



# Only TWO Winter CSA Shares left!

## CSA Newsletter

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### Week 18

This is it! - the last week of this season. You've done it! You've managed to feed your family with the help of an organic CSA share. We strive to give you all at least 8 different items each week and most weeks you've had more. One way to stay healthy and to be sure you're getting a good variety of nutrients, is to eat a good variety of foods - different colors, flavors, textures. Maybe you tried something new this year that you and your family now really like and you'll continue to buy at the grocery store or farmers' markets. Maybe you learned a different way to cook a vegetable you already liked. I want to thank you all for sharing this crazy season with us. Thank you for riding out the challenges with us. We will be doing it again next year and hope you'll join us again. I just want to remind you that we have decided at this point to scale back the CSA to just 30 members in 2012, so please reserve your spot early so you don't miss out. Have a wonderful fall and winter and stay in touch through Facebook and Twitter! You can sign up for monthly newsletters from The Organic Mother - me! Just go to <http://theorganicmother.com> and opt-in to the free mini-course.

### In the Garden

Andrew, Matthew and I started working in the garlic garden Friday. It ended up being too wet in most places to actually plant. Andrew and Matthew dug a trench at the top of the garden and down the sides with Eric's supervision and the help of a transit (sort of like a level). We'll see how it works when we get rain again later this week. It should take the water around the garden so it doesn't go through and wash soil away. We also started to mark out rows and poke holes for the garlic. We got about half-way done before we had to stop. The ground was too mushy in the middle to continue. I went through with Maddy and picked up rocks and other debris. We'll plant the garlic on Tuesday now. We're all set to plant and mulch almost 4000 garlic cloves!

We did get two hard frosts here last week. All of our tender crops were killed. They were all ready to go anyway. We covered what we wanted to save with floating row cover. Matthew and Andrew spent an afternoon pulling up more dead plants - summer squash and delicata vines, flowers, weeds. So now the garden behind the house is empty except for the new fall plantings.

We just got word that our high tunnel is ready for delivery. We'll be setting the date to raise it soon.

### On the Farm - Events

#### ***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

### Roasted Brussels Sprouts

1 stalk of Brussels sprouts  
1 Tbsp. + olive oil  
Sea salt to taste  
freshly ground pepper to taste

1. Preheat the oven to 400 degrees F
2. Trim the end of the Brussels sprouts and remove any yellow leaves. Rinse and drain.
3. In a bowl toss with olive oil, salt and pepper. Spread on a cookie sheet.
4. Bake for 35-40 minutes until the Brussels sprouts are crispy on the outside. Stir or toss the sprouts occasionally to make sure they brown on all sides. Add extra salt to taste.

### Scalloped Potatoes with Leeks

2 tablespoons unsalted butter, plus more for baking dish  
2 leeks, trimmed, thinly sliced, and rinsed well (about 1 cup)  
2 lbs. potatoes, peeled and thinly sliced  
1/2 teaspoon sea salt  
1/8 teaspoon nutmeg  
Freshly ground pepper, to taste  
8 ounces Gruyere cheese, shredded (about 3 cups) - you may substitute your favorite cheese shredded  
1 cup heavy cream  
1 cup chicken stock

Preheat oven to 350 degrees. Butter a 12-cup baking dish. Melt butter in a skillet over medium heat. Add leeks, and cook until translucent, 3 to 4 minutes.

Arrange 1/3 of the potatoes in dish, slightly overlapping slices. Sprinkle with 1/2 of the salt, 1/2 of the nutmeg, and pepper, followed by 1/2 of the leeks and 1/3 of the cheese. Repeat. Top with remaining potatoes in a spiral. Sprinkle with remaining cheese. Combine cream and stock. Pour over cheese and potatoes. Cover with parchment and foil. (Mixture can be refrigerated overnight.)

Bake for 30 minutes. Increase temperature to 425 degrees, uncover, and cook until top is golden brown and potatoes are tender, about 45 minutes. Let rest for 15 to 30 minutes before serving.

## 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>