



CSA Newsletter

Volume 7

Issue 15- Farm and High Street

September 22, 2011

Week 15

What a great day for harvesting yesterday! It couldn't have been more perfect. Andrew, Matthew and I worked until 6:00 last night getting most everything ready for the shares. Digging potatoes and picking beans takes hours each. Everything else is pretty fast picking. Once everything is in the old milk room, we have to wash it, then bunch it or weigh it and bag it. Some vegetables simply get counted and placed in the cooler. Each vegetable in your share has been handled with care and inspected to be sure that it is of high enough quality for you to bring home to your families. Translated into hours, for this week, Andrew, Matthew and I spent a total of about 33 hours preparing your shares. We welcome you to come out to the farm one of the next three Sundays or Wednesdays so you can experience what it takes to prepare CSA shares each week. Extra hands are always greatly appreciated!

In the Garden

The new high tunnel is ordered! Next we have to line up the site work and get our lumber ordered. Eric plans to do that this week. We're about three weeks away from having everything here ready to build. Then we'll have more space to plant fall and winter crops, mostly greens. Andrew and I pulled up the spent cucumber plants this week. We ended up with over 100 pounds of over-ripe cucumbers. I either need to make the time to pickle them all or find someone who can do it for me. That translates to about 100 pints of pickles. Whoa! We're getting the area ready for our upcoming garlic planting. Eric tilled the garden yesterday. We also need to attempt to dig as many potatoes as we can. When our high tunnel is constructed our contact from NRCS will come make sure we did what we were supposed to and then take fall soil tests in our fields. The results of these tests will tell us what amendments we need to put down before we plant our cover crops. There is still much work to be done in the gardens even at this time of year when everything typically slows down.

On the Farm - Events

Garlic Planting - FREE for members, \$10 for non-members

Friday, October 7th, 8:00am -4:00pm, Rain or shine. Lunch included for those who spend the day. Join us for the full day or come for an hour or two. Learn how to plant garlic for July 2012 harvest!

High Tunnel Raising - \$5 for members, \$20 non-members (includes lunch)

Date and time: TBA

Join us for an old-fashioned barn raising, high tunnel style. Learn how to construct a high tunnel. Join us for some community building fun!

100% Grass-fed, Certified Organic Beef

We have beef on hand right now and can deliver it to you at your weekly pick-ups. We also have larger freezer beef packages available for the month of October. A limited amount of beef is in the freezer for orders of single cuts (variety of steaks, roasts, and stew meat). Our beef has been selling out fast and we have new customers coming on, so act soon! Visit our website for details about our delicious beef:

<http://maplewoodorganics.biz>.

Please find us on Facebook (Maplewood Organics and The Organic Mother) and Twitter (maplewoodvt and organicmother74). We have a new email list sign up on Facebook!

Recipes of the Week

Baked Radish Chips Recipe

- 8 radishes
- 1 tsp chili powder
- 1/2 tsp garlic salt
- 1/2 tsp paprika

1. Thinly slice radishes
2. Steam stove-top for 5 minutes
3. Put in bowl with spices; stir
4. Bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes or until crisp.

Combine with thinly sliced potatoes and kale chips for a real treat!

French Onion Soup - Just in case you've accumulated some onions and garlic!

- 6 large red or yellow onions, peeled and thinly sliced.
- Olive oil
- 1/4 teaspoon of sugar
- 2 cloves garlic, minced
- 8 cups of beef, chicken or vegetable stock, or a combination (traditionally the soup is made with beef stock)
- 1/2 cup of dry white wine
- 1 bay leaf
- 1/4 teaspoon of dry thyme
- Sea salt and pepper
- 8 slices of toasted French bread
- 1 1/2 cups of grated Swiss Gruyere with a little grated Parmesan cheese

In a large saucepan, sauté the onions in the olive oil on medium high heat until well browned, but not burned, about 30-40 minutes (or longer). Add the sugar about 10 minutes into the process to help with the caramelization.

Add garlic and sauté for 1 minute. Add the stock, wine, bay leaf, and thyme. Cover partially and simmer until the flavors are well blended, about 30 minutes. Season to taste with sea salt and pepper. Discard the bay leaf.

To serve you can either use individual oven-proof soup bowls or one large casserole dish. Ladle the soup into the bowls or casserole dish. Cover with the toast and sprinkle with cheese. Put into the broiler for 10 minutes at 350 degrees F, or until the cheese bubbles and is slightly browned. Serve immediately.

Serves 4-6.

REMEMBER TO:

Please visit our website to read our past newsletters and recipes if you're looking for more ideas. Only this year's newsletters are there so far, but I'll be working on getting all of our newsletters from 2005 on archived on our website. <http://maplewoodorganics.biz>

Sign up for our mailing list on Facebook and receive notices of new Maplewood products like our NEW recipe subscription and upcoming cookbook! Please help us spread the word.

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