



September 27, 2007

Greetings CSAers,

Frost threatens and heat-loving crops are slowing to a halt. The pumpkins are peeking through the withering leaves, and there are some big orange ones out there. We will have a pumpkin for every CSA member that wants one. They will be available at the farm starting next week. You can pick up a pumpkin on Thursdays before 4:30, on Fridays until 6pm, and on Saturdays during farm stand hours, 10am to 2pm. We'll also bring a few to the Tumwater Farmers Market if you want to pick up there, Wednesdays 11am to 2pm.



Winter shares are filling up fast, so don't let that form sit too long if you're interested.

Our latest items for the silent auction at the Fun Farm Formal October 27:

- a rain barrel from Dan Borba, www.naturalrainwater.com. Dan sells these barrels at the Tumwater market and at the Proctor market in Tacoma. They are of a very practical design, well constructed and easy to install. Thanks Dan!
- For you football fans, we have an autographed left shoe from Seahawks kicker Josh Brown, which we received via an anonymous tip to a Seattle radio program late last year. Josh is a recipient, aptly, of the Pro Football Weekly Golden Toe Award!
- A beautiful framed photo of a fun farm scene captured by John Bair, Bair photography (www.bairsphotography.com).
- Special wines from the only female owned and run winery in Washington State.



Don't miss it!

What's in Your Box

Kale or Collards

Chard

Potatoes -- Santana

Lettuce

Peppers

Garlic

Leeks

Parsnip thinnings

Corn -- Kandy Korn (the red tassled one in the back)

Broccoli

A few extras





September 27, 2007

Beth's Farm News: What's Growing On

Have you seen the Harvest Moon this week? I've been reminded that the harvest moon is the full moon that occurs closest to the autumn equinox. Here at the farm we continue to bring in the harvest. On Sunday about twenty adults and children from Temple Beth Hatfiloh dug 525 pounds of Satina and Cal Red potatoes in about an hour and a half! This great mitzvah (commandment or good deed) helped clear the field so I can plant cover crops that will help return organic matter to the soil this fall and winter.

The Cedar Creek crew finished digging Yukon Gold and Yellow Finn potatoes from the very rocky north field. They also nearly finished constructing a 10'x40' hoophouse in the field that we plan to use for winter and early spring greens. They also spread manure on the beds where we will plant garlic next month.

Michael and Debbie have been weeding the new chard in the tunnels -- it's so nice and warm in there that the weeds are growing rapidly. We're excited to have you come out and pick your pumpkin! We hope you have a moment to enjoy touring the place where your food has been coming from all season.



Recipes

Thanks to the Splendid Table for this recipe. Check out their website for others, <http://splendidtable.publicradio.org>.

Autumn Salad of Caramelized Vegetables, Greens and Garlic-Pine Nut Dressing

Copyright 2007 Lynne Rossetto Kasper. All Rights Reserved

Roasted Vegetables (do up to a day ahead, use at room temperature):

- 3 tablespoons good tasting extra-virgin olive oil
- Salt and fresh-ground black pepper
- 3 large sweet red peppers, cut into fourths, seeds and ribs removed
- 3 large red onions, peeled and sliced vertically into 1/2-inch-thick slices
- 3 medium zucchini, sliced on the diagonal into 1/2-inch-thick slices
- 10 fresh sage leaves

Dressing (do up to 2 days ahead, refrigerate, but use warm):

- 4 large cloves garlic, thinly sliced
- 1/3 cup chicken or vegetable stock
- 1 tablespoon sugar
- 1/4 to 1/3 cup good balsamic vinegar
- 1/3 cup good-tasting extra-virgin olive oil
- Salt and fresh-ground black pepper to taste



September 27, 2007

Salad:

- About 7 cups assertive salad greens such as arugula, mâche or curly endive, washed, dried thoroughly and torn into bite-size pieces
- 1 head leaf lettuce, washed, dried thoroughly and torn into bite-size pieces
- 4 or 5 large scallions, thinly sliced on the diagonal
- 2 ounces thinly sliced coppa or salami, cut into thin strips
- 1/2 cup pine nuts, toasted
- 6 ounces fresh goat cheese, or other fresh cheese

1. The Vegetables: Preheat oven to 400 F. In a large shallow pan (a half-sheet pan works well), toss together the red peppers, onion, and zucchini with the olive oil and generous sprinklings of salt and pepper, and the sage. Spread the vegetables out in an even layer. Roast until they are tender-crisp, about 20 or 30 minutes. Don't overcook. Remove from the oven and set aside. If storing in the refrigerator, rewarm them in the oven before topping the salad.

2. The Dressing: In 10-inch skillet combine the garlic, stock, sugar, and balsamic vinegar. Boil 2 minutes, or until reduced by 1/4. Cool completely, then stir in the olive oil, and salt and pepper to taste. Set aside.

3. Divide the greens among 6 dinner plates. Arrange the roasted vegetables on top of the greens and sprinkle with the scallions, salami, and nuts. Spoon the dressing over the salads. Dollop spoonfuls of the cheese over all.

LYNNE'S TIPS

- Toast pine nuts in a small dry skillet over medium heat, stirring constantly until fragrant and beginning to color.
- There is no substitute for true artisan-made balsamic vinegar, the aged and complex elixir so rich and luscious you can sip it like liqueur. But it's in the luxury price range. For salads, sauces and marinades use a decent quality commercial balsamic and enrich it with a generous pinch of dark brown sugar per tablespoon of vinegar. You can also reduce (boil down) commercial balsamic until it becomes syrupy and concentrated. Some commercial brands to look for include Malpighi, Cavalli, Mamma Balducci, Giusti, Elsa, La Casa del Balsamico, La Vecchia Dispensa, Manicardi, and Due Frati. Check the Web for online purveyors.
- I think of France as the mother country of goat cheese. Called "chèvre" there (pronounced shev or SHEV-ruh), two famous French fresh goat cheeses are Montrachet and Bûcheron. Of course, now fresh goat cheese is almost as local as milk. So many American cheesemakers are doing it. From either France or the United States, you'll find the cheese shaped into rounds or cylinders and sometimes cones, and may or may not have a coating of cracked black pepper, various herbs or ash. Its texture can be crumbly or creamy, dry or moist. Choose carefully when shopping. Older isn't better here. You want a fresh cheese. Store it tightly wrapped in the refrigerator and use within a week or two. **NOTE: AVAILABLE AT THE TUMWATER FARMERS MARKET!**

Enjoy!