

Wholesome Harvest CSA

Week 18
October 6th/8th

Winter Preparations...

The days keep passing by as this 2015 vegetable season winds down but work around the farm is in full swing as we prepare for the cold winter months ahead. As with any changes according to the seasons, winter brings many changes around the farm that we are hard at work preparing for ahead of time.

One of the most important items on our preparation list to get the 2016 season off to a great start is soil preparation. Much of our land that no longer has crops on it currently has one or another cover crop variety on it and will soon have that variety tilled under with another variety planted on it again. These cover crop rotations help the soil in many ways but the main reasons are for the tilth, or structure, of the soil and its fertility. Cover crops help with tilth and fertility with their roots and their green matter. Their roots prevent soil erosion while their organic green matter helps with the fertility of the soil when plowed under. The time and care we take now will show come the first plantings in April and May so we do our best to winterize the soil now.

While preparing the soil is of utmost importance, we also take care of many weather proofing projects around the farm including insulating water pipes, buttoning down any building materials, and keeping the animals fed, watered, and warm. However, no matter how busy we are outside, office work starts to become a major component for our winter and beyond preparations also. This office work is already well underway as we start to solidify the main parts of the 2016 enrollment form.

Much of these next few weeks, as we continue preparing the farm for winter and beyond, is laying the groundwork for a successful 2016 growing season. Our work and duties might be shifting as we move through fall but we are dedicated to making sure we lay a great foundation for the coming year!

Box Description

- This week's variety of winter squash is buttercup. Buttercup squash distinguishes itself from other squash varieties in looks by its distinct protruding ring (could also be called a bump☺) on its flower side. Buttercup squash has a rich orange flesh that can have a nutty flavor.
- You will find a red cabbage in your box this week. Though the variety is called a red cabbage, the actual coloring of this variety of cabbage is purple. This cabbage has similar shape and texture to its green counterpart but does have a different taste and crunch to it.
- You will either find russet potatoes or Adirondack red potatoes in your box this week. Adirondack red potatoes have a distinct red/pink color for their inner flesh.
- French, or Breakfast, radishes will be in your box again this week. Remember, these are the elongated red radish that has the little white spot also.
- Greens are wrapping up along with the season but you will find both large leaf spinach and red leaf lettuce in your box this week.
- You will find a small broccoli head in your box again this week. Broccoli heads can be much smaller in the colder months of fall as the weather affect their growth tremendously.
- As the tomato hoophouses are slowing down, you should find either cherry, heirloom or slicing tomatoes in your box.

This list is tentative and any updates will be finalized on the homepage of our website.

- 🍅 Buttercup Squash
- 🍅 Red Cabbage
- 🍅 White Onion
- 🍅 Russet OR Adirondack Red Potatoes
- 🍅 French Radish
- 🍅 Spinach
- 🍅 Broccoli
- 🍅 Red Leaf Lettuce
- 🍅 Tomato Variety

Greens Only Share

- 🍅 Kale
- 🍅 Spinach OR Lettuce Mix

What's in the box??

Ingredients:

- 3 1/2 lb red cabbage (1 medium head), quartered, cored, and thinly sliced crosswise
- 4 bacon slices, chopped
- 1 tablespoon unsalted butter
- 2 large sweet onions, thinly sliced
- 1/2 cup white-wine vinegar
- 3 tablespoons packed brown sugar
- 1 tablespoon salt
- 1 teaspoon black pepper

Method:

Rinse cabbage under cold water, then drain (do not pat dry).

Cook bacon in an 8-quart heavy pot over moderately low heat, stirring, until crisp, about 3 minutes. Remove bacon with a slotted spoon, reserving it for another use. Add butter to bacon fat, then increase heat to moderate and cook onions, stirring, until golden brown, 12 to 15 minutes. Stir in cabbage, vinegar, brown sugar, salt, and pepper and simmer, covered, stirring occasionally, until tender, about 1 1/4 hours.

Serves: 8
Adapted from epicurious.com

Chicken and Spinach Quiche

Ingredients:

- 1 9" unbaked pie shell
- 1/2 teaspoon dried basil leaves
- 1 (10 ounce) package frozen chopped spinach
- 1 cup shredded swiss cheese
- 3/4 cup low-fat mayonnaise
- 1/4 cup finely chopped onions
- 2 eggs
- 1/4 cup 1% low-fat milk
- 1/8 teaspoon pepper
- 1/4 teaspoon salt
- 1 cup chopped cooked chicken

Method:

Preheat oven to 375 degrees. Pierce pastry shell thoroughly with a fork. Bake at 375 degrees for 10 minutes. In a large bowl mix chicken, onion, cheese, and spinach. Spoon into pastry shell. In a small bowl whisk eggs, milk, seasonings and mayonnaise until smooth. Pour over chicken mixture. Bake at 350 degrees for 40 minutes or until golden brown and a knife inserted in the center comes out clean.

Adapted from familyoven.com

Ingredients:

- 3 small buttercup squash
- 1/3 cup nonfat sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/2 cup chopped pecans (optional)
- 6 tablespoons brown sugar or 6 tablespoons sugar, in the raw

Method:

1. Heat oven to 425°F.
2. Cut squash in half lengthwise, scoop out seeds and fibers and discard.
3. Place squash in an ungreased 13x9-inch baking dish.
4. Cover tightly with foil.
5. Bake for 30 to 40 minutes or until squash is tender.
6. Cool for 10-15 minutes.
7. Reduce oven temp to 375°F.
8. Scoop out flesh of squash, leaving about 1/4 inch thick shell and set shells aside for now.
9. Place flesh of squash in a medium bowl.
10. Add sour cream, salt, nutmeg and nuts if using, mix until smooth.
11. Fill each shell with the squash mixture.
12. Sprinkle each with 1 tablespoon of brown sugar.
13. Place filled shells in baking dish.
14. Bake at 375°F for 15-20 minutes or until thoroughly heated.

Servings: 6 Total Time: 1 Hr. 10 Min.
Adapted from food.com

Pictures from around the Farm



Left:
Cover crops like buckwheat help us keep the soil very healthy over the winter and lays a firm foundation for the coming growing season.

Right:
Broccoli plants love the cooler, mild weather of spring and fall. Though changes in temperatures can affect broccoli's growth, it is a cool weather veggie!



Left:
This bin of recently harvested buttercup squash is full and ready for packing into your CSA box!