

# Share

The weekly newsletter of Stone's Throw CSA  
October 23, 2008 <http://stonestrowcsa.wordpress.com/>

## Member Survey

*It's time to tell us  
what you think!*

Look for the 2008 member survey in your box this week. It will include questions about your most and least favorite veggies, and suggestions you may have for us for next year.

We will use this information to plan next year's program, so please take the time to complete the short survey and return it to Silvermine Farm next week at the final pickup.

The survey will also be emailed to all members, and will be available for download on the blog.

## Planning for Next Year 2009 Shares

Current CSA members will have priority in signing up for next year, and we will ask for your deposits before the end of the year. If you are interested in joining us next year, please look for the sign up sheet at pickup.

## Steering Committee Openings

We are looking for people who may be interested in joining the Stone's Throw CSA steering committee. The role of the committee is to help support the farmers as well as to help guide the development of the CSA program. The committee, including farmers, CSA members and others, meets during the off season to plan for the following year.

If you think you might be interested, let us know on the member survey or a sign-up sheet will be available at pickup. We will hold a meeting after the CSA season for those interested to find out more about how it all works.

## Farm Update

**REMINDER: Last pickup is next week, October 30!**

Jane LaForce has harvested the last of the season's green tomatoes and zucchinis. In the waning days of Indian summer, she and Denis prepared for winter at **Jade Hill Farmstead** by disassembling and storing the electrical fences that were helpful in discouraging woodchucks and other ruminants.

Katherine Anderson reported that the high ground of **Sweet Birch Farm** escaped from frost...until this past weekend. She picked and processed the last of the peppers in Sunday's closing hours before the first hard frost in Douglas. You may expect that sturdy Swiss chard and kale will appear in your remaining shares since they "don't fear the frost." As winter draws on, Katherine is building a new greenhouse to protect these and other hardy greens, plus root vegetables: kale, chard, mustard greens, spinach, turnips, beets, and carrots. To fortify her soil, she is making compost piles with those vegetables not fit for distribution. The piles generate heat while they're sitting and the compost yield will boost the garden's production next spring. "It can take up to a year to make good compost, and this was our first year at this location," Katherine explained. "We're looking forward to having our own source of high-quality compost for next year."

Sweet Birch plans to produce for Stone's Throw CSA in 2009 and will prepare a crop schedule based on the results and recommendations of the member survey. Please be sure to respond to the survey—the farmers and steering committee need your input!

Martha Cole of **Silvermine Farm** commented that she can't quite believe it's already the next-to-last week of the CSA, a timely reminder that the season will end with the October 30th pickup. Since there were frosts three nights in a row last week the delectable peppers, eggplant, and beans have come to an end. Happily, potatoes, beets, kale and rutabagas can all take frost; members may anticipate they will appear in our last shares, along with the last of the edible carrots and winter squash.

On the final pickup day, Martha will put out her remaining blemished pumpkins and other winter squashes for members to take if they like. "Any blemishes on the surface don't affect the soft flesh inside," she noted, "but they won't store well so are best cooked within a week or so." As this harvest season comes to a close, she hopes to produce early vegetables in 2009 and is planning ahead by sowing carrots, scallions and beets this week. If all goes as planned they will begin their underground growth this fall, go dormant in the winter; and, when the warm weather comes in the spring, will continue their growth cycle and produce earlier than spring-planted seeds.



# Recipes

*This versatile recipe can be made with any combination of root vegetables, including carrots and potatoes. Cubed winter squash could be added as well.*

*Both of these recipes are also great with farm-fresh eggs!*

## Root Vegetable Hash

*The Washington Post, October 15, 2008*

### Summary:

This hash is more than a makeover of last night's leftovers. A melange of cubed root vegetables, in this case sweet potato, turnip and celeriac, is cooked with a little bacon and onion and a finish of nutmeg.

The resulting dish is full of flavor, hearty enough to serve as a meal itself. It's also a wonderful side dish for roast meats or perfect topped with poached eggs for a Sunday breakfast.

Any combination of root vegetables can be used; you'll need a generous 5 cups' worth, cut into 1/2- to 3/4-inch pieces.

For a vegetarian version, use water instead of chicken broth and try some smoked Spanish paprika in place of the bacon.

4 to 6 servings

### Ingredients:

1 tablespoon olive or vegetable oil  
2 slices uncooked bacon (about 1 1/2 ounces), cut into 1/2-inch dice  
1/2 cup finely diced onion (2 ounces)  
3/4 pound sweet potato(es), peeled and cut into 1/2- to 3/4-inch cubes  
1/2 pound turnip(s), peeled and cut into 1/2- to 3/4-inch cubes  
3/4 pound celeriac (celery root), peeled and cut into 1/2- to 3/4-inch pieces  
1 cup store-bought or homemade low-sodium chicken broth  
Salt  
Freshly ground black pepper  
1/2 teaspoon freshly grated nutmeg  
2 tablespoons snipped or chopped chives

### Directions:

Heat the oil in a large saucepan, preferably nonstick, over medium-high heat. Add the bacon and cook, stirring, for 2 to 3 minutes, until it begins to render; then add the onion. Cook, stirring, for 2 to 3 minutes, until the onion just starts to soften.

Add the sweet potato, turnip and celeriac, stirring to combine. Add the chicken broth; season with salt and pepper to taste. Cover and bring the broth to a boil, then reduce the heat to medium or as needed to maintain a low boil. Cook for 10 to 15 minutes, stirring occasionally, until the vegetables are fork-tender.

Remove the cover and increase the heat to medium-high to bring to a rapid boil. Cook for 5 to 6 minutes, stirring frequently, until the broth has evaporated.

Remove from the heat and add the nutmeg, along with 1 tablespoon of the chives, stirring to combine. Taste and adjust the seasoning as needed. Transfer to a serving dish or to individual plates; top with the remaining chives and serve hot.

### Recipe Source:

From In Season columnist Stephanie Witt Sedgwick.

173 calories, 8g fat, 2g saturated fat, 9mg cholesterol, 257mg sodium, 21g carbohydrates, 4g dietary fiber, 5g protein.

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## Bruschetta with Braised Kale, Pine Nuts and Olives

<http://www.sustainabletable.org>

*Recipe By: Chef Becky Selengut, Cornucopia*

### Ingredients:

2 bunches kale and/or chard  
2 tablespoons extra virgin olive oil  
1 shallot, minced  
pinch of salt  
2 garlic cloves, large, each minced  
pinch red chile flakes  
2 teaspoons balsamic vinegar  
1/2 cup Kalamata olives, chopped

1/4 cup golden raisins  
1 teaspoon brown sugar  
chicken broth or water, as needed  
freshly ground black pepper to taste  
1/4 cup toasted pine nuts  
Parmigiano Reggiano, shaved for garnish  
more extra virgin olive oil to drizzle over the top  
6 slices of artisan bread  
olive oil, as needed

### Directions:

Strip the kale leaves away from the thick stem. Discard the stems. Wash leaves well to remove all grit. Shake water from them but don't worry about drying them well. Slice into long thin (about 1/2 inch) strips. Heat oil over medium high heat and saute shallot until soft. Add a pinch of salt and then the garlic and red chile flakes. Mix well and cook for another minute.

Raise heat to high. Add greens with the water still clinging to them. Add vinegar, olives, raisins, brown sugar and a few tablespoons of chicken broth or water. Stir, cover, and let greens cook down for 5 minutes. Stir, add more liquid if greens are dry, cover and cook for 5-10 more minutes. Taste. Greens should be tender and should be a little bit sweet and sour.

Add salt and pepper to taste, toss in the pine nuts and garnish with Parmesan and a drizzle of extra virgin olive oil. Toast the bread and rub with a half of a piece of raw garlic and then drizzle with olive oil.

### Tips:

This recipe is also delicious with a poached egg served on top.

## Did you attend the Harvest Dinner?

Please share your recipe with the group! Email to [katherine.anderson@verizon.net](mailto:katherine.anderson@verizon.net) or visit <http://stonethrowcsa.wordpress.com/2008/10/09/harvest-dinner-wrapup/>