



HARVEST HILL CSA NEWSLETTER

WEEK 18: OCTOBER 13, 2016

BILL'S Funky MINUTE

As a vendor at the St. Johnsbury farmer's market in the summer of 2010, Sharon Anderson, who works at NVRH, approached me about starting a CSA for the employees of the hospital. I had already been selling produce to the kitchen for several years and, so, had a relationship with the hospital. We met in January of 2011 to work out the details and the CSA began in 2011 for NVRH employees. This is the 6th year of the CSA, with participation from the employees of Weidmann, Passumpsic Bank, Fairbanks Scales and NVRH. Folks in the community have also picked up their boxes here at the farm in Walden or the picnic tables at NVRH.

It is with very mixed emotion and tears in my eyes I write to say I will no longer be continuing the CSA after next week's box. It has been a wonderful time for me; hearing about the joy folks receive from the produce when we deliver the boxes. I have enjoyed and will miss many questions and discussions about growing as I have dropped off or picked up boxes.

Thank you very much for participating this year and, for many of you, all of the past years. It has been a very special time for me as well as for the interns. Many of the interns have come to the farm because of this innovative approach of getting organic, local veggies to folks in their workplaces. One of their favorite jobs on the farm was to harvest on Wednesday for the boxes and then pack them on Thursday mornings.

I am not retiring from growing. At 66, it is time for me to change my farm plan so I can have more time with my loving wife, Ellen, and take more time to have fun together. I will be focusing on fall storage crops, carrots, onions, potatoes and cabbage as well as growing a greenhouse full of tomatoes. There is no way that I wouldn't grow my favorite crop!

Be well and enjoy,
Bill

THIS WEEK'S BOX

- ✧ Napa Cabbage
- ✧ Brussels Sprouts
- ✧ Potatoes
- ✧ Onions
- ✧ Carrots
- ✧ Butternut Squash

** We will continue to rotate broccoli/cauliflower.
If you did not receive broccoli/cauliflower last week, you will receive it this or next week.*



LEFT:

Brussels sprouts topped and with leaves removed are ready for picking!

QUESTIONS? FEEDBACK?

If you will be on vacation and can't pick up your box, let us know and you will get extra produce in the final week.

Email us at:

kelseyjwentling@gmail.com

The final CSA box will be October 20th. We have added a week in order to compensate for a week skipped back in June.

In 2008, Linus Urbanec ate 31 Brussels sprouts in one minute. If you can beat that, you will hold the Guinness World Record for most Brussels sprouts eaten in a minute.

Well, while you're working on that, let me fill you in on some of the other interesting things I've learned about Brussels sprouts this week, starting with the name. Yes! You already know- Brussels sprouts are named after... drum roll please... Brussels, the capital of Belgium. This is helpful in remembering that the spelling is actually *Brussels* (with a capital B and an 's' at the end) and not *brussel* sprouts. Unfortunately, these little cabbages sometimes get a bad rap as people think they smell or aren't much fun to eat. But, in fact, when Brussels sprouts are cooked and begin to smell unpleasantly, this means that they are being overcooked, which will also make them sulfurous. This, in turn can make them harder to digest. However, if cooked for the appropriate amount of time (non-stinky) Brussels sprouts can be quite delicious and also *really* good for you! They are high in vitamin A and C, iron and around 5,000 years ago, Chinese physicians prescribed them as a type of medication. And if you are still not impressed with these little guys, be impressed with Bernard Lavery, who once grew an 18 pound Brussels sprout, which we have yet to do at Harvest Hill.



Explorer-in-residence, Gavin, observes wildlife from the safety of the intern house

BUTTERNUT SQUASH SOUP

INGREDIENTS:

- ✧ 2 tbsp butter
- ✧ 1 small onion chopped
- ✧ 1 medium carrot, chopped
- ✧ 2 medium potatoes, cubed
- ✧ 1 butternut squash, peeled, seeded and cubed
- ✧ 1 container vegetable stock
- ✧ Salt and pepper to taste

INSTRUCTIONS:

Melt the butter in a large pot, and cook the onion, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the vegetable/chicken stock to cover vegetables (water can also replace stock if you do not have any). Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender. Transfer the soup to a blender, and blend until smooth (or blend with a hand mixer). Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Source: adapted from: <http://allrecipes.com/recipe/77981/butternut-squash-soup-ii/>

BRUSSELS SPROUTS LATKES

INGREDIENTS:

- ✧ 2 cups of potatoes shredded
- ✧ 2 cups of Brussels sprouts shredded
- ✧ 1 cup of onion shredded
- ✧ 4 eggs, whisked
- ✧ 1 tsp salt
- ✧ ½ tsp pepper
- ✧ ½ cup of flour
- ✧ Oil for frying

INSTRUCTIONS:

Wrap shredded potatoes in a towel and squeeze to remove as much moisture as possible. Combine potatoes, Brussels sprouts, leeks, salt, and pepper. Stir in whisked eggs then the flour. Pour ¼ inch of oil into a large pan and bring to medium heat. When you throw in a small piece of potato and it sizzles right away, it's ready.

Working in batches, gather a golf ball-sized dollop of the mixture and drop it into the pan. With a spatula, gently flatten the ball. Fry for 3 to 5 minutes on each side, until golden brown, then set on a paper towel (you can turn the oven on real low and pop them in to keep warm). Serve warm topped with a dollop of sauce.

OPTIONAL DIJON YOGURT SAUCE

INGREDIENTS:

- ✧ 1 cup of plain, Greek yogurt
- ✧ 2 tbsp Dijon mustard
- ✧ 2 tbsp maple syrup
- ✧ Pinch of salt and pepper
- ✧ Splash of oil

INSTRUCTIONS:

Combine all sauce ingredients and set aside. When latkes are finished, top with a dollop of sauce.

Source: adapted from: <http://www.liveeatlearn.com/brussels-sprout-latkes-dijon-yogurt-sauce/>