



The Com Post

A weekly Post for our Community Supported Agriculture Members

September 19, 2013

Volume 8, Issue 15

Week A

This week in the box: Short List

Spinach
Onions
Sweet Peppers
Tomatoes
Carrots
Kale
Eggplant
Potatoes
Winter Squash: Spaghetti
Celery
Basil
Beans (some)
Summer Squash (some)

Next week's box— Our best guess!

Please keep in mind that what will actually be in the box is affected by weather and other factors, and that this is our best guess.

Scallions
Tomatoes
Sweet Peppers
Carrots
Swiss Chard
Potatoes
Spaghetti Squash
Acorn Squash
Tatsoi
Beans
Broccoli? (It looks great!)

On the Farm

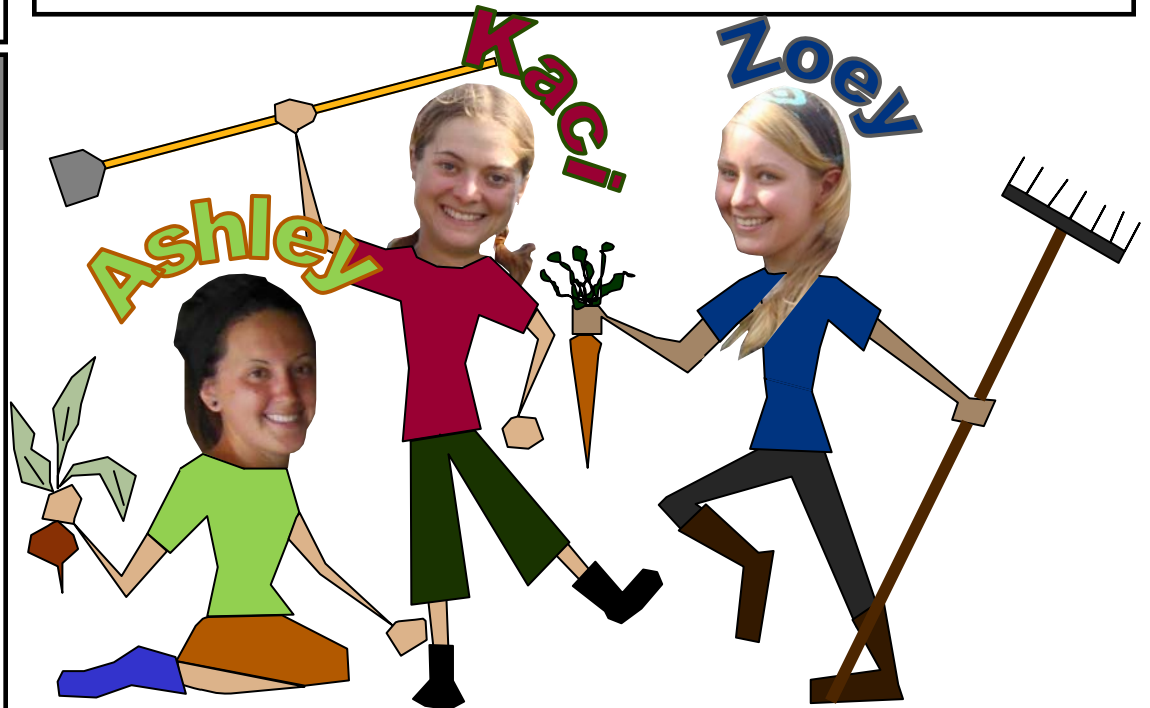
The steady farm crew

When it comes to the farm crew, folks come and go throughout the season. They don't all start at the same time and they don't all end the season at the same time either. Depending on the farm's needs some of the crew members start as early as March and some as late as June. Some stay into November and others leave in late August to go back to school. But there are a steady 3, our main crew, that start early in the season and stay late. They work full time and are an important part of what makes the farm work. For us, the farmers, seeing these three daily—through our time working and gathering for farm lunches—means that they become like family to us. Since they are so important to the farm and our farm family, we thought you should get to know them better.

I've asked the crew some questions about themselves and compiled their answers on the last page of the newsletter. We'd like you to meet Kaci, Zoey, and Ashley: the main crew at Good Earth Farm.

While these three are our reliable and steady trio, the rest of the folks who join us throughout the season are important, too. We sincerely thank all who have worked on the farm this season!

Cheers,
Nicole





This week in the box: Details & Descriptions

Vegetable & Fruit Storage guides can be found [here](#).

Crop	Re-frigerate?	Storage Specifics	Comment
Spinach	Yes	In the bag	Creamed spinach and toast comes to mind! Or Double Spinach Pasta Casserole!
Onions	No	Cool dark place	
Sweet Peppers	Yes	Crisper drawer	Chop. Chop. Chop. Freeze. Freeze. Freeze.
Tomatoes	No	Leave on counter for best flavor	No time for the abundance of tomatoes? Freeze whole! Simply wash, pop into freezer containers whole, and freeze! When you remove the tomatoes for use, running them under water will split the skins and you can peel then. EASY! And no wasted tomatoes! Woo HOO!
Carrots	Yes	In the bag	I got 1 carrot earrings for my birthday! Check them out on our Facebook page.
Kale	Yes	In a bag or damp towel in crisper	We had expected to give Swiss chard this week, but it needs to get a little bigger, and the kale is doing so well! It appreciates last week's cooler weather, too, as do most brassicas (cabbage family plants).
Eggplant	No	On the counter for a few days or refrigerate if you can't use right away.	Italian (fat) and/or Asian (skinny) eggplants this week. Have you ever roasted eggplant? It is highly recommended. I made it for lunch for the crew one day and it was gone before I could blink (well, not really, but you know what I mean.)
Potatoes	No	In a cool dark place	Hello potatoes! The first potato harvest of the season happened this past weekend. It is always such an exciting excavation! Growing potatoes is extremely satisfying—the digging, the searching, the joy! We are happy to grow them for you. Most of this year's potatoes are not certified, but grown organically on land we are transitioning to organic.
Winter Squash: Spaghetti Squash	No	On the counter	See food Feature. Let the winter squash bonanza begin! This week is the start of many weeks of winter squash. We start off the season with the unique and versatile spaghetti squash. This winter squash is different from most winter squashes in that the flesh is spaghetti-like. Since the flavor is mild it can be used in many dishes as well as a substitute for pasta. This year's winter squashes are not certified, but grown organically on land we are transitioning to organic.
Celery	Yes	In a bag or damp towel in the crisper	Lovely celery. We are so happy to grow such a flavorful celery. Unlike grocery store celery the varieties we grow will make your taste buds smile. The stalks are smaller than the grocery store stuff, but the powerful celery flavor and crunchiness makes up for the size difference. Celery is very easy to freeze: chop, sauté, freeze. Don't forget to use the celery leaves, too!
Basil	No		We are so glad that this newer bed of basil survived the 40 degree nights we had last weekend. Basil is susceptible to cold damage when the temps dip below 50 degrees F. This is the reason why storage for basil is best in a glass or vase of water on your counter. Like a bouquet of flowers recut the stems before placing in the water. Remember to change the water every few days for long lasting results. Currently we've had the same bunch of basil on our counter for 2 weeks and it's still going strong! You might notice some beetle bites on your basil leaves. That will happen on an organic farm!
Beans (some Standard boxes)	Yes	In the bag	This is a trial patch of Italian flat leaf stringless beans that we have found to be delicious! We hope that you will all be able to get some over the next few weeks. Since the patch is small, only some boxes will get them at a time. We're keeping track though! So, hopefully, if the weather holds and we don't get a frost, these beans will make their way 'round to all.
Summer Squash (Large boxes & some Standard boxes)	Yes	Crisper drawer	Winding down. The cool weather last week meant not much maturity in the summer squash patch this week. Only some boxes will have summer squash this week.



We wash the produce, but so should you!



Winter Squash

adapted from "From Asparagus to Zucchini?"

Autumn colors are accented in the garden by the decorative array of winter squashes. A variety of colors, shapes, sizes, and textures are represented in the harvest. Despite the diversity in looks, most winter squash are similar on the edible inside. The flesh of the squash, except for the unique spaghetti squash, tends to be orange in color and mild and sweet in flavor. Most winter squash are interchangeable in recipes.

Unlike summer squash, winter squash was not grown in North or Central America before European colonization. Originating and flourishing in South America, winter squash finally found its way north, and by the early to mid-1800s was a staple product. It was particularly cultivated in New England as necessary winter storage food.

Its excellent storability and nutritive value make winter squash an important fall and winter vegetable for the seasonal eater. Winter squash boasts 10 times the vitamin A content of its summer squash relations, and is also an excellent source of potassium. Winter squash is high in fiber and complex carbohydrates, and its versatility means sweet, warming squash will find its way into your heart...and your tummy.



Cooking Tips:

- 1 pound trimmed squash equals 2 cups cooked squash.
- Boil or steam 1 1/2 - 2 inch chunks for 15-20 minutes, or until tender. You may peel the squash before or after; it's easier to peel after cooking, but it must cool first.
- Winter squash is easy to bake. Slice most squashes in half, scoop out the seeds, and place facedown on a cookie sheet. Water may be added around squashes to avoid drying out and hasten cooking. Squash will need 40 minutes to 1 1/2 hours, depending on size. Cook until very tender but not charred.
- Another way to bake squash is to bake it whole. (This is our preferred method) Pierce whole squash with a knife about four or five times around the squash. Make sure the knife goes through to the center. Set whole pierced squash on a baking sheet and cook at 350 degrees until tender.
- Add small amounts of squash to yeast breads, quick breads, muffins, cookies, or pancake batter to add color, moisture, and sweetness.

Storage Tips:

- Don't worry about eating up your squashes before the next box arrives; most winter squashes will store at room temperature for at least a month, and some for several months, in a dry and cool (50-55 degrees), but not cold, location.
- If you notice a bad spot developing, eat it up! Bruised or damaged squashes will deteriorate more quickly.





Spicy Spaghetti Squash with Black Beans

Recipe from wholefoodsmarket.com

INGREDIENTS

- 1 medium spaghetti squash
- 2 teaspoons olive or corn oil
- 1/2 cup red onion, chopped
- 1 jalapeño chili, seeded, minced
- 1/2 cup red pepper, chopped
- 1 cup black beans, rinsed and drained well
- 1/2 cup sweet corn, frozen or fresh
- 1 teaspoon chili powder
- All of the reserved cooked squash, about 4 cups
- 1/3 cup cilantro, minced
- 1 tablespoon lime juice
- 1 teaspoon sea salt



DIRECTIONS:

Roast squash in a 375°F oven for 50 minutes until tender or cut squash in half and place in a microwave dish with 1/2 inch of water, lightly covered with plastic wrap for 20 minutes on high until tender. cool. When cool, scoop flesh from squash halves leaving the shell intact for stuffing.

For the filling, heat oil in a large pan and sauté red onion, jalapeño chili and red pepper for 2 minutes. Add beans, corn and chili powder; sauté 1 minute longer. Add cooked squash, cilantro, lime juice and salt, cook 1 minute until heated through.

Fill squash halves with filling, mounding mixture in the center.

Good Earth Farm Pumpkin Pick

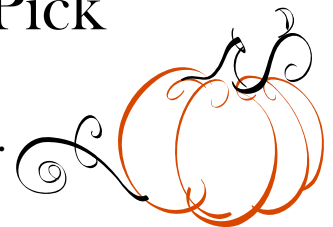
Saturday October 5th from 1pm to 4pm

Please join us on the farm for our annual pumpkin pick.

This is a member-only event.

Please let us know by Monday September 30th if you are coming to the pumpkin pick
RSVP necessary only if you plan to attend

When you respond please tell us how many people will be in your group and how many pumpkins you hope to take.
The amount of pumpkins per member will all depend on how many folks are coming.



We wash the produce, but so should you!



Creamy Vegetable Soup

Nicole

Ingredients:

- Olive oil
- 1 medium onion, chopped
- 1 cup celery, finely chopped (some leaves are fine, too)
- 3 cups fresh mushrooms, sliced
- 4-5 quarts water +/-
- 1-2 cloves garlic, finely chopped
- 5-6 medium carrots, chopped small pieces (I quarter, then chop)
- 5-6 medium potatoes, chopped into 1/2 inch pieces (I use whatever potato is on hand)
- Salt and pepper to taste
- Spike to taste, optional (If I don't have it on hand, I don't use it.)
- 1/2 cup flour
- 1/4 cup oil (olive or other veg. oil)
- 1/2 cup shredded parmesan cheese or Asiago
- 1 cup heavy whipping cream

Directions:

Sauté onion in olive oil for a couple of minutes, add celery and mushrooms and sauté 3-5 minutes more. Add water, garlic, carrots, potatoes, 2 tsp. salt (to start), some ground pepper, 2 tsp. Spike (if using). Bring to a boil, then reduce heat and simmer until potatoes and carrots are tender.

Mix flour and olive oil in a separate bowl and stir well. Add 2 to 3 cups of soup broth to the flour mixture and stir until creamy. Slowly pour this mixture into the soup, stirring the entire time incorporating evenly.

Bring the soup back to a boil, then reduce heat and simmer until soup thickens slightly.

Add cheese and cream and heat until hot. Do not boil once cream and cheese have been added. Season to taste with salt and pepper.

OPTION: Fry chopped bacon at the start. No need for oil simply add the onions to the bacon and grease and continue with the recipe.

Flatbreads with Goat Cheese, Caramelized Onions, and Basil TheKitchen.com

Ingredients:

- 1 tablespoon olive oil, plus more for brushing on the bread
- 2 yellow onions, sliced into 1/4-inch half moons
- 1 teaspoon salt
- Freshly ground pepper
- 1 teaspoon sugar (optional)
- 4 flatbreads
- 4 ounces goat cheese
- 8 -10 large fresh basil leaves, cut into chiffonade
- Pinch of crunchy sea salt such as Maldon

Directions:

Preheat the oven to 425°F.

Heat the olive oil in a medium frying pan over medium-low heat. Add the onions, salt, and pepper, and cook for 15 minutes, stirring occasionally. The heat should be low enough that the onions sizzle quietly but don't brown too quickly. Add the sugar (if using) and continue to cook for another 10 to 15 minutes, until the onions are dark golden and a darker brown crust begins to form on the bottom of the skillet.

Add a splash of water to the pan. It will bubble furiously, picking up the browned bits. Continue to simmer until the water has evaporated but the onions haven't begun to brown up the bottom of the pan again, about 5 minutes. Turn off the heat.

Brush a bit of olive oil on each flatbread. Scatter the onions evenly over each flatbread and crumble a quarter of goat cheese on each. Bake for about 8 minutes, until the cheese is beginning to melt and the flatbread gets slightly crisp.




Remove from the oven, sprinkle a pinch of Maldon salt and the basil over the top of each bread, and cut into pieces. Serve warm.



Hello September!



MORE TO KNOW *about the crew*

	 Kaci	 Zoey	 Ashley
Education or background?	B.S. in Environmental Studies	Double major in Environmental Studies and Geography with an emphasis in Natural Resource Management and Analysis.	B.S. in Environmental Studies
What brought you to GEF? (or how did you become interested in working on a CSA farm)	After returning to Wisconsin from the Montana Conservation Corps I knew that I had to work outdoors if I wanted to have a job I enjoyed, farming seemed like the most obvious choice. I applied to Good Earth Farm fully intending upon applying at a few others. However, after leaving the interview I remember being very hopeful that they would offer me a position so I waited to hear back. They of course offered me a job and I've been with the farm three seasons now. Being at the farm has changed the direction of my life drastically, and helped to bring clarity to the future I envision for myself. Thanks farm :)	I really wanted a job where I would be working outside and I was interested in learning more about how a CSA works. It sounded like a fun job, and I liked the idea that it would not be contributing to destroying and polluting the earth like most other jobs out there.	I came to Good Earth Farm because I have always been interested in sustainability. After my college education in Environmental Studies, I came to realize that sustainability is not about law-making paper shufflers. Instead, sustainability is about self sufficiency from within. To grow, harvest, prepare and preserve your own food saves you from an industrialized food system and allows you personal control of the substances you put in your body. Many other benefits come from working outside including a nice tan, a free work out and an intimate relationship with the duly noted Wisconsin weather.
Favorite job on the farm?	Harvesting melon, planting or harvesting potatoes, the first seed sowings of the season, pounding rebar. Gosh, I can't pick just one!	Packing boxes because it's different than any other day of the week and nice to see everything come together.	My favorite job on the farm is harvesting basil and peppers. There is no smell that compares to fresh basil and I just love the peppers because they are grown over plastic (which means less weeds!). They also have beautiful, contrasting colors.
What is your favorite vegetable to eat? To harvest?	asparagus, asparagus	To eat: melons and carrots. To harvest: potatoes and peppers.	My favorite vegetable to eat is probably asparagus. I love plants that require little to no maintenance and wild asparagus grows everywhere for free! - See above for favorite veg to harvest-
What do you enjoy doing when you are not on the farm (hobbies? interests?)	I'm learning to can, which has been quite the adventure! Best thing so far was creating a new delicious pickle recipe! I also enjoy spending time with my grandmas, and bonfires with friends, cooking, hiking, and monkeying around with my plants on the back porch, and in the winter I like to work on my embroidery skills.	Playing guitar and knitting/crafts.	I really love yoga, hiking, camping, listening to 60's and 70's music, collecting wild edibles, and being with my family, dog and cat. I have been specifically interested in trout fishing with my dad and Morel mushroom hunting with my partner, Austin, this past spring.
Dream job? (and/or where do you see yourself in 10 years from now?)	My ultimate goal is to be as self-sustainable as possible. At the same time I recognize that no matter how self sustaining I become I will need money, therefore, I see business ownership in my future. I would really love to run a small grocery store that gathers produce from many local sustainably minded farms and also offers you-pick onsite and an option to shop online and to pick up in a drive through fashion.	Anything where I can feel like it's actually doing some good in the world.	My dream job doesn't have a title but consists of good food, an active lifestyle, self employment, an always changing environment where I can learn new things and experiment, and as little reliance on industrialized society as possible. Wherever this path will lead me, I hope it is to happiness.

