



In the Share

Butternut Squash, 1 piece
Carnival Squash, 1 piece
Red Onions, 1 bag
Brussels Sprouts, 1 bag
Leeks, 1 bunch
Carrots, 1 bunch OR 1 bag
Red and Green Peppers, TBA
Beans OR Eggplant, TBA
Garlic, 1 head

We are solidly into the fall food season! This is the season for roasted root vegetables, leek soups, and stuffed squashes. At last it is time to turn on the oven for a good kitchen-heating dinner.

Brussels sprouts are new this week. Laurel has some good information on how to prepare these tiny and powerful spouts on the back of the newsletter. You may want to keep that information around because you will likely have Brussels sprouts in your share for the next few weeks.

Leeks are another item you will be seeing regularly from here on out. See Laurel's Farm to Table from last week for some good tips on leeks. The variety you have today is called King Richard. It is a bit shorter than the Lincoln leeks we have delivered in the past. Both are delicious, but the King Richard are a little easier to fit in the fridge!

We have moved on to a new planting of carrots. You will see that these are a bit shorter and fatter than the previous planting. I am guessing this shape was inspired by the lack of water during much of August and September. They are also a little more dirty than usual, thanks to the 3 inches of rain that fell last week and created a great deal of mud.

These are the very last beans, eggplant, and peppers for the year. It was a great season for all these crops, and this is their final farewell.

Next week: acorn squash and pie pumpkin, leeks, potatoes, kale, and maybe even popcorn!

Claire's Comments

Important Questions Answered

Usually by late September and early October there are two questions we start to hear most every week at the farm stand. The first is "How many more weeks do we have?" And the second is "When can we order some honey!?" Today I have definitive answers to both of these questions.

There are two more "official" CSA pickups for this year, the last one being on 15 October and completing our 20-week season. But don't put your canvas bag away too quickly! We are also planning a bonus pickup for 22 October. This bonus week is special because it will be harvested and delivered completely by our farm interns. Last year Jake and I had the honor of attending Terra Madre (a huge gathering of food producers from around the world held every 2 years in Italy). We had to be away for the last week of the CSA season and our interns, Gini and Nicole, handled the week on their own. It was great for us to be able to leave the farm in their hands, and it turns out it was a great learning experience for them to have the full responsibility of farm operations for that week. So, even though Jake and I will (hopefully) be working on the new greenhouse instead of sampling our way through the Salone del Gusto, we decided to repeat the intern solo week by adding a bonus pickup to the CSA season. Gini, Laurel, Angela, and Kely will be choosing, harvesting, packing, and delivering the vegetables all on their own that week. They will also write that very last newsletter. So, mark your calendar with 22 October as the last CSA pickup for the year.

As for the honey, today is the day! There is an order form for some storage crops on the back of this newsletter, and included in the list are three options for honey. The first is the Troy Honey Sample. This option consists of two 8 oz. jars of honey. One jar is filled with our early honey harvest – spring honey made with nectar from dandelions and black locusts and various other spring-flowing plants and trees. The second jar is honey from our summer harvest and extraction. This honey is slightly lighter than the spring honey and likely contains sweet clover and various nectars from the farm's squashes and the prairie's flowers. There is both a color and a flavor difference between these two, so I thought it might be fun to sample both. The other two honey options are either a one-pound or a two-pound jar of the spring honey. Because of the cold this year, we did not get much of the summer honey. While we do have more honey this year than last, I am expecting demand to be high and I may run out of honey to fill all the orders. So, get your order in early! I will contact you with options if I am unable to fill your particular honey order.

Remember to take a look at the vegetable options on the storage share order form as well! We do not have a great supply of these crops either, so ordering early is wise.

Laurel's Farm to Table

Brussels Sprouts

Brussels sprouts are a brassica, or variety of the cabbage family. They contain very high levels of glucosinolates, which are bitter when overcooked. So please, cut an X a 1/2" deep in the bottom of your Brussels sprouts (or cut them in half) to encourage quick cooking and less bitterness. Your reward will be a delicious mini-cabbage that helps fight cancer. Finish any of the preparations below by tossing with onions, leeks, root vegetables, red wine, butter, lemon juice, sage, thyme, caraway, dill, fennel, horseradish, apples, chestnuts, sour cream, rich meats, salted and smoked meats (think bacon), or game.

To Store: wrapped lightly in plastic in the drawer of your refrigerator for 1 week. You may also blanch for 3-5 minutes, shock in ice water, drain, dry, and freeze.

To Clean: Pull off any loose or discolored leaves and trim the stem. Rinse and drain. Cut an X a 1/2" deep in the bottom of each sprout.

To Prepare:

- **Boiled:** For each pound, bring 4 quarts water and 1.5 TB salt to a rolling boil. Boil uncovered for 6-12 minutes if whole (4-7 minutes if cut in half), or 'til you can pierce through with a knife. Drain and dry. You can also plunge in cold water to stop the cooking, drain, and refrigerate until ready to reheat in the seasonings of your choice (see above).
- **Steamed:** In a single layer in a steamer, 8-15 minutes (less if cut in half).
- **Braised:** Cover Brussels sprouts with 1/2 cup water (try apple cider, stock, or red wine) and 1/2 tsp salt. Cover and simmer 8-10 minutes, shaking frequently. Drain.
- **Roasted:** Boil in halves first, until just tender. Toss with olive oil, salt, pepper, and any other seasonings and roast on in a single layer, CUT SIDE DOWN, on a sheet pan at 375 until the cut sides are browned, about 20 minutes.

Storage Share Option

We offer these storage crops as a way to keep your pantry stocked with Troy vegetables beyond the end of the growing season. They will all keep in a cool closet or basement for several months. (Though the carrots, beets, and leeks will stay hydrated longer if you can fit them in your fridge.) The honey is from the farm hives. You will see that our honey price is higher than what you would expect to pay at farmer's market. The price is high because the flavor is excellent and the supply is very limited. We are hoping to earn enough money through these sales to expand our apiary from 5 to 10 hives – meaning there will be more honey next year! Quantities on some of the vegetable crops are limited as well, so order early! All orders will be filled on a first come-first serve basis and for those we cannot fill, we will make refunds.

Number	Item	Price	Total
	10# Butternut Squash (3 to 6 squash)	\$ 10.00	
	5# Carrots	\$ 8.00	
	5# Beets	\$ 8.00	
	5# Red & Yellow Onions	\$ 8.00	
	5# Leeks (10 to 20 leeks)	\$ 8.00	
	2# Garlic (10 to 15 heads)	\$ 14.00	
	Troy Honey Sample (8 oz. each of spring and summer honey)	\$ 12.00	
	1# Troy Honey (spring honey in clear glass jar)	\$ 10.00	
	2# Troy Honey (spring honey in clear glass jar)	\$ 20.00	
		Total	

Name: _____ Phone Number: _____

**Return this form with payment by 10/8 to the farm stand or Claire's address (1814 Sheridan Dr, 53704).
Your storage vegetables and honey will be ready for pick-up on 10/15.**