

Box Note 15, 9/15/16

News this week

It is definitely Fall! The crisp weather and the golden light has all the polar bears excited, anticipating the arrival of their favorite season, winter. No more, for them, the dripping, gasping, lumbering days of crate hauling and brow wiping. Sun lovers, on the other hand are turning up at dawn in the garden with three layers and a regret that they did not dig out their gloves for the occasion. Only coffee lures them out and keeps them going until the day brightens and the heat gets turned up. It is a matter of will for the heat lovers to be able to see this season through anything else but a perspective of loss and we rely on the polar bears, rushing around in glittery delight, admiring shiny squash, the first bright orange and yellow leaves, and triumphing in sacks of onions, to bring us to a wider appreciation.

Helping us enjoy fall this weekend were 50 cyclists on the Radtour. This was a gentle, family inclusive ride along our end of the St Croix Valley. Cyclists nibbled their way along the road from various farm to farm having a quick tour round the barn and garden, and eating cookies, pickles and carrot sticks, while they were here. Scheduled at the same time as our local town festival Wheels and Wings, an airshow, car show, craft fair, and so on, this was quite the packed day. Half the community galloped off to our friends at Camphill Minnesota for their annual Open Day on this very same day. Glorious weather was bestowed (where was that for pig roast?!) and, despite the frantic nature of this weekend-it was Great!

Welcome to Maren who is visiting from Germany for a month. She is helping out in the garden, bakery and processing as an internship for her degree in special education in Cologne.



Thanks for remembering these-makes it easy for us to pack if we have something to pack in!

Kids back in school? Does your pick up site still work? If you want to change your site for the rest of the season, let us know. We can easily switch you over!

Here is Eric, collecting his leenage cows from the pasture!



What is in the box?

Beans
Cabbage
Carrots
Garlic
Leeks
Lettuce
Onion
Peppers
Potatoes
Salad greens-mezuna, arugala, mustard, baby kale, tatsoi
Swiss chard
Tomatoes

Spaghetti squash for some boxes

Maybe Broccoli, zucchini, parsley for some boxes depending on what fits and how much we have!
For family boxes-Beets

Also and perhaps...we are picking the water melon today. Kind of an extra -we won't have enough for every size box but we'll put one in if we can.

If your size box gets melon-this is what it looks like!



mountian merit and cherokee tomatoes,

salad greens

swiss chard



green beans



leeks



italia pepper

cabbage



Leeks:

B, K, Maganese, A ,folate, anti oxydents and great for the heart, this is the sweet cousin of your cantankerous Uncle Onion (the one that always makes you cry). The Romans thought it was good for the voice so Nero ate one every day. Not sure he is such a great example but the Welsh love them too and they are famous for their choirs so, something to consider. Leeks are actually the national emblem of Wales, after they put them in their hats during a big Saxon battle to distinguish them from their enemy, and won. Humble leek wins big! There is something for your dinner table conversation.

To store, keep it in a plastic bag in the fridge and don't clean it until you are ready to use it. For those that forgot, or did not read previous box notes (tsk tsk) here are the instructions for cleaning a leek.

Lay your leek on the counter top. Make an incision that runs all the way down, from the top of its green leaves to its root, that goes about half way into its depth. Take it to a faucet and run cold water from top to bottom, unfolding the insides a bit as you go. Dry it off and now you can cut it up as you please.

Look at those box ingredients. Are you thinking soup?

You have the bulk of the ingredients for

Minestrone Soup

- 3 cups vegetable broth
- 2 tablespoons olive oil
- 2 cloves of garlic minced
- 2 cups chopped tomatoes (include the juice)
- 1 can of white beans drained and rinsed
- 2 carrots, chopped small
- 1 celery stalk, chopped small
- 1 cup onion, chopped small
- 1 cup green beans chopped into 1/2 inch pieces
- 1/4 cup of Italia pepper chopped small
- 1 medium zucchini chopped small
- 2 swiss chard leaves chopped small
- 1 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and ground black pepper to taste
- 1 1/2 cups elbow pasta
- 2 cups zucchini, chopped
- 4 tablespoons grated Parmesan or Romano cheese
- Basil sprigs, garnish, optional

Heat the olive oil in a large pot over medium-high heat. Fry the onion on low until soft and add the garlic. Stirring for another minute. Add the carrots, celery, pepper and cook for 10 more minutes, stirring the while. Add the broth, the herbs, salt and pepper, and all the other vegetables except the green beans.. Bring it up to the boil, add the pasta and then cover, and simmer on low for 5 minutes. Add the green beans and the can of beans and continue to cook until the pasta is cooked. Garnish with the cheese.

Vegetable broth

Remember that freezer bag with all your "bits" of vegetable cuttings from the summer? Time to haul it out. If you have not been saving then you can always start now. Keep a pot in your fridge for veg parings (no nasty bits) stems and stalks.

A base of onions, carrots and preferably celery (or celeriac) is great but whatever you have in addition to this will work. Throw the stems of that parsley in too!

Fry two onions in 2 tablespoons oil and, when soft, add all your vegetable bits, cleaned and chopped, cover it with water, and bring to the boil. Cover with a lid and simmer for an hour at least. Cool and then strain it through a sieve or cheesecloth to get your broth.