

Butterbean Community Farm News

Vol. 1 No. 16 September 25th, 2013

This week's share:

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|--------------------|---------------------|
| 1 – choice of herb | 7 – radishes |
| 2 – salad mix | 8 – celery |
| 3 – tomatoes | 9 – delicata squash |
| 4 – chard | 10 – yellow onions |
| 5 – green peppers | 11 – carrots |
| 6 – scallions | 12 – beets |

Ranked from shortest to longest storage potential.

Field Report

Welcome to Fall, everybody. The days are now officially shorter than the nights, and the lows are creeping lower. This makes for crisp, beautiful mornings and extra time to tidy up the farm – I love farm tidying. But besides blue skies and chores, we're dreaming big over here at Butterbean HQ.

We've had such a wonderful year growing produce for you all, and we definitely want to expand our operation. So, we've been looking at farm properties east of Madison. I'm sure you've heard us mention some tidbits here and there, but we want to give you the whole scoop of what's on our minds for Butterbean next year and beyond.

Sarah and I are hoping to find a piece of land within the next year or so while still growing on our current rented acre just outside of town. This way, we can get to know our rented acre and predictably manage it so as to yield better quality and quantity. In the meantime, we're hoping to find something just outside of town so we're still close to our community and friends while being able to live on the land where we grow your food.

Last week, we officially changed gears from theoretically looking at property to wanting to buy a property: we happened to find a nice parcel down on Hwy 12/18 that had plenty of room and lots of horse manure. The dream, but we arrived a little too late. At least now our financial ducks are in order, so we'll be ready to jump on a good opportunity if and when it presents itself.

What does that mean for us and you and Butterbean? Nothing's going to change this season, and your enthusiastic farmers will continue to scheme and keep you in the loop in the coming months. The take home message that we really want you all to know is that we are thrilled to be your farmers, look forward to keeping at it, and anticipate becoming better growers for you and more folks in the coming season. Thank you so much for being a part of this adventure with us.

-Dan

Recipes

Beet Salad with Feta and Pecans

adapted from marthastewart.com

Serve this colorful salad as a side to a hearty soup or over a grain of your choice, for a light dinner or lunch-on-the-go.

Ingredients:

- ¼ cup pecans or walnuts
- about 2 pounds beets, peeled and diced
- 1 tablespoon canola oil
- 1 ½ tablespoons cider vinegar
- 1 ½ tablespoons olive oil
- 2 ounces feta cheese, crumbled
- 1 tablespoon flat leaf parsley, plus sprigs for garnish
- coarse salt and freshly ground pepper
- salad greens and/or bulgar, rice, quinoa, cous cous for serving

1. Preheat oven to 350 degrees. Place pecans on a baking sheet, and toast until fragrant, about 10 minutes. Transfer to a bowl to cool. Coarsely chop, and set aside. Raise oven temperature to 400 degrees.

2. Toss diced beets with canola oil and a sprinkling of salt, then arrange them on a large baking sheet. Bake, stirring occasionally, for about 25 – 30 minutes or until beets are tender. Bake in a tightly covered pan if you want soft, tender beets, or uncovered if you want more chewy, slightly crunchy beets.

3. Drizzle vinegar and olive oil over beets; toss to coat (beets can be made ahead). When ready to serve, add feta, parsley, pecans, and salt and pepper to taste; toss to combine. Garnish with parsley sprigs.

Delicata Squash with Herbs and Cider Glaze

from epicurious.com

Ingredients:

- 2 medium delicata squash (about 2 pounds) or other firm winter squash
- 3 tablespoons unsalted butter
- 1/4 cup very coarsely chopped fresh sage
- 1 tablespoon coarsely chopped fresh rosemary or ½ T dried
- 1 1/2 cups fresh unfiltered apple cider or juice
- up to 1 cup water
- 2 teaspoons sherry vinegar
- 1 teaspoon salt
- freshly ground black pepper

1. Squash. If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch -thick slices. Other types of squash should be peeled with a chef's knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.

2. Herb Butter. Melt the butter in a large (12-inch) skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.

3. Cooking the squash. Add the squash to the skillet, then the apple cider, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. If the liquid has boiled off too much and the squash still needs to cook more, add up to 1 cup of water in small increments, as needed. Taste and season with pepper, and additional salt if needed.

Other cooking ideas and tips:

Did we ever tell you how much we like caramelizing scallions and putting them on everything?

This week you're receiving the classic French "mirepoix" trio: celery, carrots, and onions. You can use this trifecta as the base for soups, stews, stocks, and sauces.

If you don't feel like eating your beets and or/carrots right now, put them in a plastic bag and tuck them in the back corner of your fridge – they'll last for months. Even the delicata will last for about month, but the winter squashes that you'll be receiving soon are better for storage.

Over the weekend, we made gumbo and pizza. Highly recommend.

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	•			•	•			•		•	
beets	wrapped, refrigerated	•	•	•	•	•		•	•	•	•	
peppers	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
celery	wrapped, refrigerated	•	•	•	•		•			•	•	
tomatoes	room temperature	•	•	•	•		•	•	•	•	•	•
salad mix	wrapped, refrigerated				•							
winter squash	room temperature	•	•	•		•	•	•	•	•	•	•
chard	washed, dried, loosely wrapped, refrigerated		•		•	•	•		•		•	
carrots	refrigerated	•	•	•	•	•	•		•	•	•	
herbs	loose wrap, refrigerated			•	•			•	•	•	•	
onion	cool and dry	•	•	•	•		•		•	•	•	•
scallions	wrapped, refrigerated	•	•	•	•					•	•	

(adapted from *Farm Fresh and Fast*)