



January 19, 2012

### **Greetings CSAers,**

Wednesday morning and the power is back on at the farm. We're operating with a skeletal crew this week, not knowing until the last minute whether we would have heat or water for washing. So the shares are lean. I'm hoping we will recover in the next two weeks for the finish of our winter shares. On the positive side, we had more variety, and more greens, in the shares from November to early January than in any previous year. I added the last of the small collards to a salad last Saturday, they kept very well.

Our 100 foot hoophouse in the south field collapsed under the weight of the snow though, and the few trees on the property—including our lunch tree—suffered many broken limbs. There's a lot of cleaning up to do, starting next week when we are all back together on the farm.

### **What's in Your Box**

- Potatoes
- Acorn Winter Squash
- Carrots
- Garlic

### **Beth's Farm News: What's Growing On** *(written last week, before the power went out)*

The snow has certainly been a surprise! It was fun for me to watch the snowflakes swirl outside my window while I ordered seeds. With the land covered in white, I envisioned dark leafy greens, plump tomatoes, and fragrant flowers re-filling the farm.

Last week while it was dry we were once again fortunate to have Komachin Middle School students offer a few hours of service as part of their annual pre-MLK project day. Since we were preparing for Proctor Farmers' Market the next day, several of the students helped harvest leeks plus the last of the carrots and parsnips. Seth deftly oversaw much of the produce washing process, which as you can imagine involved the students getting delightedly soaked. Jill led a mulching crew that added more cardboard and wood chips to our long native plant border in the south field. We so appreciated their enthusiasm and determination!

### **Further Connections**



[Left Foot Blog](#)



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**Sharon's Corner**

Today, I have gone to a colder climate than our own, to collect a few recipes that seem appealing, given our current weather!

**Recipes**

**Norwegian Potato Dumplings**

2 pounds potatoes  
all-purpose flour as required  
1/2 teaspoon nutmeg  
3 eggs, beaten  
2 ounces butter, melted and cooled

Boil potatoes until tender. Set aside until quite cold. Pass cold potatoes through a grater into a large bowl. Add half the volume of the potatoes in plain flour and mix well together. Add nutmeg, beaten egg and melted butter. Form into small dumpling shapes with damp hands. Bring a large pot of water to the boil. Place a few dumplings into the fast boiling water, and cook for about 10 minutes. Lift from water with a slotted spoon and drain. Cook remainder of dumplings a few at a time, until completed. Serve with a sauce of tomato and onion, flavored with a little thyme and oregano, or sauce of your choice.

**Norwegian Fiskesuppe**

**Fish Stock**

1 1/2 to 2 pounds washed fish bones, heads, tails and trimmings  
4 cup water  
salt  
6 peppercorns  
1 onion-cut in half  
1 leek  
1/2 cup fresh fennel leaves  
cloves, bay leaf, thyme  
1/2 cup white wine

Combine all the ingredients except the wine in a saucepan. Bring to a boil and skim as needed. Add white wine and simmer slowly for 25-30 minutes. Strain through a colander lined with a clean napkin. When cool, cover and refrigerate.

**Fish Soup**

1 pound fish fillets (cod, scrod, rockfish, alone or in combination)  
1/2 pound peeled and deveined shrimp  
4 cup fish stock  
1 large leek, (white part only), finely chopped

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1/2 cup finely chopped celery  
1 medium onion, finely chopped  
1 carrot, scraped and finely diced  
2 egg yolks  
1/2 cup heavy cream  
freshly ground pepper  
2 tablespoon aquavit  
salt  
1 tablespoon finely chopped parsley  
fresh dill sprigs  
1 cup sour cream

Wash fish and cut into 1-inch squares. In a large saucepan, combine fish, shrimp, fish stock, and vegetables. Bring to a boil, reduce heat, and simmer just until the fish becomes opaque and the shrimp turn pink, about 5 minutes. With a slotted spoon, remove fish and shrimp and set aside. Continue to cook the vegetables 5-10 minutes longer, until tender. Remove pot from heat. Mix together egg yolks, heavy cream, and pepper and slowly stir into the soup. Add aquavit. Taste for seasonings and add salt as needed. Return fish and shrimp to pot and warm briefly until heated through. Do not boil. Pour into warmed soup bowls. Garnish with chopped parsley and dill and a tablespoon of sour cream. Pass the remaining sour cream.

Enjoy!