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The weekly newsletter of Stone's Throw CSA
October 2, 2008 <http://stonethrowcsa.wordpress.com/>

Community Harvest Project's

Brigham Hill Community Farm

*Growing fresh produce for the Worcester
County Food Bank*

There are tens of thousands of people in Central Massachusetts who cannot afford enough to eat, and this year perhaps worse than ever. The Worcester County Food Bank provides nearly 5 million pounds of food annually to over 200 programs throughout Central Mass. Much of the Food Bank's food comes from supermarkets and food producers who donate processed food nearing their date code expiration, but very little fresh produce is available.

The volunteer-based Brigham Hill Community Farm on 11 acres in North Grafton was founded in 2002 to provide fresh produce lacking in food donations for Central Mass. The farm works in close cooperation with the Worcester County Food Bank to determine what to grow each year, then they plant their crops accordingly. Annually, thousands of individuals, families, classes of schoolchildren, church groups and civic organizations come to the Brigham Hill Community Farm on Wheeler Road in North Grafton to volunteer to help plant seeds in the greenhouse, transplant them into the fields when the weather allows, tend the crops through the spring and summer, then harvest, wash and pack tens of thousands of pounds of vegetables for the Food Bank each year.

The Brigham Hill Farm provides much more than donated produce to the communities it serves—each person leaves the farm changed in spirit. Open drop-in hours for volunteering are most Saturdays from 9-12 during the season (March to November), but call the volunteer hotline first at 508-839-7402 x1 to be sure—no experience necessary! You can also call the farm to organize a volunteer group by appointment – let your schools, churches, or other organizations know about this project. Participating at Brigham Hill Farm makes you part of a community of warm-hearted, compassionate people taking care of their neighbors. Financial contributions to this non-profit are also needed to supplement their modest budget.

For more information or to volunteer at the Brigham Hill Community Farm, part of the Community Harvest Project, visit their website at www.community-harvest.org, call 774-551-6544 or email volunteer@community-harvest.org. Either way, come on by!

Farm updates

"We needed rained as everything was starting to dry out a bit though it would be nice if it did not come 5 inches at once!" Katherine Anderson of **Sweet Birch Farm** said this rain will help the baby kale and chard she just planted and that should be ready in the next week or so. "We still have a little bit of squash and despite the weather hot peppers are coming in nicely. Our beans are pretty much done for the year. I think we had maybe half a pound last week. This is not the year for eggplant – it is going slowly and it is just not producing much." Because not much eggplant came in at once, she has been putting the small harvest in the exchange box.

She is very excited about a "high tunnel" she just ordered. This tunnel will act like an unheated greenhouse and protect the late greens she planted. This will be a test to see if she can produce vegetables into the winter. This is her first year growing for production and has been pleasantly surprised at how well everything has done.

Jane LaForce from **Jade Hill Farm**, reports that there is "Not much CSA stuff going on" at Jade Hill Farm. She is "completely pleased that there has been no repeat of the mini frost earlier. I have two varieties of plum tomatoes, Amish Paste and Grandma Mary's coming in at different rates, but still only showing the tiniest bits of red." She will cover them with plastic now that the rain is gone to retain warmth and aid ripening.

Expect to see Jade Hill honey at pick-up again this Thursday. Jane says "We harvested 136 pounds from our three hives a few weeks ago and it looks and tastes nice."

"My first year growing for production has been challenging in terms of time and energy - it took more of both than I had anticipated. I've greatly enjoyed working with other farmers and being able to discuss what's going well and what challenges we are having. It was a challenging year for some crops, weather wise, but overall we've done very well."

Still needed:
plates, bowls, cups, cutlery, napkins

Bring your favorite dish and
celebrate the successful first year of
Stone's Throw!

**GUESS THE WEIGHT OF THE
"GREAT PUMPKIN"**

Saturday, October 4 at 4:00 pm
212 Putnam Hill Road, Sutton
Harvest Dinner
Call 508-987-5358 OR
Visit [http://preview.evite.com/party/event/inviteId/
UUVYNDIGRGOPPZJIOVXI/initTab/addOnInvitationHome/](http://preview.evite.com/party/event/inviteId/UUVYNDIGRGOPPZJIOVXI/initTab/addOnInvitationHome/)

Recipes

Baked Acorn Squash with honey

from Sarah Moulton at foodnetwork.com

3 acorn squash, about 1 1/2 pounds each, stems cut off

6 tablespoons unsalted butter, softened

2 tablespoons Dijon mustard

6 tablespoons honey

Kosher salt and freshly ground black pepper

Preheat the oven to 375 degrees F.

Set the squash on its side and, with a large knife, cut in half vertically. Trim a piece off the bottom of each squash half so they will lie flat in the pan. Scrape out the seeds and stringy membranes with a large spoon. Place cavity side up in a large roasting pan.

Mix the butter, mustard, and honey in a small bowl until blended.

Fill each squash cavity with 2 tablespoons of the butter mixture. Season with salt and pepper. Bake until the squash is very tender, 1 to 1 1/2 hours.

Note: Sandra Colling from Rochester, New York, called in one night on the show when I was making a dish with winter squash. She pointed out that anytime you have leftover cooked squash you can freeze it for future use. She suggested freezing it in muffin tins for easy single portions. I suggest that you could also turn the cooked squash puree into a soup by adding vegetable or chicken stock to thin, then topping it off with some homemade rye, pita, or Parmesan croutons.

Carnival Squash Quiche

from the Big Y

Servings: 8

Ingredients

2 cups Carnival Squash (or any other variety of Winter Squash) peel and cube

1 cup Cottage Cheese

2 Eggs

1/2 cup Milk

1/4 teaspoon Ground Nutmeg

2 cups Brown Rice cooked

1/4 cup Nuts chopped

Preparation

In a pan with a small amount of water, cook the squash for about 10 minutes or until very tender. Drain. In a blender, mix together cottage cheese and eggs till smooth. Add squash, milk, and nutmeg. Blend until smooth. Pat cooked rice on the bottom of a 10 x 6 x 2 inch casserole dish. Pour squash mixture on top. Bake at 350° F for 40-45 minutes or until set. Let stand for 5 minutes. Sprinkle with nuts. Cut into squares and serve immediately.

Tunisian Pepper and Potato Couscous

by Deborah Madison

1/2 cup plus 2 tablespoons olive oil

1 large onion diced in 1/2-inch squares

1 1/2 tsp dried mint

1/2 tsp crushed red pepper flakes

1 pound boiling potatoes, peeled and cut lengthwise into sixths

2 Tbs tomato paste

6 garlic cloves peeled and crushed

1 1/2 cup cooked chickpeas, rinsed if canned

Salt

5 bell peppers, mixed colors, sliced into 1-inch-wide strips

4 tomatoes, peeled, seeded, and chopped

1 1/2 cups couscous

1/3 cup Harissa

3 tablespoons chopped parsley

In a wide skillet with 2-inch sides, heat 1/3 cup oil over medium heat. Add the onion, mint, red pepper flakes, potatoes, tomato paste, and garlic. Cook, stirring occasionally, for 10 minutes, then add the chickpeas, 1 1/2 teaspoons salt, and the peppers. Raise the heat and sauté for 2 minutes. Add the tomatoes and 3 cups water, reduce the heat to low, and

Simmer partially covered, until the potatoes are tender, about 20 minutes. When done remove 2 cups of

the liquid for the couscous and set the vegetables aside.

Heat the reserved broth and stir in a teaspoon of the Harissa. Warm the 2 tablespoons oil in a wide pot over medium-high heat. Add the couscous and cook, stirring constantly, for about one minute. Turn off the heat and pour in the broth-it will instantly bubble up. When it subsides, shake the pan to even the contents, then cover and set aside for 7 minutes. Fluff the grains with a fork, spoon 1/2 cup water over them, and cover again for 5 minutes. Garnish with parsley and serve remaining Harissa on the side.

Harissa

about.com

Harissa is a hot chili paste that is commonly found in North African cooking, mainly Moroccan, Algerian, and Tunisian cuisine. It is added to couscous, soups, pastas and other recipes. It can also be purchased in Middle Eastern stores in a can.

For a very spicy harissa: use a blend of cayenne, chile de arbol, or cayenne with a milder chile like ancho chilies

For a medium spiciness: use a blend of New Mexico chilies with guajillo chilies

Prep Time: 10 minutes

Ingredients:

10-12 dried red chili peppers

3 cloves garlic, minced

1/2 teaspoon salt

2 tablespoons olive oil

1 teaspoon ground coriander

1 teaspoon ground caraway seeds

1/2 teaspoon cumin

Preparation:

Soak the dried chilies in hot water for 30 minutes. Drain. Remove stems and seeds.

In a food processor combine chili peppers, garlic, salt and olive oil. Blend.

Add remaining spices and blend to form a smooth paste.

Store in airtight container. Drizzle a small amount of olive oil on top to keep fresh. Will keep for a month in the refrigerator.