepper with your hands, then roll up in cabbage leaves and place in large pot with a little tomato sauce on the bottom. When filling is used up, you can fill in the top layer with chunks of remaining cabbage or sauerkraut and add enough tomato sauce to cover. Simmer until meat is cooked.

Easy Homemade Sauerkraut – from *Simply in Season* – “My family really enjoys eating sauerkraut and sausage on mashed potatoes,” says contributor Christine Burkholder.

4 cups shredded cabbage. Pack into a clean quart jar. Sprinkle 1 tsp salt on top. Pour into boiling water until the jar is filled to its neck. Heat the sealing lid in boiling water. Wipe off the rim of the jar with a clean cloth, put on the hot lid, screw on the ring, and set the jar in a pan at room temperature. As the cabbage ferments it may ooze out of the top of the jar; hence the need for the pan for at least a week. The ring will get rusty as it stays on the jar until the sauerkraut is used. The flavor will intensify after the second week.

Sauerkraut and Sausage: Brown 1 pound ground pork seasoned with salt, pepper and sage. Pour sauerkraut over the meat and add enough water to cover the solids. Boil, uncovered, until at least half of the liquid is evaporated.