



THE VEGGIE VOICE

Village Acres Farm Summer CSA • October 27, 2009 • Distribution 24 of 25
address: 229 Cuba Mills Rd., Mifflintown, PA 17059 phone: 717-436-9477
email: villageacres@gmail.com website: www.villageacresfarm.com

“Membership in a community farm provides a direct link to food production that is impossible for shoppers who rely on supermarkets or even farm-stands.” *Farms of Tomorrow Revisited*, Groh & McFadden.

Farm Note • a word from Farmer Roy:

As we conclude another summer CSA season next week I'm very grateful for our loyal CSA members. The 3.7 inches of rain made it necessary to move the festival to Sunday resulting in a smaller than usual number of attendees, but the food was abundant and wonderful, the kids and grown-ups shelled lots of corn for the hogs and hens, and the fund-raising auction brought in \$1,479 for the community fund. Our dancing auctioneer, Kevin Gombotz, did a super job of getting top prices for most every thing! Thanks to you who supported the effort by donating and by purchasing!

Further, in my assessment of our current strengths and challenges at Village Acres, strengths include (1) **capable and compatible staff**, both apprentices and local, who have carried increased responsibility, (2) **CSA members**, our market, providing advance payment for working capital, minimal packaging costs, and flexibility in moving our produce, and (3) **diversity of crops and animals**, which goes a long way toward assuring a viable operation. Our top challenges in my estimation are (1) working with **soils that are not well drained**, causing delays in tillage, planting, weed control and harvesting – which we hope to improve by additional tile drainage, using more raised beds, and using specialized cover crops, (2) crop **storage and handling limitations**, which we plan to improve with a building project over the next months or year, (3) **troublesome or inappropriate equipment**, some of which we need to upgrade, for example, to work better with raised-bed production, and (4) **achieving more consistent production of targeted quantities of crops**, which will require constant attention at many levels of our production system. I am grateful to work with a team eager to address these challenges in the months ahead.

Produce and Cooking Notes

Salad Mix: A mixture of mostly lettuce mix from our field and greenhouse plantings. 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 a little baby chard, mustard greens, and arugula.

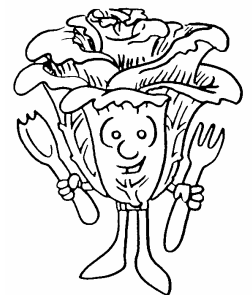
Winter Squash: Store your acorn squash at room temperature. See the *Winter Squash with Cranberries* recipe on the back, including the cooking tip for these hard-shelled squash.

Collards: See the *Greens with Peanut Sauce* recipe or Veggie Voice #21 for *Will's Collard Greens* recipe.

Choice: Bok Choy/ Tatsoi or Beets: See the recipe in *Veggie Voice #21*. Rinse well before using. There's a small amount of **beets** available as a choice.

Leeks: “A bunch of sweet, young leeks is a bonus in the autumn vegetable box. They are good enough to eat raw, but also taste great when lightly steamed or sautéed with garlic.” (*Simple Organic Kitchen & Garden*, p.269) Make sure to wash the leeks well, the leaves can harbor dirt particles. See the *Leek Onion Soup* recipe on the back.

Radishes: We kept the tops on for ease of bunching. To store the greens – cut them off



IN THE BOX

Salad Mix
Acorn Squash
Collards
Bok Choy or Beets
Leeks
Radishes
Baby Head Lettuce
Oregano
Pepper
Time-Based Choice:
Broccoli

and wrap in a damp towel or hydrator drawer – use as soon as possible. “The radish root is 94 percent water and claims modest nutritional value, offering a smattering of minerals like potassium, phosphorous, magnesium, and iron. The greens, however, rank way up there with other dark leafies as an excellent source of vitamins A, C, and the B’s/ Radishes are beneficial blood cleansers and digestive aids as well.” (*From Asparagus to Zucchini*, p. 128) Slice these red gems on a green salad, or make a radish sandwich with some goat cheese and pepper on sourdough bread. Radishes are also good in a salad combination with orange sections, slivered red onion and toasted sunflower seeds. Or you can always sauté or steam the little guys and serve with butter, salt and pepper.

Head Lettuce: a baby head of lettuce.

Oregano: “Tuck sprigs of oregano under the skin of chickens for roasting or in the cavity of any fish to be baked.” (*From Asparagus to Zucchini*, p. 108)

Pepper: Just one lonely pepper – the last of the harvest. Toss in a stir-fry or omelet.

Broccoli: This is a time-based choice. This week, State College members: Litzinger through Zu pick up a head (there will be a “B” next to your name.) Next week, everyone else will get their head. For those wondering, the groundhog that’s been eating the perimeter broccoli plants has not yet been eliminated.

Community News

Winter CSA: We only have a few spots left for the winter CSA. If you’re interested, please let us know as soon as possible.

Events to Remember
Nov 3: Final Summer CSA Distribution
Nov 24: 1st Winter CSA Distribution

Blue Rooster Farm – On special for Tuesday, Nov 3, sirloin steak for \$6/ lb. Use your favorite rub and grill or pan-fry these steaks or cube or slice it for your next stir-fry or stew. Very versatile cut. Thanks, Julie

Recipes

Leek Onion Soup

Sauté 4 cups chopped leeks or onions in 2 tablespoons butter until soft. Add 2 quarts water or vegetable broth and simmer another 20 min. Add salt or soy sauce to taste. For a treat, ladle soup into bowls and top with grated parmesan cheese and place under broiler until the cheese starts to bubble. Variation: add cubes of peeled potatoes to the leeks and boil until tender, then blend until smooth.

- 2-3 tbsp. chunky peanut butter
- 1-2 tsp. hot water

In large soup pot, sauté onion and garlic with olive oil. Add tomato and simmer 2-4 minutes. Add spices and stir 2 min. Add greens and water and steam until greens are tender, but not mushy. Avoid overcooking. Stir occasionally to coat greens with spices. Combine peanut butter and hot water and add to greens at the end of cooking time. Serve over brown rice.

Greens with Peanut Sauce

- from *Simply in Season*

“This works well as a side dish with almost anything but I often serve it with curry meals or over polenta,” says contributor Maynard Kurtz. “Sometimes I use curry powder instead of the various spices. Italian spices (oregano, thyme, basil) also work well.”

- 1 medium onion, chopped
- 2-3 cloves garlic, minced
- 1 medium tomato, diced (optional)
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- ¼ tsp. salt
- 1/8 tsp. ground cloves
- 1 bunch kale or collards, chopped
- ½ c. water

Winter Squash with Cranberries

- *From Asparagus to Zucchini*: Linda Taylor, Good Earth Farm

- 1 mall winter squash
- 1-3 teaspoons butter or olive oil
- 1 cup cranberries (fresh or frozen)
- 2-3 tablespoons raspberry jam or puree

Peel winter squash, chop flesh into ½ to 1 inch cubes, and steam over boiling water until soft but not mushy. (*Editor’s note: Instead of peeling, chopping and steaming – try this: Clean and then slice acorn squash in half, bake at 350 for 30 min, until flesh is soft, scoop flesh out.*) Heat butter or olive oil in heavy skillet over medium flame. Toss in cranberries and stir frequently until they soften. Mash in skillet with fork or potato masher. Stir in jam. When squash is done, toss it with the cranberry mixture. Makes 4-8 servings.