

Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Fall Harvest #9 December 15, 2011

THE HARVEST

Your Harvest Share this week

Here we are at the final weeks of our fall harvest. Today is harvest #9 and next Thursday, December 22nd will be our last fall harvest (harvest #10). The share amounts have been getting gradually smaller as we move into winter. Even in the greenhouse the plants grow very slowly as the day length reaches its shortest. This week, as we run out what is left of the winter squash, we will provide a mix of squash to choose from as we do not have enough of any one variety. Feel free to select your favorite or try something new. We will also be distributing a pie pumpkin with your share. We have had a wonderful season of these but do use them soon (or cook and freeze for future use).

Also in your share this week are dry beans. Just before the snow in October, we rescued our dry beans from the field and finished drying them in the barn. This is a new crop for us so we are happy to be able to share it. I haven't used dry beans much in this form as I always thought canned were easier. But I recently learned that newly harvested dry beans are considered "real beans" by those who seek them out. And I have to say they do have a great flavor I never experienced in either the canned or packaged dried beans. The beans in your harvest this week are Black Turtle Soup beans that you can use for soup (see recipe below) or just cook them on their own. Preparing dry beans requires a little planning to soak them (easily done overnight). Once soaked, cook with a bit of olive oil, onions, garlic, and your favorite herb or spice. Don't add salt until the beans are almost done cooking as it can make the skins tough. This week you will receive about 1 cup of dried beans (that will produce about 3 cups of cooked beans).

Also this week your harvest will include greens (lettuce, kale, cabbage), root vegetables (Hakurai turnips, Purple Top turnips, carrots, and sunchoke), a winter squash and a pie pumpkin).

Enjoy your harvest!



THIS WEEK'S HARVEST MAY INCLUDE:

- Baby Carrots
- Cabbage (Napa)
- Dry Beans (Black Turtle Soup Beans)
- Kale (Tuscan)
- Lettuce (Romaine and Red Summer Crisp)
- Sunchoke
- Turnips (Hakurai Turnip and Purple Globe Top Turnip)
- Winter Squash (Assorted and Pie Pumpkin)

FEATURED RECIPES

Tuscan Kale Salad

The recipe below is adapted from drweil.com

Ingredients

- 4 – 6 cups of finely chopped (loosely packed) Tuscan Kale
- Juice of 1 lemon
- 3 – 4 tablespoons extra-virgin olive oil
- 2 cloves garlic, mashed
- Salt and pepper to taste
- Hot red pepper flakes to taste
- 2/3 cup grated Pecorino Toscano cheese (or Parmesan)
- ½ cup freshly made bread crumbs from lightly toasted bread

Directions

1. Whisk together lemon juice, olive oil, garlic, salt, pepper, and a generous pinch (or more to taste) of hot pepper flakes.
2. Pour over kale in serving bowl and toss well
3. Add most of the cheese and toss again
4. Let kale sit for at least 5 minutes, add bread crumbs, toss again
5. boil. Reduce heat and simmer until squash and apples are tender.
6. Puree in blender until smooth, then add salt and pepper to taste.

Black Turtle Bean Soup

Ingredients

- 1 cup Black Turtle beans
- 1 large onion, chopped
- 2 carrots, chopped
- 1 teaspoon shoyu or soy sauce
- ¼ teaspoon paprika
- ½ cup grated pepper jack or cheddar cheese (for garnish)

Directions

1. Soak beans overnight in water to amply cover. Rinse and cover with fresh water, then bring to a boil over medium high heat.
2. Remove pan from heat, cover pan and let stand 1 hour.
3. Return to low heat, add carrots and onions and simmer until tender (about 30 minutes). When tender, season to taste with shoyu or soy sauce and smoked paprika, then puree with an immersion blender.
4. Serve hot, garnished with cheese or yogurt. Serves 4-6