

# The Farm Weekly

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## LAST DISTRIBUTION THIS WEEK

Whew, the season is finally at its end. While this is not the time we would have chosen to shut things down, you can't argue with Mother Nature. She has seemingly conspired at every turn with weather and creatures to frustrate our efforts. We wouldn't want to admit defeat, but neither are we going to gloat over beating the old lady. Let's just call it a draw.

Tim and I would like to thank everyone for participating this year. Obviously, without your support, the season could never be successful. From the pickup perspective, everything seemed to run more smoothly this year, and we owe that entirely to our members and the pickup location folks.

Our hats are off to all of you for helping to stay on top of returning boxes, picking up your boxes in a timely fashion, and opening and collapsing them carefully, so that the majority will be usable next year.

In a few weeks, we will be sending out a packet to each of our members including those who shared a box. If you currently split your share with another household and are not sure that we have their name and address, would you please send that information along so that we can provide them with a packet as well?

Included in this packet will be information about signing up for next year and any discounts we might offer. As always, we will include a survey inviting your comments. We want to hear how you feel things went, and especially, what you think we might have done better.

We would also like to know what you think of the herbs and plants that we included in the early boxes, and if you have any ideas for something different, please let us know.

Each season is so different from the last and brings its own special lessons. I don't think we will ever farm long enough not to learn from a new and unique experience. This is what makes farming similar to medicine, half science and half art. Of course there is a certain measure of luck that neither physician nor farmer wants to admit to.

There are two new vegetables in your boxes this week. The greens are kale, and the large root vegetable that is brownish yellow is rutabaga or Swedish turnip.

Kale is extremely rich in vitamins as are all of the greens. To store them, refrigerate in a perforated plastic bag. When you are ready to use it, simply rinse it with cold water and drain. If you want you can strip the leafy portion from the stem and either cook the stem a bit longer than the leaf or discard it.

You can then cook it in a tightly covered pot with only the moisture that is left on the leaves from rinsing. According to Rodale's Natural Foods Cookbook, kale should be boiled for 5 to 15 minutes, steamed for 5 to 20 minutes, or pressure cooked for 1½ minutes. It can be eaten alone with seasonings, or added to other dishes such as soups and casseroles. There is a recipe on the opposite side for you to try.

The rutabaga are not a true turnip, but like turnips,

they can be stored in a cool dry place for several weeks. If you buy these in the grocery, they are usually covered with a layer of wax that you need to pare off. The rutabagas in your boxes only need to be scrubbed, but you can pare the skin off if you prefer.

These can be eaten raw or cooked. If eaten raw you might want to cut them in strips for munching like a carrot or celery, but if you are cooking them, one inch bite size chunks is the route to take. After cooking they can be mashed or combined with potatoes. They can also be added to casseroles or soups.

Cooking a rutabaga takes 20 to 40 minutes if they are boiled, 35 to 40 minutes steamed, and 4 to 8 minutes in the pressure cooker. Again, we have provided a recipe on the back.

Many folks think that we take off for Aruba when the season is over. They wonder what in the world we do with all of the free time we have after the season ends. We can account for that in two words:

Catch Up. Every season points to improvements that we can make to improve the yields in the coming seasons, and Tim immediately turns his attention to making those changes after planting the garlic and shallots.

In between the distractions of the holidays, Tim pours over the new seed catalogs and spends the wet days planning out the following year. Fire wood must be cut and split for the furnace that heats the greenhouse which will start filling with seed flats in February.

On the alpaca front, winter generally means more work. There is the daily care and cleanup complicated by cold. Water buckets get frozen, and although alpacas are very healthy compared to other livestock, the weather is a stressor that can increase susceptibility to illness.

Hay begins to take a larger percentage of their diet and the barn is opened with straw bedding to keep them comfortable. If snow falls and covers the pasture, the alpacas become barn potatoes and

### *This Week's Box*

**Red Onions  
Carrots(?)  
Tomatoes  
Winter Squash  
Savoy Cabbage  
Leeks  
Kale  
Rutabagas  
Beets(?)  
Garlic**

### *Next Week*

**Not a Darn Thing**

won't even venture out of the barn to relieve themselves. The barn acquires a special aroma then unless cleaned daily, but we have found that the wood pellets used in stoves are great at eliminating a great deal of the odor.

But before we are preoccupied with knocking the ice out of the buckets, we have 3 alpaca shows to attend in October and November. The first of these is in Chicago, the second in Louisville, and the last is the Ohio show in Columbus out at the fairgrounds the weekend before Thanksgiving.

The chickens will make their demands as well and spend more time in their coop. A few are using the nesting boxes that we have provided and we have around 10. At least one is having trouble grasping the nesting concept. Today I found an egg on a hefty trash bag on the ground. We hope that when the CSA begins next spring, we will have eggs to add to our offerings at the farm.

Well I guess that is it for the final issue in this volume of the Farm Weekly. Again, Tim and I would like to express our sincere appreciation for your support this season. We hope that in the coming months you, your families, and your friends are blessed with happiness and good health and folks close to you to share it with. We hope that we will have the opportunity to grow produce for you in the coming year. God's Blessings,

Tim & Laurel

## **Come Visit Us at the ALPACA JAMBOREE**

**Saturday, October  
16th from 1:00 to  
4:00 at the Possum  
Creek MetroPark in  
Dayton, on 4901  
Shank Road. This  
event is in conjunction  
with the Park's Barn-  
yard Bash, so there  
will be many family  
activities to enjoy.**

### **Kale In Sour Cream**

From Rodale's Basic Natural Foods Cookbook

**2 cups cooked Kale  
1 tsp Butter  
½ tsp Honey**

**dash of Pepper  
1 tsp Lemon Juice  
¾ cup Sour Cream**

**In a medium sized sauce pan, heat kale, butter, honey, pepper, and lemon juice. When very hot, reduce heat and slowly stir in sour cream. As soon as the sour cream is hot, remove from heat and serve.**

**Makes 4 servings**

### **Kidney Bean, Red Onion, & Tomato Salad**

Submitted by member Cheri M.  
from the New York Times by Nigella Lawson

**½ Red Onion, thinly sliced  
2 Tbsp. high quality red wine vinegar  
2 cups small sweet cherry tomatoes**

**1 tsp fine Sea Salt, more to taste  
3-14 oz cans red kidney beans, drain  
2 Tbsp. extra virgin Olive Oil**

**In a small bowl, combine onions and vinegar. Set aside to macerate while preparing the rest of the salad, or up to 3 hours.**

**Halve cherry tomatoes and place in a serving bowl. Sprinkle with 1 teaspoon salt. Add kidney beans, onion, mixture and olive oil. Toss gently to mix, adjust salt to taste, and serve.**

**Yield: 6 servings**

### **Golden Puree in Orange Cups**

From Rodale's Basic Natural Foods Cookbook

**3 pounds Rutabagas, Carrots, and / or Sweet Potatoes, peeled and sliced  
¼ cup Butter  
dash of Ground Nutmeg  
6 Orange Shell Halves  
3 Tbsp. Maple Syrup**

**Cook vegetables in a small amount of water until very tender, about 35 minutes. Drain well and puree in a blender. Beat in the butter and season with nutmeg. Pile into orange shells. Drizzle with maple syrup and serve immediately.**

**6 servings**