



HARVEST HILL

CSA NEWSLETTER

Week 17: October 8th, 2015

WHAT'S IN THE BOX

Lettuce
Spinach
Broccoli
Stoked hot peppers
Potatoes
Onions
Carrots
Fennel
Garlic (You may find some rot that can easily be cut off)



BILL'S FUNKY MINUTE:

As the harvesting season winds down, the days getting cooler and shorter, what is there left to do on the farm? Cleanup!! Cleanup for me not only includes putting equipment away for the winter, but also cleaning all of the plants out of the greenhouses (tomatoes, peppers, etc.) and preparing the soil in the greenhouses for next spring. I will plant spinach in one of the greenhouses over winter so we may enjoy that crop in early spring. In another greenhouse, oats will be planted to be turned into the soil to add some organic matter before tomatoes are planted in May. In my main greenhouse, which I plant in mid to late April, I will begin preparation to the beds so they will be ready for compost and fertilizer in mid to late April.

Even though I have been farming for 25 years, it still amazes me to look over the barren fields now and think that it was such a short time ago that they were all full of veggies.

Be well and enjoy!
Bill

*Be prepared for next week. The love/hate veggie, Brussels Sprouts, will be in your box!!

Notes on Fennel

Fennel is an almost licorice tasting bulb. It is a little intimidating to look at, but can be prepared a variety of ways, all equally delicious. You can simply roast alone or with other veggies, shave into a salad, make into homemade candy, or try one of the cheesy recipes we included. Fun fact: the ancient Greeks called fennel "matothos", and the modern marathon actually means "field of fennel". Prometheus, the Greek god who brought fire to man, stole the fire with a burning fennel stalk, and the statue of him in NYC's Rockefeller center features the burning fennel. It is truly a food of the Gods!

*This will be the last week for broccoli
**The last CSA box will be October 15th

RECIPES: Inspired by this week's produce



Caramelized Fennel and Onion Pizza

By Love & Olive Oil

INGREDIENTS

Store-bought pizza dough
2 tablespoons olive oil
1 large onion, thinly sliced
1 fennel bulb, cored and thinly sliced
8 oz. mozzarella cheese
Coarsely grated Parmesan cheese to top

DIRECTIONS

1. Heat the oven as hot as possible, with 500-550 degrees recommended. Meanwhile, roll out pizza dough on a baking sheet lightly covered in flour or cornmeal. Knead dough into desired thickness for your pizza crust.
2. In a large skillet, heat 2 tablespoons olive oil. Add onion and fennel and cook over medium heat until onions are soft and golden and the fennel is tender, about 15 minutes.
3. Brush crust with a thin layer of olive oil. Spread with grated mozzarella and top with onion and fennel mixture. Season with salt and pepper.
4. Bake for 20-30 minutes, or until crust and toppings are golden brown.

Warm Fennel and Parmesan Dip

By Martha Stewart

INGREDIENTS

1 tablespoon olive oil
1 fennel bulb, trimmed and cut into 1-inch wedges
3 garlic cloves, slightly crushed
1/4 cup finely grated Parmesan cheese
Salt and pepper

DIRECTIONS

1. Preheat oven to 400 degrees. Heat oil in a medium ovenproof skillet (preferable cast-iron) over medium-high heat until shimmering; add fennel, pressing down so that most of it fits snugly in a single layer. Add garlic to skillet. Brown fennel on 1 side for 4 minutes. Flip and sprinkle lightly with salt.
2. Cover skillet with parchment-lined foil and transfer to oven. Roast until fennel is very tender, 20 to 30 minutes. Let cool slightly.
3. Raise oven temperature to 450 degrees. Puree or simply mash fennel and garlic until smooth. Season with salt and pepper, and stir in 1/4 cup of cheese. Transfer mixture to a baking dish and sprinkle with extra cheese if you wish (recommended). Bake until dip is hot in center and cheese is golden brown, about 20 minutes. Serve immediately with bread, crackers or chips!



Questions or comments?

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