



Last Summer CSA Distribution

THE VEGGIE VOICE

Village Acres Farm Summer CSA • November 3, 2009 • Distribution 25 of 25
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“The return makes one love the farewell.” - Alfred De Musset

Farm Note • a word from the Village Acres Crew:

With this share of veggies, we complete our twelfth summer CSA. The roller coaster ride that Julie described at the beginning of the season has come to an end. We had our share of unknown loop-the-loops: voles eating our first planting of melons; steady straight runs: great asparagus, basil, raspberry, pepper, eggplant, melon and onion production; stomach churning downhill: would we have enough farm vehicles and cooler space for all the produce in August?; too short a run: of head lettuce; fear inducing uphill climbs: would the tomatoes stay blight-free?; neck-twisting hairpin turns: what ever happened to the strawberry and summer squash harvest?; surprise runs: the chard never took off, but the kale was a great backup crop. We hope you enjoyed *riding* with us this season. Now as the soil rests, with cover crops for soil-building and erosion prevention, we too will rest our bodies and prepare for next summer's wild ride. Thank you for choosing us to grow your vegetables and fruits! - Patrick

Produce and Cooking Notes

Salad Mix: Most of these greens are from our greenhouse, with the exception of the outdoor arugula. 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, baby kale, mizuna, beet greens, mustard greens, and arugula.

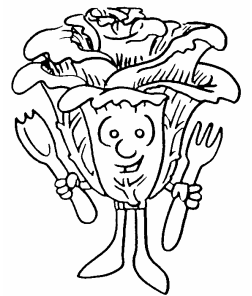
Sweet Potatoes: “Sweet Potatoes are often erroneously referred to as “yams,” a family of starchy tuberous roots originating in West Africa. The Sweet Potato is neither a potato nor a yam but a rooted tuber and member of the morning glory family.” (*From Asparagus to Zucchini*, p. 146) Store at room temperature. You may notice that many of the sweet potatoes in your share have cut areas that have a whitish skin over them. After harvest, we cut away any damaged portions of the root, then cure them at 80 degrees for about a week. The cut areas harden and the skin toughens up a bit to improve storage life. Just cut away the whitened section before use.

Cabbage: Our coolers are overflowing with boxes of cabbage. Roy is preparing a site near the barn to pour a concrete pad on which he'll install a 12'x14' cooler that's currently disassembled in the barn. The new (new to us, actually bought used) cooler will give us more room to get in all of our fall crops: carrots, beets, turnips, daikon radishes, celeriac, and of course more cabbage.

Carrots: It's been a challenge to grow carrots this year. They're a direct-seeded crop (not transplanted) that take a while to germinate and with the cool, wet weather, they didn't always germinate well and even when they did the weeds got ahead of us before we could get in and cultivate (uproot the weeds). In spite of these problems, we're proud to put some nicely grown carrots in your box this week. See our website for the *Creamy Carrot Soup* recipe.

Kale: Last season, our chard and kale plantings did not perform well. This season, even though our chard never took off, our kale has been a great performer. See the *Skillet Eggs with Kale and Chorizo* recipe on the back. For those in Mifflintown – *La Colombiana* on Bridge St. has chorizo.

Rosemary: “Use a sprig to enhance applesauce, hot cider, and butter.” (*From Asparagus to Zucchini*, p. 134)



IN THE BOX

Salad Mix
Sweet Potatoes
Cabbage
Carrots
Kale
Rosemary
Endive
Onions
Time-Based Choice:
Broccoli

Endive: Try it with a hot bacon dressing, or if you're vegetarian, try warming your favorite vinaigrette to slightly wilt the endive leaves – and add some hard-boiled eggs, toasted nuts, grated cheese or tofu cubes to your salad. If you don't like endive – we have a small quantity of head lettuce – just ask us.

Broccoli: SC: Those with a “B” by their name receive it this week. All locals and Burnham receive a head.

Community News

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

Blue Rooster Farm – I'll keep you on my mailing list through the winter whether you are a winter share member or not unless told otherwise. Thanks for a great season and hope to see you at Thanksgiving. Julie

Recipes

Sweet Potato Wedges with Rosemary – *from LocalHarvest.org*

Recipe copyright, Lorna Sass, 2008

Here is an interesting take on baked sweet potato "fries." Coat the wedges with a little soy sauce, which gives the potatoes nice color, and chili powder, which provides a little kick. A little fresh rosemary sprinkled on after baking offers a vibrant finish.

Serve the wedges hot, straight from the oven. In addition to being an interesting side dish, they make an unusual cocktail nibble.

Serves 3 to 4 (modified)

- 2 pounds sweet potatoes, scrubbed
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1 teaspoon soy sauce, preferably Japanese tamari or shoyu
- Salt and freshly ground black pepper
- 3/4 heaping tablespoon chopped fresh rosemary

Set two racks in middle section of oven. Line two lipped baking sheets or large, shallow roasting pans with foil. Preheat oven to 450 degrees.

Halve potatoes crosswise (no need to peel). Cut each piece in half lengthwise. Then cut each piece into wedges about 1/2-inch thick. Spread out on baking sheets.

In a small bowl, blend oil, chili powder, and soy sauce. Dribble half of oil mixture over each batch of sweet potatoes and toss to coat. Arrange wedges in one layer with a little space between them. Sprinkle liberally with salt and pepper.

Roast for 12 minutes. Turn slices over. Reverse shelves for baking sheets. Continue roasting until potatoes are tender, 8 to 12 minutes more. Sprinkle with additional salt, if needed.

To serve: Transfer potatoes to a platter and toss in

rosemary. Serve hot.

Au Gratin Cabbage

- from *Simply in Season*

- 2 c. cabbage, shredded
- 1/2 c. carrots, shredded
- 1/3 c. onions, chopped
- 1/2 c. milk
- 1 egg
- 3 tbsp. cheese, shredded

Sauté veggies until crisp-tender. Transfer to greased 1 qt. baking dish. Combine milk, eggs and cheese and pour over veggies. Garnish with chopped parsley and parmesan cheese; bake at 350 for 30-35 min.

Skillet Eggs with Kale and Chorizo – *From Asparagus to Zucchini* MACSAC

- 1/4 pound Spanish-style chorizo (or other spicy, hard sausage like Italian salami or garlic summer sausage), diced
- 1 bunch kale, stems removed, leaves chopped coarsely
- lemon juice
- pepper
- 4-6 eggs
- grated Parmesan cheese or asiago cheese

(optional)

Heat large, nonstick skillet over medium-high flame. Add diced chorizo and cook, stirring often, about 3 minutes. Add all the kale and cook, tossing often, until wilted, about 3 minutes. Sprinkle a little lemon juice and pepper and over the mixture and toss well, then push kale/chorizo mixture to outer edges of the pan. Reduce heat to medium and crack eggs 1 at a time into center of pan. Cook briefly uncovered, then sprinkle 3 tablespoons water over kale and eggs, cover, and cook until eggs are set, about 3 minutes. Sprinkle a little grated Parmesan cheese or asiago cheese over the dish and serve immediately, right from the pan. Makes 4-6 servings.

Events to Remember

Nov 12: Special Offer – see email

Nov 24: 1st Winter CSA Distribution