



# Newsletter, October 20-23, 2009

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## Farm News

The so-called "End of Season party" was a great success – it seems that every party brings a bigger crowd together at the farm. The stews, soups, salads and desserts were outstanding, and with the weather being warmer (and dryer) than earlier expected, zooming around the farm in the scavenger hunt was fun, too!

Aside from the party, we are still working hard to get the farm ready for winter – we tucked away the poly cover from two of our three greenhouses, are moving irrigation materials from the fields to the barn, and scattering around cover crops in beds that we harvested clean. We also continue to harvest your crops. The CSA deliveries will go as planned to the end of October (October 27 and 30, respectively); with the additional Thanksgiving share ready for pick up in the week before Thanksgiving (November 17 and 20).

The responses on our 2010 CSA proposal are coming in – thanks to all of you who have already reserved a share for next year – this helps us greatly to balance our winter marketing efforts, and your financial support helps us meet our early season growing and labor expenses!

In this week's share you'll find parsnips, mesclun greens, lettuce, garlic, onions, winter squash, beets with tops and our fall spinach. We are rotating pie pumpkins. FYI: Next week we'll likely have Danvers carrots, Brussels sprouts, beets with tops or Swiss chard, winter squash, lettuce, onions and garlic.

Your farmers,

*Raymond & Sara*



## Recipe

### Jackie's Rainbow Salad

Parsnips can be eaten raw in this amazing salad. The parsnips, carrots and apples can be interchanged depending on what's on hand.

1 ½ cups parsnips, shredded	½ cup mayonnaise, yogurt, or a combination
1 ½ cups carrots, shredded	2 cups diced oranges or 1 can crushed pineapple (include juice)
1 ½ cups apples, shredded	1 juiced lemon, or more to taste

Combine parsnips, carrots, and apples. Add mixture of mayonnaise and/or yogurt, remaining fruit and juices. Chill before serving.

### Emily Davis' Squash Soup

Here is a very good squash soup recipe. One can use butternut or other winter squash.

One squash skin and seeds removed and cut in chunks  
1 large onion cut in chunks  
4 garlic cloves peeled  
3 tablespoons olive oil  
4 cups chicken (or vegetable stock)  
1 cup milk or cream  
Pine nuts

Toss squash, onion and garlic with olive oil in a roasting pan. Lightly salt. Roast in a 450 degree oven for 1 hour, turning every 15 min.

Heat stock in a pot and add roasted veggies. Add water if needed to cover the veggies. Simmer 20 min. Let cool slightly

Working in batches, puree the soup in a blender until smooth and put into another pot. Add milk or cream and bring to a simmer. Serve topped with toasted pine nuts.

**Farm visits** – Feel free to come and visit the farm. The farm is open to visit anytime, but on harvest days (Tuesdays and Fridays) our time is very limited – on other days we'll gladly show you around a bit. It's a great opportunity to see how we produce your vegetables, and to enjoy the scenic farm site. Bring some kitchen leftovers to feed the chickens!

**Directions to the farm:** From Altamont: Follow Rt. 146 towards Gallupville. Approximately 10 miles out of Altamont, make a right on "Larry Hill". (\*) Go up for ¼ mile (there is a blue sided house on your left). Just past the blue house, you'll find Fox Creek Farm Road on your left going in the woods. Follow this road to the end. From Rt. 443: Turn on 146 in Gallupville for approximately 2 miles. Make a left on "Larry Hill". Follow directions as above (starting at (\*)).

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