



Harvest Hill Farm CSA Newsletter

Week #16 – Thursday October 2nd, 2014

*The last CSA pickup will be on October 16.

It is hard not to talk about the changing seasons, but the fall colors, now past their prime here in Walden, were absolutely magnificent! The bright reds and oranges made the hillsides a beautiful light show. There are many reasons to love living in the Kingdom. The seasons and accompanying weather, for all of the challenges, never disappoint me. Fall is a great time of the year for many reasons. Along with the natural beauty of the landscape, it is satisfying to bring in the crops that I will sell, and my family and friends will enjoy, for as long into the winter months as possible. Although some crops had lesser yields than expected, I am grateful for all the food that has grown and been harvested.

I value the hard work of Liv, Karen, Dwight and Katy. I appreciate their work values and how they take pride in what they do. If it wasn't for them...!

This past week, children from Walden School and Wonder and Wisdom in Greensboro visited the farm to harvest potatoes and carrots. They brought enthusiasm and curiosity that is uplifting. Children working together, being polite, getting their hands dirty, and eating carrots is pretty cool. Children's energy is contagious in such a positive way. Knowing what is ahead with the weather, enjoy the beauty and the life that we have here.

Be well and enjoy!
Bill

What's in the box:

Lettuce
Carrots
Onions
Potatoes
Peppers - not hot
Small Beets
Fennel
Winter Squash

Visit our webpage to view previous newsletter recipes:
<http://harvesthillfarmvt.com/recipes/>

Feedback? Email Intern Karen:
karen.mb.brown@gmail.com

Winter Squash!

Each variety has slightly a different flavor and any variety can be used in a recipe calling for winter squash. You will get one variety in your box.

From left to right: Buttercup, Delicata, Confection (blue kabocha), Acorn, Sunshine, and Butternut.





Roasted Squash, Fennel, and Beets with Rice

Reference: <http://lemonsandanchovies.com/2012/10/red-rice-with-roasted-squash-fennel-and-beets/#.URuib1qfG3A>

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| 1 squash, peeled, deseeded, and cut into wedges | |
| 1-2 fennel bulb(s), quartered | |
| 4-5 beets, 1 inch pieces | Olive oil |
| Salt and pepper | 2-3 cloves garlic, minced |
| 1 c rice | Water to cook rice |
| ¼ c vinegar | 1 clove garlic, chopped |
| Salt, to taste | 1-2 tbsp soy sauce |

Prepare rice. Preheat oven to 375. Toss veggies in olive oil, sprinkle with salt and pepper. Put in a single layer on baking sheet. Bake 40-45 minutes or until tender. Stir once 20 minutes into baking time. 5 minutes before they are done, remove from oven and toss with garlic. Bake a few more minutes until garlic is cooked. Combine veggies and rice in a bowl. Add vinegar, garlic, salt, and soy sauce. Serve and enjoy!

Squash Soup

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| 1 squash | 3 tbsp butter or olive oil |
| 1 can coconut milk | 1 tsp thai red curry paste |
| water | salt, to taste |

Preheat oven to 375. Cut squash in half, remove seeds. Coat cut side with butter/oil and place, cut side down on baking sheet. Roast for an hour or until tender. When cool, scoop out into a pot. Add coconut milk, curry paste, and salt. Bring to a simmer. Blend in batches or with an immersion blender. Add water to desired consistency. Enjoy!

Roasted squash seeds

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| Squash seeds | 1 tbsp olive oil |
| ½ tsp salt | |

Preheat oven to 275. Rinse seeds and remove any bits of squash. Pat dry, place in bowl and stir in olive oil. Sprinkle with salt. Spread in a single layer on baking sheet. Bake 15 minutes or until starting to pop. Remove and let cool before enjoying!

Roasted Fennel with Parmesan

Reference:

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/roasted-fennel-with-parmesan-recipe.html>

- 2 tbsp olive oil
- 1-2 fennel bulbs, cut lengthwise into 1/3 inch slices
- Fennel stems, cut diagonally into 1/3 inches slices
- Salt and pepper, to taste
- 1/3 c shredded parmesan

Preheat oven to 375. Put fennel slices in bowl and toss with olive oil, salt, and pepper. Place on baking sheet in single layer. Bake 45 minutes or until tender and light brown. In final 10 minutes of baking, sprinkle fennel with parmesan. Serve warm and enjoy!