



Only THREE Winter CSA Shares left!

CSA Newsletter

Volume 7
Issue 17- Farm and High Street
October 6, 2011

Week 17

For some of you, this is your last week this season. I want to sincerely thank you for your support this challenging growing season...record wet spring, drought this summer, Irene, and now ridiculous amounts of rain with standing water in the fields. I appreciate that you've become connected with your food source and are developing a deeper understanding of what it takes to produce food. Through these newsletters, I've attempted to show you the challenges and triumphs of farming here at Maplewood Organics. We enjoy growing food for you and take delight in your enjoyment of the beautiful presentation, the variety and the fresh tastes included in your shares each week. We hope that this was a good experience for you and that you'll come back again next season for another go. Every season is a little bit different, mostly depending on the weather. We have decided at this point to scale back the CSA to just 30 members, so please reserve your spot early so you don't miss out. Thank you all again for coming along on this ride with us this season.

In the Garden

We have a new garden in place thanks to Eric's non-stop efforts last week. It's a 30 by 70 space beside our house where we plan to plant garlic this Friday.

We've started harvesting from our late summer plantings for your shares the last few weeks. This week arugula is new to some of you, and there's a nice crisp bunch of beet greens.

Andrew, Matthew and I harvested all of the pie pumpkins and winter squash on Friday. It's not a bad crop considering. They're all cleaned and ready for storage and distribution. We're also supplementing our crop with squash that my uncle grew organically in Milton. Two seasons ago, we also got squash from him. This year he had to do his spring planting in a new location since his usual place was super wet by the river. He had a nice high and dry sandy spot. It worked out really well for him and he has bumper crops of squash and potatoes.

Farm News

On the Farm - Events

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

THIS 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!

Please RSVP 868-5083 or maplewoodorganics@gmail.com.

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

Whole Baked Pumpkin

1 medium sugar pumpkin
6 eggs
2 cups heavy whipping cream
1/2 cup packed brown sugar
1 tablespoon molasses
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1 tablespoon butter

Try this variation also:

1 pound of ground beef
1 cup cooked brown rice
1 onion chopped
1 apple peeled, cored and chopped
1/2 cup raisins
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
chicken broth, enough to make the mixture moist
Follow the directions below except stuffing the pumpkin with the meat mixture.

1. Preheat the oven to 350 degrees F
2. Cut the lid off the pumpkin and remove the seeds.
3. Combine the eggs, whipping cream, brown sugar, molasses, nutmeg, cinnamon and ginger. Pour mixture into the pumpkin shell and top with the butter. Replace lid on pumpkin and place in a baking pan.
4. Bake for 1 to 1-1/2 hours or until mixture has set like a custard. Allow to cool and serve right from the pumpkin at the table, scraping some of the meat from the pumpkin wall with each serving

Balsamic Beet Greens & Goat Cheese Crostini

1 bunch beet greens
1 Baguette, sliced thin (about 20 pieces), *toasted in pan or oven*
about 6 oz pkg Goat Cheese
1 tsp fresh Lemon Juice or Lemon Zest
very thin slices of fresh Lemons (*optional*)
1/2 tsp Sea Salt
1 tsp Balsamic Vinegar, or more if needed
fresh cracked Black Pepper

1. **For cooking the greens:** Wash and cut leaves and stems leaving small beet roots on. Heat water to boil in a medium pot. Add stems and leaves to boiling water and quickly blanch them. Taste a piece of stem and leaves until they are blanched to your liking. Quickly drain greens and rinse with cold water. Add greens to bowl, squeeze out excess water, then add balsamic vinegar and salt to taste. (You can also sauté the greens in a little bit of olive oil or butter instead of blanching them.)
2. In bowl, combine goat cheese, fresh lemon juice and fresh cracked black pepper. Combine well.
3. Spread goat cheese on crostini (toasted baguette slices) with goat cheese, thin layer of lemon sliced, thin slices of roasted beets and beet green greens (cooked or raw).

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.

<http://www.facebook.com/MaplewoodOrganics>