



Harvest Hill CSA Newsletter

Week 16: Thursday, September 26th, 2013

What's in the box:

- Lettuce
- Broccoli or Broccolini
- Potatoes
- Hot Peppers
- Onions
- Carrots
- Green or Purple Bell Peppers
- Spinach
- Chard

Olivia gearing up for the rain!



Hello again,
It is really starting to feel like fall around here- the temperatures are dropping to the thirties at night and we alternate which intern is in charge of heading to the basement to get the old wood fired stove going. I've never lived in a house that was heated from a wood stove, and I have to say- that thing can really get cooking. The photo of me above is a view of how my style has evolved over the season- and a reflection of the weather.

It is hard to believe there are only a few more weeks left of the CSA. We are harvesting the last beds of the fields and I know that winter is just around the corner.

Happy eating, Olivia

Please note:

The last CSA box this year will be Oct. 17, a week later. This is a result of skipping June 20.

Bill's Funky Minute:

I welcomed fall here this week. A typical fall day here in Walden at the farm

means wind blowing from the northwest, 40 degrees at best, cloudy

skies, wool hat and



Bill driving the potato digger

sweater. My aging hands require more warmth than they did when I walked to school as a child in winter when I would never be caught with gloves. At 63, my hands need the warmth, so a first for me was cutting lettuce this morning with gloves. I see the day coming that I may start wearing insulated gloves as I wash the veggies in our wash tanks, but for right now, I don't. Like the seasons, the day for me will come when changes occur, but right now, the commute to work, the crisp air, the magic of planting and harvesting and the enthusiastic support of so many keeps me going. I do more managing and tractor work than physical and tedious labor, but there is nothing better than sitting on that cold, damp ground and pulling up carrots and potatoes, putting them in bags, washing them in the barrel washer and shipping them out for good eating. Farming is as great as my family, crew and the beautiful sunrises and sunsets at the farm.

Enjoy! Bill

Helpful Hints & Recipes

Recipe: Baked Creamy Spinach & Chard

Ingredients

2 pounds fresh spinach & chard
1 onion, diced
3 tablespoons unsalted butter
Salt and pepper
1/2 tablespoons flour
1/2 cup stock or cream
1/2 cup grated cheddar
2 tablespoons fine, dry breadcrumbs

Directions

Place cleaned and stemmed spinach & chard in a large pot over high heat. Cook, covered, with just the water clinging to leaves, stirring occasionally, until wilted, about 4 to 6 minutes. Transfer to a colander, immediately fill pot with cold water, transfer it back to the pot of cold water to shock it (stop the cooking) and drain again. Chop roughly and set aside.

Wipe out pot then melt 2 tablespoons butter over moderately high heat and add onions, cook onions about 2 minutes then stir in the greens. Cook for 2 to 3 minutes or until all of the moisture from the greens has boiled off — you'll know you're done when the greens begins to stick to the pan.

Lower the heat and sprinkle with flour and stir for 2 minutes to cook the flour. Add 2/3 of your stock or cream, a tiny bit at a time, scraping up any stuck spinach as you do. Once the liquid is added, simmer for another minute or two, stirring frequently to prevent sticking. If needed, add all or part of remaining liquid. Season with salt and pepper.

Preheat oven to 375 degrees. Lightly butter a shallow 1-quart baking dish. Stir cheese into the spinach and pour it into the baking dish. Mix the remaining cheese with breadcrumbs and sprinkle on spinach. Melt remaining butter and pour it over the top. Bake until heated through and slightly brown on the top, about 30 minutes.



Recipe: Pasta with Garlicky Broccoli

Ingredients

1 pound pasta (any kind will do)
1 pound broccoli or broccolini, chopped
1/2 cup olive oil
5 garlic cloves, minced
1/4 cup minced hot pepper, seeds removed
1 heaping teaspoon salt
1/2 cup grated Parmesan or Cheddar

Directions

Bring a huge pot of salted water to a boil. Add pasta and five minutes before its cooking time is up, add the broccoli. Drain broccoli and pasta together and pour into serving bowl. In the same pot or a tiny one, heat the olive oil with the garlic, hot pepper and Kosher salt over moderate heat, stirring frequently for 3 to 4 minutes, or until the garlic becomes lightly golden. Pour mixture over pasta and toss to evenly coat. Cover with freshly grated cheese and eat at once. *Recipe adapted from Smitten Kitchen.*

Storage Tips:

Lettuce, Carrots, Broccoli, Spinach, Peppers, Chard: store in a plastic bag in the fridge.

Potatoes: Keep in a cool dark place in a brown bag.

Onions: Keep in a bowl on the counter.

