



December 6, 2007

Greetings CSAers,

Beth's Farm News: What's Growing On

What a week! This seems to be a time of great transition and transformation. I hope this letter finds you safe and dry. The farm escaped much of the flooding. There is some standing water, but we are still able to access the cultivated parts of the fields. The wind blew out the chard and kale tunnels (again!) so Kelly, Robert, and Doug spent Wednesday putting them back together. We also had some water damage in the office from a leaky roof. I imagine many farms to the south of us are flooded. We see and hear helicopters flying overhead several times a day now. Our hearts go out to the families and farms that have been affected.



Meanwhile, the plants and animals keep on growing. Our youngest chickens that we got in the spring have started laying, so we have a steady supply of eggs again available for \$3.50/dozen. Please let us know if you want eggs! I can see some fava beans slowly pushing up through the soil in the north field as well as more of the winter rye we sowed in November. Along with the helicopters, Canada geese fly over us on their journey to Mexico.

I wish you all hope and renewal in the coming week.

What's in Your Box

Radishes

Siberian Kale

Onions and Garlic - The onions are going fast. This is the last of the garlic. I saved it just for you!

Carrots - last harvest for the year!

Brussels Sprouts - a member of the cabbage family that has been cultivated since at least the 1200's in the area that is now Belgium, hence the name.





December 6, 2007

Recipes

Carrot & Parsnip Latkes Recipe

From Jewish Cooking in America by Joan Nathan (Alfred A. Knopf)

Just in time for Hanukkah, a new twist on the traditional latke recipe.

2 medium **carrots**, peeled
5 small parsnips (about 1 pound), peeled
1/4 cup all-purpose flour
2 large eggs, beaten
1 teaspoon minced chives or scallion
1 teaspoon chopped parsley
Salt and freshly ground pepper
Peanut oil for frying

Grate the carrots and parsnips coarsely. Toss with the flour. Add the eggs, chives, parsley, and salt and pepper to taste. Mix until evenly moistened. Heat 1/4 of peanut oil in a sauté pan until it is barely smoking. Drop in the batter by tablespoons and flatten. Fry over medium heat until brown on both sides.

Yield: 16 to 18 two-inch pancakes

Roasted Brussels Sprouts

Copyright 1999, The Barefoot Contessa Cookbook, All rights reserved

1½ pounds **Brussels sprouts**
3 tablespoons good olive oil
¾ teaspoon kosher salt
½ teaspoon freshly ground black pepper

Preheat oven to 400 degrees F. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

Brussels Sprout and Mushroom Ragout with Herb Dumplings

From January 2008 Herb Companion magazine. Adapted with permission from Vegetarian Suppers by Deborah Madison's Kitchen (Broadway Books) If you have the time, this recipe looks elaborate but delicious! Let us know if you make it and how you like it!

Mushroom Stock:

½ cup dried porcini mushrooms
3 cups hot water
2 tsp olive oil
1 **onion**, coarsely chopped



December 6, 2007

- 1 carrot, chopped
- 1 large garlic clove, sliced
- 2 mushrooms, sliced, plus trimmings
- 2 tsp tomato paste
- 1 T fresh or 1 tsp dried marjoram
- $\frac{1}{2}$ cup dry white or red wine
- 1 T flour
- $\frac{1}{2}$ tsp salt, pepper to taste

Cover dried mushrooms with hot water and set aside. Heat oil in a saucepan over high heat. Add onion, carrot, garlic and fresh mushrooms. Sauté, stirring occasionally, until well browned (about 10 minutes). Reduce heat to medium; stir in tomato paste, marjoram and wine; sprinkle with flour. Once wine has reduced to a syrupy consistency, after about 3 minutes, add the porcini and its soaking water, $\frac{1}{2}$ tsp salt and some pepper. Simmer for 20 minutes, then strain.

Ragout:

- 1 $\frac{1}{2}$ cups mushroom stock (above)
- 4 tsp olive oil
- 2 medium to large onions, sliced about $\frac{1}{2}$ inch thick
- $\frac{3}{4}$ pound white mushrooms, rinsed and sliced thickly on a diagonal
- 3 T chopped parsley
- 1 T chopped tarragon
- 1 garlic clove, minced
- $\frac{1}{2}$ large lemon
- 1 pound Brussels sprouts, halved and quartered

Herb Dumplings:

- 1 cup flour
- 1 tsp baking powder
- $\frac{3}{4}$ tsp salt
- $\frac{3}{4}$ cup milk, heated with 3 T butter or oil
- 3 T mixed chopped parsley and tarragon
- 1 egg

As mushroom stock simmers, start ragout. Heat oil in a wide, nonstick skillet. Add onions and cook over medium heat, stirring frequently, until aromatic and nicely colored (about 12 minutes). Raise heat to high and add mushrooms, herbs and garlic to pan. Squeeze lemon juice over mushrooms and sauté until mushrooms are browned, 5-7 minutes, reduce heat to low.

As mushrooms cook, bring a pot of water to a boil for the Brussels sprouts. Add salt, then Brussels sprouts and boil until nearly tender, about 4-6 minutes. Drain. Add to pan of onions and mushrooms; also add mushroom stock. At this point, you can turn off the heat until the dumplings are ready.

To make dumplings: Mix flour with baking powder and salt. Pour in milk, herbs, and egg. Stir quickly with a fork. Add spoonfuls of dumpling batter to the ragout, making 12 small dumplings in all. Cover pan with tented foil, bring everything to a simmer, and cook for 10 minutes. Makes 4 servings.

Enjoy!