



# Winter CSA Newsletter

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## Week 2

I'll start this week's newsletter with a disclaimer...I was sick all day yesterday- on the couch most of the day with fever, aches and stomach pain. I was better last night and am even better today! However, yesterday's illness left the entire harvest and preparation to Andrew and Matthew. They worked their butts off! We are doing our best to finish everything up this morning. So if you are missing a promised item or something is still dirty, please understand. Life happens, and it hit me yesterday! Feel free to call or email with any questions.

## Garden Progress

The big news in the garden is that the new greenhouse is going up. We may still put a call out for help on the day we cover it with plastic. We've had to work on it bit by bit with everything else happening on the farm. Eric, Andrew and Matthew have been working hard to get it done. The gardens are extremely wet. We're picking away at getting the rest of the crops out of the ground and into storage. We will not be able to plow under remaining vegetation with the gardens this wet. We have standing water all over the place. So we also won't be able to get down our cover crop. The good news is that with vegetation in most areas, we have something to hold the soil in place over the winter. Let's hope next fall isn't so wet.

## Bulk Beef Packages - Special Fall Deal - 100% Grass-fed

Next we are processing a young bull. He's been raised organic and 100% grass-fed his whole life, but is not certified organic. Because of this we are offering the meat to you at a reduced price! We are selling this beef in mixed quarters for just \$3 per pound hanging weight plus processing fees (*regular price is \$4.50/lb hanging weight*). Most of the beef will be ground, but there will also be tenderloin and strip steaks, stew meat and a limited amount of roasts. Organ meats and soup bones are also available for anyone who wants them. If a quarter is too much for you, team up with another family or two to split it up. We expect that there'll be about 100-125 pounds of meat per quarter. *We do not know what the total cost to you per quarter is until we pick up the beef from the butcher.* **Please call or email by November 7th if interested. A \$100 deposit is required.** The meat will be ready for pick up at the farm or delivery to 179 High Street by the second week of November.

## Other Opportunities to Buy Local

- Handmade jewelry - Available on site on racks \$2-\$10 (please bring exact change). Special orders also available with sterling silver and semi precious stones. Please call Rochelle directly at 527-1351. I gave some as Christmas gifts and they are treasured!
- Locally made balsam wreaths. Details in November.
- All others items are listed on the order form included last week: recycled wool mittens and bags, organic bread and organic pies

## Box Contents

Butternut or buttercup squash, acorn squash, celeriac, potatoes, red onions, yellow onions, garlic, Brussels sprouts, green onions, leeks, baby lettuce mix, Swiss chard, kale, beet greens, cabbage, arugula, beets, herbs

## New in Two Weeks

Variety of squash and more of the same! *Maybe* radishes.

## Recipes of the Week

### Roasted Beets and Sautéed Beet Greens

- 1 bunch beets
- 1 bunch beet greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion
- sea salt and pepper to taste
- 1 tablespoon red wine, balsamic or apple cider vinegar

1. Preheat the oven to 350 degrees. Wash the beets thoroughly, leaving the skins on. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with sea salt and pepper. Serve the greens as is, and the roasted beets sliced with either your choice of vinegar, or butter and salt and pepper

### Celeriac Soup Recipe

*(makes 2 small servings)*

- 1 tablespoon olive oil
- 1/2 onion diced
- 1 1/2 cups chopped celeriac
- 3 cups chicken stock or vegetable stock
- 1 bay leaf
- 1 sprig of thyme
- salt and pepper
- a tablespoon fresh parsley or 1 tsp. dried

In a heavy pot heat olive oil to medium-low and add onions. Sauté for 5 minutes then add celeriac and sauté for another 5 minutes. Add stock, bay leaf, thyme and pepper and bring to a simmer. Simmer for 30 minutes or until soft. Remove bay leaf and thyme and allow to cool a bit. Add parsley then puree in a blender.

### Cabbage Fruit Salad With Sour-cream

- 2 Cups Cabbage; Raw, Shredded
- 1 Apple; Med., Diced, Unpeeled
- 1 Tablespoon Lemon Juice
- 1/2 Cup Raisins
- 1/4 Cup Pineapple Juice
- 1 1/2 Teaspoons Lemon Juice
- 1/4 Teaspoon Salt
- 1 Tablespoon Sugar or raw honey, or 1 packet of Stevia
- 1/2 Cup Sour Cream or whole milk plain yogurt

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.

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! Help us spread the word!

Celeriac adds great flavor to any mix of vegetables. Add it to your stir fry, roasted vegetables, soups, and casseroles for a wonderful celery taste without the strings!

**Schedule - Please put this on your calendars/phones/appt. books**

**SCHEDULE: Thursday, Oct. 20, Thurs. Oct. 27, Thurs. Nov. 10, Mon. Nov. 21, Thurs. Dec. 8, Thurs. Dec. 22, Thurs. Jan. 5th**