



November 26, 2008

Greetings CSAers,

Today's delivery concludes month one of our 3-month winter CSA. So far the weather has been very mild, which makes it much easier for us to bring you a great variety of fall vegetables. By this time last year, all of the more tender greens that weren't covered with plastic had died back under several nights of temperatures below freezing. The season is extended, and that's something to be thankful for!

What's in Your Box

- Pie Pumpkins - halve and bake face down til soft, then use for pie! Don't forget the seeds, rinse, toss in olive oil and salt and bake til light brown and crispy.
- Parsnips
- Potatoes -- Yellow Finn
- Mixed lettuces
- Kohlrabi
- Beets -- small but mighty roots with delicious greens



Beth's Farm News: What's Growing On

My gratitude list:

- Last Saturday, volunteers joined grower Michael to transplant over 400 perennials in an underutilized triangle of land in the south field, a project I've been planning for the entire year. Except for the rhubarb and Siberian iris, all the plants were ones I started from seed over the past two or three years. This triangle will beautify the farm, attract beneficial insects, and provide food in the form of rhubarb and flowers for bouquets. Another group of volunteers mulched with cardboard and wood chips around the Canterbury Bells, which have been buried in weeds all season. These biennial flowers now have a healthier place to bloom next year.
- On Monday, eight volunteers from Cedar Creek Correction Center helped dismantle a 96 foot greenhouse we bought from a neighbor. Thanks to Kelly's careful planning, the frame and plastic came down in three hours. Since we weren't ready to construct it right away, we had another three hours to do more clean-up on the farm. They cut down perennials and herbs at the front of the farm (a project that's been nagging at me for two months), sharpened tools (hooray!), weeded around the native plant border in the south field and began mulching around the newly planted perennials.

That's my list just for this week! I am very thankful to all the interns and volunteers who contribute their time and talent to LFO throughout the year. Ann, the staff, and growers also top my list.



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And you, my dear CSA members, give us a reason for it all. Thank you again for your interest and commitment to local agriculture.

Recipes

Roasted Parsnips and Pears *(adapted from www.waitrose.com)*

This is a wonderful vegetable dish for holiday dinners

1.5–2 lbs. parsnips, peeled and quartered lengthways

3 pears, cored and cut into quarters

3 tbsp olive oil

1 inch cube of fresh root ginger, finely grated

Preheat the oven to 425°F.

Mix all ingredients in a large bowl and toss well. Place on a large baking tray. Season well with salt and pepper and roast for 50-60 minutes, shaking and turning halfway through. Serve immediately.

Easy Pumpkin Muffins

These are the best muffins, and foolproof. You can use any cake or muffin mix. When you're tired of pumpkin pie, if that's possible, use the rest of your pie pumpkin for this recipe.

1 (18.25 ounce) package yellow cake mix

1 (15 ounce) can pumpkin puree (substitute 2 cups of any cooked squash or pumpkin)

1 tsp ground cinnamon

1/2 tsp ground nutmeg

1/4 tsp ground cloves

Preheat the oven to 350°F. Grease a 12 cup muffin pan or line with paper liners.

In a large bowl, mix together the cake mix, pumpkin puree, cinnamon, nutmeg and cloves until smooth. Spoon equal amounts of batter into the prepared muffin cups.

Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted in the center of one comes out clean.

Enjoy!