



In the Share

Butternut Squash, 1 piece
Pie Pumpkin, 1 piece
Sweet Potatoes, 1 bag
Beets, 1 bag
Turnips, 1 bunch
Leeks, 2 pieces
Celeriac, 1 bulb
Salad Mix, 1 bag
Mustard Greens, 1 bunch
Choice of Herb, 1 bunch
Garlic, 1 head

There are many new items in the share this week. Some of these were planted long ago at the end of the winter. They have been quietly growing all these months and finally they are ready to eat.

Though you cannot really tell from its size, the celeriac is the crop that has been in the field the longest. We planted it in the greenhouse in February, out to the field in April, and now we finally get to taste it in October. Celeriac is one of Jake's favorite vegetables and we have been working on growing this crop well for many years. We still have some work to do, but we are very happy to offer to you today the very first celeriac we have ever grown well enough to actually distribute to members. It looks rough and dirty, but it's flavor is quite mild and delicious – think celery without the bitter bite. To use celeriac, first peel it, then wash it, and then use it as you would celery. You can cut it into sticks and eat it raw with dip or salad. Or you can cook it in soups and stuffings. If you do not get to it right away, celeriac will keep in your fridge all the way through to spring.

The squashes are the next longest growing vegetables in the bunch. These were planted in the greenhouse in March, to the field in early June, and
(continued on the back)

Claire's Comments

Intern Solo Week

Just last week I was thinking how the end of the season seemed so far away. And then on Monday I woke up and realized that I had only two more weeks to finish harvesting and tuck the farm in for winter. Oh my! How did it get to be so late? Next week will be my last week to work with the crew in the field. In addition to doing the usual CSA harvest, we will also be harvesting and packing the storage crops that many of you ordered. AND we will be doing the final preparations for intern solo week.

During solo week, the farm staff leave the farm and the interns do it all. They lead the farm crews, harvest the crops, drive the trucks, write the newsletter, clean up, and get an opportunity not only to put what they have learned to the test, but also to learn a lot more about the details of weekly farm routine.

Solo week started in 2008 when Jake and I had an opportunity to attend Terra Madre in Turin, Italy. Slow Food Madison sponsored four of us from Community GroundWorks to make the trip and it was an opportunity we could not pass up, even though it coincided with our last CSA harvest of the year. So, out of necessity, we asked the interns to do the last pickup on their own. It went very well. When we got back, we learned that the interns really valued the experience of running the farm for one week. It gave them a chance to test out their skills with the crops but also with leading crews, interacting with members, and dealing with problems. It gave them a better idea of what it might be like to have their own farm one day and that seemed to be the perfect culmination to their internships. So now, even though we do not go to Italy each year, we do leave the farm to the interns for the last week of the season.

On Monday we will make assignments on who will be responsible for what during solo week. Then we as farm staff will do our best to step back and make sure everyone gets a chance to try things out while we are still there. We will go over final details ranging from what size the kale bunches should be, to how to back up our box truck without hitting the fence, to how many shares go to the Westside and how they are packed. My job before Monday is to get the rough outline of all these things written down so that interns can take notes on that outline as we go through the final training week.

Then it is time for the hardest part: I have to walk away and let them do it. It helps that I have a great deal of confidence in the abilities of all our interns. They have been a great crew - willing to learn, anxious to work, committed to providing good quality food to our members. It also helps that I will be hiking in the Smoky Mountains during solo week this year and will not be reachable, much like when I was in Italy. I think it will be a great week for all of us and I very much look forward to coming back and hearing how it went!

Recipes

Few aromas or flavors from the kitchen induce nostalgia more readily for me than that of roasted butternut squash. Growing up, my family garden always contained a large patch of this autumnal fruit, perhaps second in size only to the many rows and rows of potatoes we grew. Its sweet and nutty flavor is a staple of the best holiday of the year (Thanksgiving, of course), and is one of my personal favorite vegetables.

Butternut squash lends itself nicely to being prepared in soup. Since it is harvested in autumn and stores well, you can keep your belly warm all winter (at least, if you grow as many as my family used to)!

- Phil Weyers, Farm Intern

Butternut Apple Soup

3 tablespoons olive oil	1/4 teaspoon ground cinnamon
3 cloves garlic	1 large butternut squash
1 large onion	3 cups vegetable broth
2 large carrots	Salt and pepper
1 large apple	

1. Preheat oven to 350. Peel butternut squash and cut in half lengthwise. With a spoon, gut the squash, removing all seeds. Chop into 1/2 inch cubes. Toss with a tablespoon of olive oil and roast in the oven for 25-30 minutes. Set aside.
2. While roasting squash, skin and chop apple, chop carrots, dice onion, and mince garlic.
3. Heat 2 tablespoons olive oil in a large soup pot over medium-low heat. Add garlic, onion, and carrots and cook until softened, about 10 minutes.
4. Add in all remaining ingredients (including squash). Bring to a boil, reduce heat, and simmer for 25-30 minutes, or until all vegetables are fork tender.
5. Remove from heat and puree in a blender. Add salt and pepper to taste. Enjoy!

(continued from "In the Share")

we have been slowing working our way through them since late August. This week's offerings are the classic butternut squash and pie pumpkin.

Most of you will be familiar with butternut. As a grower I like it because it is reliable. It grows well, stores well, and always tastes great. I use it mostly in soup, but will also make it into squash curry. One trick I learned a few years ago is to peel the squash before cutting into it. Just stand it on your cutting board and peel down from the top to the board with a sturdy knife. After you get your squash peeled, you can use it in Phil's soup recipe on the left.

It is the perfect week for pie pumpkins. The trees are looking so dramatic right now that a pumpkin fits right in. You can use this pumpkin for decoration, but you can also use it for pumpkin pie, pumpkin soup, or a stuffed pumpkin dinner.

Sweet potatoes are likely the most exciting item this week. These too have been in the ground for a long time - since May. The tubers grow under the soil surface, so until we dug the first ones up last week, we really did not know what to expect. Last year our sweet potatoes were small and pathetic. When we dug in this year and found these lovelies, we were thrilled. You will notice that about half the potatoes in your share have been cut. Sometimes the tubers break, get hit with the shovel, or have some kind of blemish when we dig them up, so we cut the damage off of those and let them cure before sending them to you. The cured cut will keep just as well as a whole skin. Because damage is so common in sweet potatoes and because we cannot stand to discard so much good food, we always include some cuts in each share. Store your sweet potatoes in a cool cupboard, but not in the fridge where they will rot quickly. Or just bake them and eat them up as soon as you can!

The mustard greens are the last new item. We started growing them a few years ago and they have become a favorite fall crop for us. You can sauté them lightly with garlic and onion and serve them as a side dish. Or you can chop them into smaller pieces and add them to your salad mix for a delicious peppery flavor. I always love the return of salad in the fall when there are so many delicious things to include - mustards, turnips, beets, carrots, celeriac, etc.

Next week: Butternut squash, acorn squash, Brussels sprouts, sweet potatoes, kale, salad and/or cooking greens, and possibly broccoli.

Butternut squash harvest, 2011



Troy Community Farm

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