

Butterbean Community Farm News

Vol. 1 No. 17 October 2nd, 2013

This week's share:

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|--------------------|-------------------|
| 1 – choice of herb | 6 – sweet peppers |
| 2 – salad mix | 7 – hot peppers |
| 3 – spinach | 8 – leeks |
| 4 – eggplant | 9 – winter squash |
| 5 – radishes | 10 – garlic |

Ranked from shortest to longest storage potential.

Field Report

It's been a goal of mine to utilize cover crops on our farm. There are a host of reasons to grow cover crops. For example, bare soil is much more susceptible to erosion and leeching, and weeds take advantage of competition-free growing. Less obvious reasons are that cover crops add organic matter to the soil surface once mowed or tilled. Rye, oats, and sudangrass also have penetrating roots that dig deep into the soil and bring minerals and nutrients to the surface. And unlike most vegetables, certain cover crops take nitrogen from the atmosphere and turn them into a form of nitrogen consumable to plants. These cover crops are appropriately called nitrogen fixers, most of which are legumes.

Last weekend, we had a nice stroke of luck with our cover cropping plans. Too much rain and then not enough prevented us from cover cropping to our hearts' desire earlier in the year, and we only managed to get in an awesome stand of buckwheat (pictured below).



However, we prepped and seeded a quarter of our farm on Saturday, and it promptly rained two hours later. All of the seeds were nestled into the soil and watered from the evening rains, and we should get a good germination rate in the next week and into the fall. Thus, achieving our goals of tying up the soil with wanted plants, suppressing weeds, and adding some vegetation and nitrogen to the mix, so our field will be ready to go next June!

- Dan

Recipes

Confetti Winter Squash Soup

from Farm Fresh and Fast

"Deliciously rich and not too sweet, this creamy soup is a showcase for winter squash."

Ingredients:

- 2 delicata or other winter squash
- 2 tablespoons olive oil, plus more for roasting the squash
- 2 medium to large leeks, finely chopped
- ½ cup celery
- 1-2 red bell peppers, diced
- 3 – 4 cups chicken or vegetable stock
- juice from ½ lemon
- ½ cup half and half
- salt and ground black pepper to taste

1. Preheat oven to 400 degrees. Halve and seed the squash. Place the halves cut side up in a 13 x 9=inch baking dish and fill the dish with ¼ inch water. Drizzle the squash with olive oil, cover, and bake until soft, 30 – 40 minutes. When it's cool enough to handle, scoop out the flesh and set aside.

2. In a stockpot, heat 2 tablespoons of olive oil over medium heat and sauté the leeks until they begin to soften, 5 – 7 minutes. Add the celery and peppers and cook until soft, about another 5 minutes. Add the broth and squash flesh and simmer for about 10 minutes. Add the lemon juice and coarsely puree the soup with an immersion blender. Stir in the half-and-half and adjust the consistency with more broth or half-and-half if necessary. Season with salt and pepper.

Bacon-Wrapped Jalapeño Thingies

from thepioneerwoman.com

I chose this jalapeño popper recipe because of its simplicity, but there is a wealth of information about battering and frying your own jalapeño poppers as well if you're feeling more ambitious, or less interested in the bacon aspect!

Ingredients:

- 8 jalapeños or hungarian wax peppers
- 1 package cream cheese
- ½ pound bacon (optional)

If you have them, slip on some latex gloves for the pepper prep... Cut jalapeños in half, length-wise. With a spoon, remove the seeds and white membrane (the source of the heat; leave a little if you like things HOT). Smear softened cream cheese into each

jalapeño half. Wrap jalapeño with bacon pieces (1/3 slice). Secure by sticking toothpick through the middle.

Bake on a pan with a rack in a 375-degree oven for 20-25 minutes. You don't want the bacon to shrink so much it starts to squeeze the jalapeño. If, after 20 minutes, the bacon doesn't look brown enough, just turn on the broiler for a couple of minutes to finish it off. These are best when the jalapeño still has a bit of bite to it.

Serve immediately, or they're also great at room temperature.

Other cooking ideas and tips:

- Because of its shape, carnival squash, also known as "sweet dumpling" squash, is a good candidate for baking and stuffing.
- Winter squash, when it has been cooked and pureed, freezes really well! Freeze it in small quantities and pull it out to use for pies, soups, and stews in the winter.
- Some quiche filling ideas: leek, spinach, and cheddar; roasted beet, leek, and feta; bell pepper, sausage, and garlic
- Not feeling jalapeño poppers? You could make refrigerator pickles of your hot peppers instead. Or slice and freeze them for using later.
- Contrary to what we knew, we just learned from Cooks Illustrated that it's the white pith – not the seeds – from hot peppers that contain the most capsaicin, the chemical that makes peppers "hot."
- We like to chop fresh herbs like cilantro and parsley and freeze them in ice cube trays – then we use them for making curries and other soups in the winter.



Winter squash harvest from last Saturday!

Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
radishes	refrigerated	•			•	•			•		•	
peppers	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
spinach	washed, dried, loosely wrapped, refrigerated				•	•	•				•	
eggplant	loose paper bag, warm refrigeration	•				•	•		•	•	•	•
salad mix	wrapped, refrigerated				•							
winter squash	room temperature	•	•	•		•	•	•	•	•	•	•
leek	wrapped, refrigerated	•		•						•	•	
herbs	loose wrap, refrigerated			•	•			•	•	•	•	
garlic	cool and dry	•	•	•	•		•		•	•	•	•

(adapted from *Farm Fresh and Fast*)