

Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Fall Harvest #7 December 1, 2011

THE HARVEST

Your Harvest Share this week

We hope you had a good Thanksgiving, and now that the leftovers are done, you are ready for your next harvest.

We have had a tough season of weather and suffered some losses (who would have ever predicted a foot of snow in October!) but we are grateful for the abundance we are able to share. Our supply of winter squash should last through this season and thanks to the unseasonable warm weather we have been having, we are still harvesting sweet peppers in the upper greenhouse. Reflecting on the losses we had during the summer and fall makes me realize how fragile the source of our food can be. It makes me feel even more appreciative of the harvests we have achieved.

This week's harvest will include greens (kale, pac choy, and collards), lettuce, and greenhouse sweet peppers (still!). The root vegetables this week will be Hakurai Turnips, Purple Turnips, Sunchokes, and baby carrots. The carrots will not grow much more since the days are shorter now, so we will be harvesting the smaller ones (although small they are still flavorful and delicious). The harvest this week will also include a variety of winter squash; acorn, kabocha, and pie pumpkin.

Enjoy your harvest!



THIS WEEK'S HARVEST MAY INCLUDE:

- Baby Carrots
- Collards
- Kale
- Lettuce
- Pac Choy
- Sunchokes
- Sweet Peppers
- Turnips (Hakurai Turnip and Purple Globe Top Turnip)
- Winter Squash (Acorn Squash, Kabocha, and Pie Pumpkin)

THE FARM

Christmas Shop

Our Christmas shop will be open weekends in December. We will be selling handmade wreaths and locally grown Christmas Trees. Members will be able to pick up their wreaths or trees on harvest pick up days (Thursdays) or weekends. Our Christmas Shop weekend hours are Saturday 10 – 6 and Sunday 11 – 5.

Our trees (and wreath materials) come from Dutchess Tree Farm. Because they are local they did not travel far (the majority of Christmas trees sold in this country are grown in North Carolina or Washington state) and are fresh cut (the batch we have now were cut this week). Recently there has been some debate over the

best choice for a Christmas tree. Some might argue that artificial trees are environmentally friendly but many of those are manufactured using petrochemicals and travel many miles (85% of artificial trees are manufactured in China). Although an artificial tree will be used in your home for an average of 6 years, it will stay in the landfill for hundreds of years. Live Christmas trees are grown for the purpose of eventual sale (98% of live trees sold in this country are grown on tree farms). Responsible tree farms manage their farms by replanting new trees each year (making them a renewable resource). When live trees are disposed of they can be composted adding nutrients back to the soil.

The wreaths and trees sold at Cascade farm are for raising funds to support the operation of the farm and the farm school.

FEATURED RECIPES

Pumpkin Butter

Adapted from allrecipes.com. This recipe will yield 5 ½ pint jars. This is delicious on toast, pancakes, or oatmeal.

Ingredients

- 1 ¾ cups of pre-baked pumpkin
- ¾ cup apple juice
- 2 teaspoons ground ginger
- ½ teaspoon ground cloves
- 1 ½ cups white sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg

Directions

1. Combine pumpkin, apple juice, spices, and sugar in a large saucepan; stir well. Bring mixture to a boil. Reduce heat, and simmer for 30 minutes or until thickened. Stir frequently.
2. Transfer to sterile containers and chill in the refrigerator until serving.

Braised Acorn Squash and Kale

This recipe is adapted from Daily Unadventures in Cooking

Ingredients

- 1 acorn squash (or other winter squash)
- 1 small onion, diced (about 1 cup)
- 1 teaspoon kosher salt, divided
- 2/3 cup chicken broth
- 3 cups kale, lightly packed, stems removed and chopped
- fresh ground pepper to taste
- freshly shredded Parmesan cheese

Directions

1. Halve squash and remove the seeds. With the cut side down on a cutting board, slice the squash into wedges along the "ribs", peel each wedge, and cut into 1-inch chunks. Set aside.
2. In a large skillet, add some oil and onion and 1/2 teaspoon of the salt, and cook until it's started to brown, about 10 minutes.
3. Add the squash and chicken broth, and bring it to a simmer. Cover the pan and simmer for 30 minutes, or until the squash is easily pierced with a fork.
4. Stir in the kale and remaining 1/2 teaspoon salt, cover the skillet, and cook for 5 minutes. Use a potato masher to mash the squash as much or as little as you want. I left about half of the squash intact.
5. Stir in the pepper, sprinkle with Parmesan cheese, and serve.