



HARVEST HILL CSA NEWSLETTER

WEEK 19: OCTOBER 20, 2016



LEFT:

The 2016 crew, left to right: Gavin, Abbey, Bill, Kelsey and Seanna. A big thanks to all of the CSA members who made our tenure at the farm possible and, of course, to Bill, for all the laughs and knowledge he shared with us over the season! We will all miss our time at Harvest Hill and remember it fondly. Thank you!

THIS WEEK'S BOX

- ✧ Kale
- ✧ Cabbage
- ✧ Parsnips (small)
- ✧ Carrots
- ✧ Potatoes
- ✧ Onions
- ✧ Garlic
- ✧ Winter Squash

*Much like the carrots, because of the dry conditions, the parsnips have beautiful tops, but did not fully size up.



CARROTS, CARROTS CARROTS!!

Over the past several weeks, and into the next couple, we have been hard at work harvesting carrots. On the left, we store bags of bulk carrots for the CSA, as well as individual 2 and 5 pound bags of carrots for retail. Above, the under cutter bar helps loosen the carrots for harvesting.

QUESTIONS? FEEDBACK?

Email us at:

kelseyjwentling@gmail.com

BILL'S Funky MINUTE

Eight years ago, on June 15, 2009, I dropped off the first CSA boxes at NVRH. That year twenty-seven members took a chance on local, organic veggies and supported a small, organic family farm here in Walden. Through the next eight years, the workplace CSA has expanded to Weidmann, Passumpsic Bank and Fairbanks Scales, along with community members, who pick up their boxes at NVRH or here at the farm. Numbers have reached a high of 151 members and this year we have 119 members.

I am not one for keeping track of numbers, other than profit and loss, but it gives me great pride to think about the number of vegetable and fruits, as well as the many people who have consumed our produce over the years. With support from CSA members, thousands of pounds of produce have been consumed. This practice not only reduces our carbon footprint, but also supports the local economy. Most grocery store veggies travel across the country and are two weeks old before a consumer finds them, but by delivering our veggies locally, we have cut that shipping time down to a matter of hours. It is my hope that following the CSA, you will continue to support local businesses, whether it is CSA's, businesses in town, or local farms at the farmers markets! In turn, I hire local folks to help weed and harvest. This helps money stay in the area and gives students the opportunity to have fun weeding (although they're probably in it more for the \$\$\$).

The CSA has been a wonderful ride for me. One of my goals at the farm has always been to get great, organic veggies to folks at a reasonable cost. One member recently wrote to me saying, "kale, parsnips and Brussels sprouts are now my favorites". The workplace CSA and your participation has allowed that to happen and has broadened folks' awareness of different veggies.

Have a great rest of the fall and again a heart felt thanks for your support this year and in years past.

Be well,

Bill

**My mind and knees would not have made it without the tireless and dedicated work of the farm's interns this year. I have had so much fun, laughter, questions and interesting discussion with Seanna, Gavin, Abbey and Kelsey. Thanks to them for making this season great!

PARSNIP GARLIC MASHED POTATOES

INGREDIENTS:

- ✧ 4 parsnips, peeled and roughly sliced
- ✧ 4 potatoes, roughly chopped
- ✧ 1/2 cup of milk
- ✧ 1 tbsp unsalted butter
- ✧ 2 garlic cloves, grated
- ✧ 1/4 cup of fresh chives, sliced (optional)

INSTRUCTIONS:

To large pot add parsnips, potatoes, and water until the vegetables are just covered.

Bring water to a boil and reduce to simmer. Cook vegetables until they tender enough to pierce with a fork. About 8-10 minutes.

Drain water from the pot.

Add vegetables to a food processor, blender or mash by hand. Add milk, butter, grated garlic, and salt to taste. Blend/mash until smooth.

Add in the chives and serve!

Source: <http://www.joyfulhealthyeats.com/parsnip-garlic-mashed-potatoes/>

CARROT, POTATO AND CABBAGE SOUP

INGREDIENTS:

- ✧ 4 large carrots, thinly sliced
- ✧ 2 large potatoes, thinly sliced
- ✧ 1 large onion, thinly sliced
- ✧ 1/4 medium head of cabbage, thinly sliced
- ✧ 2 garlic cloves, smashes
- ✧ 6 cups of veggie/chicken stock (or water)
- ✧ 1 tbsp olive oil
- ✧ 1/4 tsp dried basil
- ✧ 1 tsp salt and pepper
- ✧ 1/2 cup of kale leaves

INSTRUCTIONS:

Sautee the carrots, potatoes, onion, cabbage, garlic in olive oil until lightly browned in a stock pot. Add in the stock, basil, salt, and pepper over medium-high heat; bring to a simmer and cook until the carrots are tender, about 20 minutes. Add kale and cook for 1 minute. Transfer to a blender in small batches and blend until smooth.

Adapted from: <http://allrecipes.com/recipe/182112/carrot-potato-and-cabbage-soup/>