



## In the Share

Sweet Potatoes, 1 bag  
Popcorn, 1 bundle or bag  
Broccoli, see signs  
Leeks, 1 bunch  
Kale, 1 bunch  
Salad Mix, 1 bag  
Choice of Herb, 1 bunch  
Garlic, 1 head  
Ristra, 1 string  
Butternut Squash, 1 piece  
Acorn Squash, 1 piece  
1 Jack-o-lantern OR 2 Gourds

There are a few end-of-season treats in the share this week. These are some fun items that will last for quite a while and can serve as fall decoration as well as winter food.

First is the popcorn. Originally I started to grow popcorn because it would be a fun food that we don't usually think of when we think of "farm fresh." Then I figured out that we could bundle them and hand them out for members to dry at home as a kind of Indian corn – but better because you can also eat it! Thus, the popcorn bundle in your share. This popcorn is not yet ready to pop. It still needs to dry for about 4 to 6 weeks. When it is good and dry, rub the kernels from the cobs with your thumbs and pop them as you would pop any other popcorn. For those of you who are not interested in the decorative part of the popcorn, we do have a few bags off the cobs that are all ready to go. That corn can be popped right away.

The next item is the ristra – which just refers to a string of peppers. Typically you hang a ristra in your kitchen and pull off the peppers to use in your cooking as needed. Meanwhile, the peppers dry and keep on the string indefinitely, and they are

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## Claire's Comments

### Winter Work

This is my last week working with the crew and harvesting CSA shares for the year. On Wednesday we about froze our fingers off with the combination of cold air and cold water that we were working in, so in some ways I am not sorry to be moving inside for the winter.

But I will certainly miss all the folks I have been lucky enough to work with this year. We have had a fantastic crew of interns, worker shares, and volunteers who helped us pull off a good harvest even through the longest drought we have ever seen.

I will also miss seeing all of you. You have been a wonderful community of eaters and supporters in this Community Supported Agriculture project. It has been a great pleasure to grow all this food for all of you, our neighbors and friends and committed supporters of local agriculture. We thank you for joining us in this project, picking up your shares each week, and helping to make your local farm healthy and strong. We are here growing food in Madison only because you are here to eat it.

As we finish out the season cleaning up the fields and putting away the tools, I am always ready to think about what's next. Though I am not a fan of the winter weather, I do really like my winter work. Through the winter I will be making plans for the 2013 season, ordering seeds, developing new classes for our farm intern program, and starting to think through some of the new ideas we come up with every summer.

Some of those new ideas are coming directly from you all as you fill out your end-of-year member surveys. In reading through your comments so far, I am thinking that we should put together some sort of member handbook this winter. It would include simple storage tips for all our vegetables, possibly some quick ideas for how to use some of the more unusual vegetables, and basic information on where to pickup your vegetables and what to do if you miss the pickup. In the survey, some of you are asking for more storage information in particular, so the handbook could take care of those things and still leave room in the newsletter for stories and such.

Other ideas that are coming from the surveys include having some shares packed and ready for quick pickup for members who are in a rush on any particular day, incorporating more fruit into the shares, and even including some more unusual vegetables. Some of those ideas will be pretty easy to implement (like the quick pickup option) and others will take more time (like fruit). Winter is my opportunity to think through the possibilities and get ready to make changes come spring. I look forward to reading more of your input through the surveys. What you have to say will help guide our projects through the cold months.

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## Recipes

*I intern with Slow Food UW Cafe, which serves lunch from 11:30 to 2 PM in the basement of the Crossing (on University and Charter) on Campus.*

*This past week we made breakfast, and despite the fact that we had homemade Nutella stuffed french toast, this sweet potato hash was still my favorite. It is delicious and super easy, and more importantly it has sweet potatoes, which makes everything better.*

*- Paige Kelly, Farm Intern*

### Sweet Potato and Root Vegetable Hash

1.5 lbs diced sweet potatoes  
1 lb of your choice root vegetables diced  
(carrots, beets, parsnips, etc.)  
1/2 yellow onion diced  
1 bunch of kale  
1/4 cup butter  
3 cloves of garlic  
olive oil  
salt and pepper

- Coat sweet potatoes in olive oil, salt and pepper lightly. Roast diced sweet potatoes at 400 degrees for about 20 minutes.
- Coat root vegetables in olive oil, salt and pepper lightly. Separately roast the root vegetables at 400 degrees for about 30 minutes (until they are soft).
- Roast garlic cloves for about 10 minutes at 400 degrees, lightly coated in olive oil.
- Melt butter in small saucepan, mince roasted garlic and add (makes a tasty garlic butter).
- Clean and cut kale into bite size pieces.
- Sauté onion and kale in 1/2 of garlic butter, until onions are translucent and kale is soft.
- Add roasted vegetables and the rest of the garlic butter.

Optional: You can use olive oil in replacement of butter if you are going for a vegan recipe.

(continued from "Claire's Comments")

Winter is also a time for us to regroup as a staff. Jake, Julie and I will meet regularly through the winter to work on a wide range of projects from our sprout business to our spring plant sale to making winter repairs to our equipment. We also take some time to talk about what we would like to accomplish on the farm in the following year and begin to set those plans in motion. Then in February, we open up the greenhouse and start planting all over again. All too soon the winter work is behind us and we are welcoming the spring again.

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pretty. The little red peppers on your ristra are super chilies. These are the hottest peppers we grow and the best suited to drying. Use them carefully, they can be very hot.

The last fall decoration item is the choice of Jack-o-lantern or gourds. These are the only items we every deliver that cannot be eaten (with the exception of the pumpkin seeds of course.) They are purely for decoration.

On to the more typical offerings this week, they will all be familiar to you at this point. The only one you have not received before is the acorn squash. The traditional way to cook this squash is to bake it with a little brown sugar and butter, but you can also stuff it. I think my favorite way to eat squash is stuffed.

Sweet potatoes are back this week. Paige was an intern on the farm this summer and she could go on and on about sweet potatoes. She loves them. She went back to school before we started harvesting them, so we thought of her often as we pulled this great crop from the ground. I asked her if she would be willing to share one of her sweet potato recipes and she was happy to send along the recipe on the left. As a bonus, the recipe also includes kale and can use up some of the beets, carrots, and garlic that may have been accumulating in your kitchen through the summer.

Broccoli is also back. Getting fall broccoli to mature in time for these October shares has been a goal of mine for several years. Fall broccoli is delicious. The flavor actually improves with the cold, frosty mornings we have been having. Though the heads are not huge (as I would like them to be) they are a delicious fall treat.

While the salad mix is familiar to all of you, there is a new leaf in there this week. We had a nice patch of fall arugula, so we incorporated that into the mix. When you taste a nutty leaf with a bit of spice, that is the arugula. Fall is the only time we can keep the flea beetles off of it long enough to actually include it in the mix.

All the crops at the farm are definitely winding down at this point. Nothing grows very fast when the nights get as cold as they do these days. Still, there is just enough out there for the interns to work with next week. I do hope they have fun and that you enjoy the share they assemble for you!

Next week is intern solo week. The interns will have some familiar vegetables in the share as well as a few surprises.

## Troy Community Farm

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