

Butterbean Community Farm News

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This week's share:

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|--------------------|-----------------------|
| 1 – choice of herb | 6 – potatoes |
| 2 – salad mix | 7 – rutabaga |
| 3 – spinach | 8 – onions |
| 4 – carrots | 9 – garlic |
| 5 – parsnips | 10 – butternut squash |

Ranked from shortest to longest storage potential. (#4 through #10 store very well)

Field Report

Back in April, we were nervous about how cold and wet it was, setting our planting dates back. In August, we were becoming cynical about the “chances” of rain that the forecast suggested. Right now, we're pretty happy with how Mother Nature is treating us. The weather has been playing along with the farmers this fall, providing us with chilly-yet-frost-free weather. According to the books, we're due for a frost any day now, but a glance at the 10-day forecast says we're set for a while.

These warm days sprinkled with rain are really ideal for fall growing. Certain crops love this kind of weather. Cilantro, spinach and salad mix come to mind, but also our roots like this kind of weather, too: carrots, rutabagas, beets, radishes. These shares keep getting heavier, as well (you might want to bring an extra bag tomorrow). We've been calling this week Pasty Week because of the key heavy root vegetables involved with this traditional meat pie.

The put-the-farm-to-sleep chores are a blast with this warm weather. With the use of a manure spreader that is *older* than our tractor, we had a chance to apply some quality animal bedding from the farm's generous turkeys and sheep. You should've seen the grin on my face. All of that bedding mixed with manure - high quality nitrogen and organic matter - evenly applied on the fallow field, tucking in the land for a good long sleep. This is living.

- Dan

Recipes

Rutabaga Apple Salad

from Steph Armstead, Troy Community Farm

Our friend Julie brought this delicious slaw on a camping trip with us last weekend, and we loved it.

Ingredients:

- 1 medium rutabaga, peeled and coarsely grated
- 2 large apples, cored and sliced
- 2 celery stalks, thinly sliced
- 2 carrots, peeled and grated
- optional: 1/2 cup finely shredded purple cabbage, 1/2 cup raisins, sultanas, currants, or dried cranberries
- 1/4 cup sesame seeds, pumpkin seeds, or other nut/seed, lightly toasted
- freshly cracked pepper
- optional: 1 teaspoon fresh thyme leaves (or 1/4 tsp dry)

Dressing:

- 1/4 cup fresh lemon juice
- 1/3 cup sesame tahini
- 1/4 cup water
- 2 tablespoons maple syrup
- pinch nutmeg
- 1/2 teaspoon sea salt

Lightly toast sesame seeds in a dry sauté pan over medium heat until golden and fragrant, about 3 – 5 minutes. Set aside and let cool. Grate rutabaga with a large-holed grater or a food processor. Toss with chopped apples and 2 tablespoons of lemon juice (to prevent browning) in a large bowl. Add grated carrot, sliced celery, and raisins/currants, and stir to mix. In a medium bowl, whisk together tahini, maple syrup, and lemon juice, then add water and continue to whisk until smooth. Add sea salt and nutmeg and whisk again. Drizzle dressing over salad, and stir to combine, then add sesame seeds. Serve at room temperature or chilled.



Chick Pea Peanut Stew with Butternut Squash

I made this hearty stew to take camping with us last weekend -- it is filling and warming on a cold night. Also, it's surprisingly creamy and rich for not containing any dairy.

Ingredients:

- 1 butternut squash, peeled and diced
- 1 ½ cups rice
- 1 – 2 medium onions, diced
- 1 tablespoon fresh ginger, peeled and minced
- 4 cloves garlic, minced
- chick peas, 2 cans or 4 cups cooked
- 8 – 10 cups vegetable stock
- 1 cup peanut butter
- 3 cups spinach, coarsely chopped
- salt and pepper to taste

Sauté onions, garlic, and ginger in a large soup pot until soft, about 3 – 5 minutes. Add butternut squash, stock, rice, bring to a boil. Simmer until squash is soft and the rice is done, about 30 minutes. Stir in peanut butter and spinach and season with salt and pepper to taste while simmering for a few final minutes.



Other cooking ideas and tips:

- The combination of vegetables you're getting this week is perfect for making **pasties**, a traditional Cornish meat pie that miners in the U.P. would take for lunch in the mines. Rutabaga, potatoes, carrots, parsnips, onions, garlic, and ground beef would comprise a traditional pasty filling.

- Speaking of pastries, I love to make spanikopita with spinach from the farm. Deterred by the description of making homemade puff pastry in the Joy of Cooking cookbook (which I highly recommend reading if you ever get the chance), I buy that part from the store.

- This time of year is perfect for cutting up an array of root vegetables, tossing them with olive oil and herbs, and roasting them until soft. Serve with a salad and some nice cheese or pan fried pork chops.

Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
potatoes	cool and dry		•	•		•	•		•	•	•	•
carrots	wrapped, refrigerated	•	•	•	•	•	•		•	•	•	
spinach	washed, dried, loosely wrapped, refrigerated				•	•	•				•	
onion	cool and dry	•	•	•	•		•		•	•	•	•
salad mix	wrapped, refrigerated				•							
winter squash	room temperature	•	•	•	•	•	•	•	•	•	•	•
parsnips	wrapped, refrigerated	•	•	•	•	•			•	•	•	
rutabaga	wrapped, refrigerated	•	•	•	•	•			•	•	•	
herbs	loose wrap, refrigerated		•	•	•		•	•	•	•	•	
garlic	cool and dry	•	•	•	•		•		•	•	•	•

(adapted from *Farm Fresh and Fast*)