

Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Fall Harvest #8 December 8, 2011

THE HARVEST

Your Harvest Share this week

When it rains, it pours (especially on Wednesday). We spent most of the day harvesting whatever field crops were left ahead of the snow. Harvesting in the cold rain is tough but digging in the snow for crops is even harder. The heavy rain caused other problems; (like motors not working and trucks stuck in the mud), but the toughest problem of the day was the discovery of a mechanical problem with our walk-in refrigerator that caused us to lose some of our storage crops (carrots, turnips, and some apples). Not a huge amount but disappointing all the same. Even though, sometimes good things happen even on bad days. This week's harvest will include a couple of crops that made a remarkable recovery from the October storm. Two crops I thought were lost to that storm were actually harvested this week; Napa cabbage and broccoli. Napa Cabbage is a mild Asian green, good for stir fries, dumplings or egg rolls. This cabbage didn't make it to a full head but it can be harvested as a small head and taste just as good. Another crop that made a slight comeback was broccoli. The harvest amount you will received will be small but we wanted to harvest it before the snow and cold arrive.

Also this week your harvest will include greens (lettuce, arugula, mizuna, kale), root vegetables (Hakurai turnips, Purple Top turnips, sunchokes) and squash (butternut and pie pumpkin).

Enjoy your harvest!

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



THIS WEEK'S HARVEST MAY INCLUDE:

- Arugula & Mizuna mix
- Baby Red Kale
- Broccoli
- Cabbage (Napa)
- Lettuce
- Sunchokes
- Turnips (Hakurai Turnip and Purple Globe Top Turnip)
- Winter Squash (Butternut and Pie Pumpkin)

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

Gingery Butternut Squash Soup

The recipe below is adapted from *Simply in Season* by Mary Beth Lind and Cathleen Hockman-Wert.

Ingredients

- 2 tablespoons fresh ginger
- 2 onions chopped
- 1 tablespoons oil
- 2 apples (peeled, seeded, and chopped)
- 1 butternut squash (peeled, seeded, and cut into cubes – or 2 cups of cooked squash)
- 4 cups of chicken or vegetable broth

Directions

1. In a large soup pot, sauté onions and ginger in oil until onion is translucent
2. Add the apples, squash and broth to the soup pot and bring to a boil. Reduce heat and simmer until squash and apples are tender.
3. Puree in blender until smooth, then add salt and pepper to taste

Napa Cabbage Soup

This recipe is adapted from Sarah on Semisweetonline.com

Ingredients

- 1 head of Napa cabbage, cored and shredded
- 1 large onion, sliced
- 3 tablespoons oil (safflower)
- 1 tablespoon sesame oil
- 2 tablespoons of minced ginger
- 2 tablespoons of low sodium soy sauce
- 1 teaspoon kosher salt
- 5 cups chicken broth
- fresh ground pepper to taste
- juice of 1 lime

Directions

1. Heat oil in deep skillet. When hot add the cabbage, onion, salt, and pepper.
2. Cook stirring frequently, until both the onion and cabbage are tender.
3. Stir in the ginger and cook for 1 – 2 minutes.
4. Add the broth, sesame oil, soy sauce and cook stirring occasionally for about 15 minutes
5. Add lime juice and taste to adjust seasoning.

Variations:

Add small slices of port that have been cooked with fresh garlic or add cubed firm tofu.