

# Butterbean Community Farm News

Vol. 1 No. 20 October 23rd, 2013

## This week's share:

- |                      |                          |
|----------------------|--------------------------|
| 1 – choice of herb   | 7 – garlic               |
| 2 – choice of greens | 8 – onions               |
| 3 – leeks            | 9 – carrots              |
| 4 – brussels sprouts | 10 – beets               |
| 5 – potatoes         | 11 – beauty heart radish |
| 6 – winter squash    | 12 – extras              |

Ranked from shortest to longest storage potential.

## Field Report

It's hard to believe that it's time for us to plant our garlic for next year already...last Halloween seems like just yesterday, when we planted this year's garlic out at the farm. That was before we had purchased any other seeds, before we had any CSA members signed up, before we had picked a farm name, and before we had done any other planning for this season. And now here we are, almost one year later, on the eve of the 20th CSA pick up! People are starting to ask us, "So, how did everything go?"

Well, the weather was incredibly reasonable, especially in the wake of Wisconsin's drought last year. I'd consider our pests and weeds more educational than a real threat – thank you flea beetles and pig weed. Some seeds were less enthusiastic than planned – looking at you, parsnips – and some plants were quite robust, like the prolific sungold tomato and the relentless green beans. No matter how much planning we did before and during the season, there was still a certain amount of blind leap involved in this agricultural endeavor of ours.

In the end, our main feeling about the farm is gratitude for the season we had. But not just because of the weather; we would not have encountered the pests nor parsnips if the farm hadn't had the support of our friends and community: you! We've gotten to know you all better in the past five months, and it's really awesome to know that the food we grew provided sustenance in your lives. And in turn, your support fueled our farm, and our lives. It's that beautiful exchange that makes us want to do it again next year.

We hope that you have a great winter ahead, and look forward to connecting after hibernation.

- Dan and Sarah



## Recipes

### Fall Harvest Gratin

*from Farm Fresh and Fast: "This recipe is delicious exactly as written, or with other cool-weather vegetables (like parsnips, turnips, or fennel) swapped for some or all of the vegetables. You should have 6 – 8 cups total, including the apple."*

#### Ingredients:

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 leek, roughly chopped
- 1 medium sweet potato, peeled and diced into 1-inch cubes
- 1 medium beet, peeled and diced into 1-inch cubes
- 2 handfuls brussels sprouts (about 10, halved)
- 3 potatoes, diced into 1-inch cubes
- 1 slice whole-grain bread (to yield ½ cup bread crumbs)
- 1 Pink Lady apple, cored and diced into 1-inch cubes
- freshly ground sea salt and black pepper to taste
- 2/3 cup grated sharp white cheddar
- chopped fresh flat-leaf parsley (optional)

Preheat an oven to 375 degrees. Warm the olive oil and garlic in an oven-proof Dutch oven over medium-high heat. Add the leek, sweet potato, beet, brussels sprouts, and potatoes and toss to coat. Cook over medium-high heat for 12 – 15 minutes, shaking the pan a couple of times. The vegetables should start to brown. Meanwhile, place the whole-grain bread in a blender and pulse into fine crumbs.

When vegetables are finished cooking, remove Dutch oven from the heat and stir in the apple. Season with freshly ground salt and pepper. Sprinkle with the breadcrumbs and the freshly grated

cheese. Place the Dutch oven, uncovered, in the oven. Bake for 35 – 40 minutes, or until the crumbs and cheese are starting to brown. Garnish with chopped flat-leaf parsley (if desired).

## Ania's Borscht

*from Farm Fresh and Fast: "Every family from Russia to Romania has its own recipe for borscht, a hearty and classic eastern European soup that highlights the rich, sweet flavor of beets. Borscht is delicious served hot or cold. The beets will turn the whole dish a vibrant reddish-pink."*

### Ingredients:

- 2 tablespoons olive oil
- 1 – 2 onions, chopped
- 1 – 2 leeks, chopped
- kosher salt
- 2 cups shredded cabbage
- 1 (28-ounce) can tomatoes (crushed or diced)
- 3 – 4 beets, chopped
- several celery stalks, sliced
- 12 cups water and broth (6 cups of each)
- 3 bay leaves
- ½ tablespoon dried marjoram (can substitute basil)
- salt and ground black pepper to taste
- 1 teaspoon sugar (optional)
- 1 sweet apple (pink lady, golden delicious, etc), peeled, cored, and shredded
- 1 bunch leafy greens, chopped
- 1 (15-ounce) can white beans
- 1 tablespoon lemon juice
- sour cream (optional)

Heat the olive oil in a large stockpot over low heat and sauté the onions and leeks for 1 – 2 minutes. Add the cabbage and sauté some more (at least 10 minutes). Add the tomatoes, beets, carrots, and celery. Stir everything and sauté a few minutes more. Add the broth and water (enough so that everything in the pot is covered and there is still room for the greens), bay leaves, marjoram, salt, pepper, and sugar (if desired). Cook until everything is tender, 30-40 minutes. Add the apple, greens, beans, and lemon juice. Cook for a few minutes more. You may use an immersion blender to puree the soup, but it's not necessary. Serve with a dollop of sour cream (if desired).

### Other cooking ideas and tips:

- Any old winter squash will do, but we like making homemade pumpkin pie with butternut squash the best. Its smooth texture and user-friendly shape are its winning qualities.
- Brussels sprouts can be prepared by simply cutting them in half and sautéing in a covered pan or tossing with oil and roasting on a baking sheet in a 375 degree oven until soft and browned, about 20 minutes.
- Soups, slaws, bakes, casseroles...the possibilities are endless.
- As tender leaves become more rare, it's nice to make homemade sprouts to use as garnishes or in salads. Mung beans are our favorite, but you can sprout all kinds of seeds. To make sprouts, put a cup of seeds/beans in a quart jar and soak over night. In the morning, rinse and leave on the counter with a screen or cheese cloth on top. Continue rinsing a couple times a day until sprouted to your satisfaction, then put in refrigerator. Will keep in fridge about one week.

## 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		•	•		•	•		•	•	•	•
greens	washed, dried, loosely wrapped, refrigerated		•		•	•	•		•		•	
leek	wrapped, refrigerated	•		•						•	•	
carrots	wrapped, refrigerated	•	•	•	•	•	•		•	•	•	
winter squash	room temperature	•	•	•	•	•	•	•	•	•	•	•
radishes	refrigerated	•			•	•			•		•	
brussels sprouts	loosely wrapped, refrigerated	•	•	•		•	•	•		•	•	
herbs	loosely wrapped, refrigerated		•	•	•		•	•	•	•	•	
garlic	cool and dry	•	•	•	•		•		•	•	•	•
beets	wrapped, refrigerated	•	•	•	•	•		•	•	•	•	
onion	cool and dry	•	•	•	•		•		•	•	•	•

(adapted from *Farm Fresh and Fast*)