

Newsletter

Erehwon Farm

Week 14-September 08, 2008

This is a Healthy Alternative B week

Farmer Tim Reports

Greetings from Erehwon!

Cool weather last week is giving a boost to broccoli, cabbage, and cauliflower, spinach, lettuce and other greens. We have a few Brussels sprouts plants that are doing well and we hope to have some around the first frost. The first frost can be as early as September 20 and as late as early November. However, the average first frost comes about October 6. We're hoping for a late one to give our lazy tomato plants some extra time to produce some ripe fruit! This week we are hoping to pass out several ingredients for making salsa or green sauce: tomatillos, onions, tomatoes, jalapeño peppers, and cilantro. Monday we'll go down to Konen's to harvest a new variety of winter squash for next week.

On Saturday we talked with Larry Geddes of Geneva about harvesting some of his organic produce to pass on to our subscribers. He has been busy with his landscaping business and hasn't had time to harvest and market all his crops this year. Larry's store is open on Saturdays and has a supply of fresh vegetables, perennials, and other products he makes.

Geddes Gardening & Supply

Landscape Contractors
0N790 Bartelt Road, Geneva, IL 60134
(630) 208-1660
(Bartelt road is just west of Peck Road off Keslinger)

This week we are going to try for some of his Asian pears that are ripe now. We are working to clean up our apple press and may be able to press some juice the week after. We'll let you k



now and you can bring a container on pickup day and help with the pressing.

If anyone has access to a supply of apples or other fruit and wants to make fruit juice, you may come to the farm and we'll show you how to run our press. One person can run the press which can make about 15 gallons an hour. Call us to make sure it's operational and schedule a time.

This week we will start constructing a prototype temporary hoop house to cover some of our tender crops like tomatoes, peppers, and beans to extend the season a bit. We have quite a list of projects to work on and would be grateful to anyone who could volunteer to help. Our aim is to develop the technology for growing fresh local food all year, even in the dead of winter. This week we'll be including more information about some specific tasks and times where volunteers could help us finish up the season.

We will see you next week!

In your boxes this week

You can expect to find tomatoes, winter squash, potatoes (various varieties), garlic, broccoli, peppers, Asian pears.

Those who have the Healthy Plus share can expect chard or kale, cucumbers, extra tomatoes, and salsa packs.

Wish List

Yard waste for the compost pile. You can bring to the farm or drop in the back of the farm truck on pickup days (you can recognize our truck as it will surely be the oldest one in the lot!).

Newspapers and cardboard for mulching to kill weeds.

Paint can lids, quart, half and full gallon.

Wagons for use in harvesting.

We get mail

Just an FYI, one potato in our bag today was of lack of form, i.e. if you held it, it would drip through your fingers. Another five of them were soft and squishy. The remaining five were firm. Also, if we had any feedback on this year it would be that we'd like to get more run-of-the-mill veggies like bib lettuce, spinach, tomatoes cucumbers and less cabbage, bitter greens, and the alien things with tentacles (rutabaga?). Yours always, Gerard

Thanks Gerard, We don't know what happened to your potatoes – sounds

like possibly were damp and hot. We will watch to keep this from happening again. We are with you on the veggies you want and we hope to improve our supply of those you mentioned over the next few weeks. The tentacled alien things are kohlrabi. Try this: Peel off the skin, cut into slices, squeeze on some lemon juice, and enjoy. Also, use with a veggie platter for an unusual taste. Tf

p.s. Gerard is the leader of OD TAPO IMI a raucous steel drum band that plays all over the country. You can see them in action at

<http://www.youtube.com/watch?v=I0nUwVpOSU&feature=related>

He's the crazy, hopping-up-and-down, spiky-haired blond in the middle, who loves to cut up his old steel drums with his "Saws All". His only redeeming quality is that he loves his veggies. If you want more of this action, you can cruise with them this winter. We went last year and truly had a great time. Go to: <http://www.funconcert.com/>

Hi Beth,
Loved your blurb on Steve and I taking the Azomite. Just wanted to share with you and Tim the information that led us to ingesting the Azomite each morning. Hope you enjoy reading the article connected to the link. The word document is a list of trace minerals and what benefits they give the body. The positive changes we have noticed since we started taking the Azomite are I-N-C-R-E-D-I-B-L-E !!!!!!!!!!!!!!!!!!!!!!!
Steve and I will be on vacation September 20 and are very sorry that we will be missing the farm event but hope to help out at the next one.
<http://www.westonaprice.org/basicnutrition/superfoods.html>

Steve and Sandy Trisko

Thanks Steve and Sandy for your support and encouragement over the years and for always, usually

unwittingly, providing material for our newsletter. tf

Delivery Schedule

12:30–van leaves farm
1:00-1:30–delivery at Ball Hort
1:30-2:00–delivery at Wheaton
2:00-3:00–delivery at Lombard
2:45-3:15–delivery at Bartlett
3:00-3:30–delivery at Elgin

All times are approximate and may vary.

Farm pick-up times

Wednesday: 4:00-6:30
Friday: 2:30-5:30

If you have problems or questions about the pick up, please call Beth (630-485-9964) or Tim (630-485-9963).



Look at those lovely sweet potato vines and think of the yummy sweet potatoes to come!

Upcoming Volunteer Event

The September Volunteer Event is scheduled for **Saturday, September 20**. We will be harvesting pumpkins and ornamental gourds. This is a great activity for kids. So we will meet at the Mongerson Farm at noon and caravan down to the Konen Farm. (Latecomers can go directly to the Konen Farm.) Refreshments will be provided.

At approximately 3:00 the caravan will return to the Mongerson Farm where we will engage in a little pumpkin decorating before setting up for the potluck supper around the campfire.

So bring your pumpkin decorating supplies (let's not limit ourselves to carving!) and (probably) warm clothing.

Those not volunteering but wishing to participate in the pumpkin decorating will have to purchase their pumpkin and, as always, those not volunteering who wish to attend the potluck will be charged \$5.00 per family. We will provide water, juice, plates, cups, napkins, and plasticware.

Please call or e-mail Beth (630-485-9964, alpropst7@yahoo.com) if you plan on attending.

Fall shares

Don't forget about those fall shares. We are now announcing it to the general public. So get your applications in now, while there are still spots.

Fall Leaves

Don't pay the city to take away your leaves! Bring them to us—we'll give them a good home. You can bring them to Mongerson Farm any day of the week between 8 and 5.



Baby lettuce plants—you should see them all grown up in your shares in a couple of weeks.

Veggie Trivia

Did you know that one third of all available USA natural resources (raw

Grandma Beth's Cookbook

materials and fossil fuels) are consumed by factory farming?

Cooking Demonstrations

We are still looking for volunteers to host cooking demonstrations at subscriber pick ups.

Asian Pears

The term Asian pear describes a large group of pear varieties having crisp, juicy fruit. When mature, the fruit are good to eat when harvested or for several months after picking if held in cold storage. The crisp texture of an Asian pear remains unchanged after picking or storage, unlike the flesh of European pears such as Bartlett or Comice

Asian Pear Slaw with Chilies

6 celery ribs
4 Tbsp fresh lime juice
4 Tbsp seasoned rice vinegar
1 tsp ginger root
6 Asian Pears, sliced ¼-inch thick
3 scallions, thinly sliced on diagonal
¼ cup Cilantro leaves
½ tsp Fresno chili or Jalapeno chili, finely chopped

Whisk together juice, vinegar, and ginger and stir in celery and remaining ingredients with salt and pepper to taste. Let stand at room temperature 15 minutes before serving.

Jicama and Asian Pear Salad

2 cups Romaine lettuce, shredded
2 cups Jicama, julienne-sliced
2 Asian pears, cored and chopped
½ cup Golden raisins
¼ cup White wine vinaigrette
¼ cup Apple cider or juice (for Dressing)
¼ tsp Chinese five-spice powder or ground allspice

In a bowl, toss the shredded lettuce, jicama, Asian pears and golden raisins until combined. For dressing, whisk together the salad dressing, apple cider or juice, and five-spice powder or allspice until well mixed. Drizzle over salad and toss well. Serve immediately.

Farmer Tim's Tomatillo Salsa

Tomatillos, husks removed and washed
Chili or jalapeno pepper, stems removed
Cilantro leaves
Juice of 1 lime, about 2 tablespoons juice

Roast tomatillos and peppers in medium oven until tender. Cool. Remove seeds from peppers. Place all ingredients in blender or food processor and purée until smooth. Place in tightly covered container and store in refrigerator for up to 1 week. Serve with grilled chicken, pork, or fish or eat with tortilla chips. For extra punch, add diced tomatoes and onions to sauce after pureeing.

Winter Squash—Part 2

Winter squash comes in a variety of sizes and shapes, from the over-sized Hubbard to the dainty Sweet Dumpling. We grow a number of varieties that you can expect to find in your share during the coming weeks.

Acorn

This acorn-shaped squash is one of the most widely available among the small winter squash. It measures about 6 inches around and weighs 1 to 2 pounds. Acorn squash is a good source of calcium. Baking is an excellent way to bring out the flavors of this squash.

Buttercup

This stocky squash is 6 to 8 inches in diameter, averaging 2 to 4 pounds. Its popularity stems from its sweet and creamy orange flesh. Its shortcoming is that it tends to be a bit dry. Baking or steaming can solve this problem; the dry flesh becomes smooth and tastes similar to a mixture of honey, roasted chestnuts, and sweet potato. Even more than baking, steaming softens the flesh and creates a thick puree.

Butternut

This elongated bell-shaped squash measures about a foot long and weighs an average of 2 to 4 pounds. Its popularity is due to its meaty, yet moderately sweet golden orange flesh. Because of its thin skin, this squash can easily be skinned with a vegetable peeler, which makes it easy to cut and prepare. Baking enhances its sweet, moist, and nutty flavors.

Delicata

A long oblong-shaped squash with a cream colored, green striped thick outer skin and a golden fine-textured inner flesh. Considered as a novelty squash, its size may range from 5 to 10 inches in length with an average weight of 1 to 2 pounds. This is one of the tastier winter squashes, with creamy pulp that tastes a bit like sweet potatoes, hence its other name—the Sweet Potato Squash.

Hubbard

This tear-shaped squash comes in several varieties: green (true), golden, blue, and baby blue. It ranges from dark green to orange and weighs from 5 to 50 pounds. Because of its size, hubbard's popularity has decreased over the years. However, pre-cut portions of green and orange hubbard can be found in markets. Green hubbards are thick, sweet, and dry. Golden hubbards—a smaller squash than the green or blue—are fairly sweet, but have a bitter aftertaste. We grow a smaller variety of Hubbard that is a little easier to manage.

Spaghetti

This oval-shaped yellow squash is also called the vegetable spaghetti. It averages 9 inches in length and may weigh 2 to 3 pounds. When cooked, the crisp, tender, spaghetti-like strands yield a mild lightly sweet and fresh taste. Keep in mind that the larger the vegetable, the thicker the strands and the more flavorful the taste.

Sweet Dumpling

This solid round squash is a perfect serving for one person. It is about the size of a large apple and weighs up to 1 pound. The skin is a warm cream color striped with ivy green, and it changes to butter color and orange during storage. The skin is relatively tender and can be eaten. The pale-yellow flesh is smooth, fine, and dry as a potato and produces a rich starchy, light to mild. Carnival is similar to Sweet Dumpling, but a little larger and streaked with orange. The flesh is also more orange than Sweet Dumpling.

Uses

To a certain extent, all of the winter squashes are interchangeable with the exception of the spaghetti squash. The darker the flesh, the richer the flavor tends to be. Acorn, Sweet Dumpling, and Carnival work well for

stuffed squash recipes (you know—the ones with apples, raisins, brown sugar, and cinnamon). Because of their size, they are also a little more work to extract the flesh. Bigger squash=less work per cup of useable squash.

Acorn Squash Stuffed With Apples

3 medium acorn squash
3 tart apples, peeled, cored, and cut into small chunks
1 Tablespoon all-purpose flour
Salt and freshly ground black pepper
6 Tablespoons butter
3 Tablespoons light brown sugar
1 teaspoon ground cinnamon

To facilitate slicing, partially bake the acorn squash until the skin can be broken easily by the pressure of your thumbnail. Transfer to a colander and allow to stand.

In a mixing bowl, combine the apples and flour and toss to coat evenly.

When the squash is cool enough to handle, cut each one in half lengthwise. Scoop out the seeds and fibrous tissue. Transfer the shells to greased baking dish. Spoon the apples into the squash cavities and sprinkle with salt and pepper.

In a small saucepan, combine the butter, brown sugar, and cinnamon. Stir over medium heat until the sugar is dissolved. Brush over the exposed flesh of the squash and then drizzle what remains over the apples. Cover with aluminum foil and bake at 350 for 20.

Cranberry Stuffed Acorn Squash

2 (1-pound) acorn squash
3/4 cup fresh or frozen cranberries
1/4 cup finely-minced sweet onion
3 Tablespoons orange juice or orange marmalade
2 Tablespoons brown sugar
2 Tablespoons butter
1 teaspoon lemon juice
1/4 teaspoon fresh-grated nutmeg
1/4 teaspoon ground cinnamon
1/4 teaspoon kosher salt

Pierce the acorn squash all over with a fork or sharp knife so it will not burst in the oven. Wrap in foil and bake at 350 until tender. Remove and let rest for 10 minutes.

While the acorn squash is baking, stir together cranberries, sweet onion, orange juice or marmalade, brown sugar, butter, lemon juice, nutmeg, cinnamon, and salt until well-combined. Place mixture in a saucepan and

simmer for 10-15 minutes until cranberries have popped and softened. Remove from heat and let cool slightly while you proceed with the acorn squash.

Cut the acorn squash in half and remove seeds. Place cut-side up in a greased baking dish. Fill with the cranberry mixture. Cover with aluminum foil and bake at 350 for 20 minutes. Uncover the dish and continue baking for 20 to 30 minutes or until the squash is tender. Let rest 5 minutes before serving.