



Week 22 – Fall share

November 22nd or 23rd

In your box:

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|---------------------------|--|
| -- Beets | -- Onions, yellow |
| -- Carrots | -- Parsnips |
| -- Celeriac | -- Pie Pumpkin |
| -- Decorative Indian corn | -- Potatoes (Nicola) |
| -- Kale (winterbor) | -- Winter squash (Long Island Cheese and Delicata) |
| -- Leeks | |

Happy Thanksgiving! This has been an especially memorable year for Nina and I, and as Thanksgiving ushers in the holiday season, we're grateful for a chance to reflect and rest. It's an amazing experience to celebrate Thanksgiving with so much of our own food that we've seeded, tended, harvested, and prepared over the past 8 months. It seems like such a long time ago that we started our first seeds in our basement, under lights. We started with seeds for celery and celeriac, and while the celery has succumbed to these cold nights, we are still bringing in celeriac. It's a great feeling to commemorate a holiday of food and family by sharing our harvest with loved ones, and hopefully some of this week's harvest finds its place along your turkey this week.

Additionally, I'm extremely grateful to have found a job for the winter. I will be working for MRCI in Chaska, a day center for adults with special needs that focuses on vocational opportunities and practical life skills. I'm thankful to have any job in a sour economy, but to have such an important job interacting with incredible people feels like a real blessing.

Just a couple new items this week. We had a great harvest of **decorative corn**, and we're including a couple of ears today for decorating. The kernels could also be ground down for corn meal or planted in the springtime, though there's certainly no shame in simply composting it once it's served its purpose. Also, we've topped off the boxes with a **Long Island Cheese Winter Squash**. This monster looks much like a well-tanned pumpkin, though it's technically a squash. This is a lot to handle, so I've included directions for freezing below.

We had hoped to have some **Brussels Sprouts** for the fall shares this year, but unfortunately they didn't turn out. All of the plants are stubby and yellowed, and I'm not sure why. We'll try again next year....

Around the farm, I'm scurrying to finish all of the remaining work in the fields before winter finally arrives. It sounds like our recent streak of warm, sunny days is approaching its end, so I'm bringing in all I can before the ground freezes. All of next year's garlic, strawberries, and asparagus are under a cozy bed of straw for protection from the movements of the frozen soil—the soil heaves and sets as it freezes and thaws, which can damage the roots of these hearty crops. A few hoses and tools linger in the fields, and I've got a bit of work to do to bring in carrots, beets, celeriac, parsnips, rutabaga, leeks, and kohlrabi to help us through the winter. But the end is in sight! Within a few weeks I'll be able to sleep in on a Saturday.

This is the final box of our 2009 season. Thanks so much for your continued support throughout the fall! We hope you've enjoyed these extra weeks, and come to appreciate the graces of rutabaga and celeriac. Have a great winter!

Savory Tempeh and Vegetables

Adapted from *Simply in Season*

- ☞ 2 TB butter
 - ☞ 2 TB olive oil
 - ☞ 3 leaves kale, de-stemmed and chopped
 - ☞ 3 cloves garlic, minced
 - ☞ 1 TB ginger root, peeled and minced
 - ☞ Fresh rosemary or sage, to taste
1. In a Dutch oven, melt the butter with the oil on medium heat.
 2. Add the other ingredients and saute for 2 minutes.
- ☞ 16 oz tempeh
 - ☞ 1 c. water
 - ☞ 2 TB soy sauce
 - ☞ 1 TB maple syrup
3. Arrange the tempeh over the dish. Whisk the liquids together in a separate bowl and pour over the tempeh.
- ☞ 2 medium onions, diced
 - ☞ 1 ½ lbs. winter squash, seeded and cut into chunks
 - ☞ 2 medium or 3 small parsnips, peeled and sliced
 - ☞ 2 large carrots
4. Spread these veggies on top of the tempeh in the order given. Sprinkle with coarse salt. Cover and bring to a boil.
 5. Transfer to a preheated oven and bake at 400° until vegetables are tender, about 25 minutes. With a slotted spoon, transfer vegetables and tempeh to a serving bowl. Drain back any juices into the Dutch oven and place over medium heat.
- ☞ 1 ½ c. cold water
 - ☞ 2 TB soy sauce
 - ☞ 2 TB arrowroot powder or cornstarch
6. Combine these final ingredients in a small bowl and mix until dissolved. Whisk into the juices. Simmer, stirring constantly, until sauce thickens. Pour sauce over the tempeh and vegetables. If desired, gently fold in 2 thinly sliced green onions. Serve immediately over rice or bulgur.
- Serves 4-6

Roasted Parsnips

From *Simply Organic*, by Jesse Ziff Cool

- ☞ 1 lb. parsnips, peeled and cut into 3" sticks
 - ☞ 2 medium leeks, cleaned and sliced into ½" rounds
 - ☞ 2 TB olive oil
 - ☞ 2 garlic cloves, minced
 - ☞ 1 tsp fresh chopped oregano
 - ☞ ¼ tsp salt
 - ☞ ¼ tsp black pepper
1. Preheat oven to 375°.
 2. Put the parsnips and leeks into a large bowl. Sprinkle with the oil, garlic, oregano, salt, and pepper. Toss to coat well. Spread out on the prepared baking sheet.
 3. Roast, turning occasionally, for 30 minutes, or until the parsnips are tender and lightly browned.
- Serves 6

How to.... Freeze Winter Squash

1. To begin, preheat the oven to 375° - 400°.
2. Wash the squash, slice down the middle, and scoop out any seeds and pulp with a spoon. Place both halves of the squash face down into a casserole dish, and add ¼"- ½" of water.
3. Bake for 45-60 minutes, depending on size of squash.
4. Remove the squash from the oven and peel off the skin. Puree the squash in a blender or with a hand mixer.
5. Place the pureed squash into freezer bags. It may be helpful to freeze the squash in measured 1 or 2 c. servings, to be used in recipes needing a certain quantity of squash. This saves the work of thawing and re-freezing too much.

