



December 20, 2007

Greetings CSAers,

Beth's Farm News: What's Growing On

Happy Winter Solstice to you! The longest night and shortest day of the year is this Friday. The sun's direct rays reach their southernmost point, the Tropic of Capricorn in the southern hemisphere. After that, the angle of the earth in relation to the sun slowly shifts so that the rays move upward and our days up here get longer. Farmers get excited because that means plant life quickens once again as we make plans for another growing season.



At the farm, we have been cleaning up our plant nursery, removing weeds from pots and taking inventory. It has been exciting to see the tiny buds at the base of the perennials waiting to push forth with new life. Jessie, Doug, and Kelly transplanted irises and columbine into our perennial borders. This past weekend youth volunteers moved our blueberry plants from a back corner of the field up to the front so we can pay better attention to them. We continue to tidy up the farm in preparation for 2008.

What's in Your Box

Acorn Squash

Potatoes

Red Russian Kale

Stir fry mix - a blend of mizuna (frilly greens leaves with white stem), tat soi (small green spoon-shaped leaves) and small kale leaves. You can stir-fry it, steam it, add it to soups, tuck it into burritos and casseroles, even pile it onto a sandwich.

Garlic cloves - leftover from planting seed last month

Rosemary

Recipes

Shrimp with Prosciutto and Rosemary

Adapted from "Martha Stewart's Hors d'oeuvre Handbook"

Ann says that the best thing about this recipe is the fried rosemary. She doubled the amount of rosemary and enjoyed the crunchy bits of this wonderful herb in the sauce.

1.5 lb. large shrimp, deveined

$\frac{1}{2}$ cup Sambuka or Ouzo

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup rosemary (whole needles and sprigs of needles)



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8 slices (1 package) prosciutto
Salt and pepper to taste

In a glass baking dish, mix 2 T. of rosemary, sambuka, olive oil, and salt and pepper. Add the shrimp and marinate shrimp for 15 minutes, turning the shrimp once. Cut prosciutto into strips and wrap each shrimp holding the wrap with a toothpick. Pour the mixture into a deep sauté pan. Add the rest of the rosemary and sauté until the shrimp are pink, about 5-6 minutes. Remove the shrimp to a serving platter, scrape out the pan and pour over the shrimp. Serve warm or at room temperature.

Rosemary and Garlic Roasted Potatoes *from Chow.com*

1 pound potatoes
4 tablespoons olive oil
2 (5-inch) rosemary sprigs
5 cloves garlic, lightly smashed

1. Heat oven to 500°F. Clean potatoes, dry them well, and quarter them.
2. When the oven is heated, add oil to an 8-by-8-inch baking dish and place it on the bottom rack of the oven to heat. Once the oil is hot and shimmers (about 3 minutes), remove the pan from the oven and add dry potatoes, rosemary, and garlic. Carefully stir to coat in oil, and season generously with salt and freshly ground black pepper.
3. Return the pan to the oven, placing it on the bottom rack. Occasionally check on the potatoes and carefully turn them so that they don't burn. Roast until the potatoes have developed a nice crust and are dark golden brown, about 35 minutes. Remove rosemary, stir potatoes to coat them with oil and break up garlic cloves, season as necessary, and serve.

Kale and Kielbasa Stew *from Allrecipes.com*

6 large potatoes, peeled and cubed
1/4 cup butter
10 cups water
1 teaspoon salt
1 teaspoon ground black pepper
2 1/2 pounds kale (or other greens) - rinsed, dried and chopped
2/3 pound kielbasa sausage, sliced into 1/2 inch pieces

1. Place the potatoes into a large stockpot, over medium high heat. Add butter and water, and bring to a boil. Cook potatoes until tender. Reserve liquid and mash potatoes in the pan until smooth. Return the potato water to the pot and stir in salt and pepper. Simmer for 20 minutes.
2. Stir in the fresh kale and sausage and simmer for another 30 minutes. Serve hot.

Enjoy!