



Sweet Top Farm

CSA Newsletter, Autumn Share

November 7, 2012

Belle enjoying a frosty morning

See Page 2 for Storage Tips

Aruqula: Big bunch of larger leaves great on sandwiches or as a salad. If the peppery flavor is too strong for your taste, cooking it mellows the flavor.

Broccoli: These are mostly side shoots on the plants that produced the larger heads a few weeks ago. They are just as delicious but will not keep as long as the larger heads, so eat them within the next week.

Baby Carrots: This is our favorite carrot variety: Mokum. While the greens are unattractive, the flavor of the carrot can't be beat!

Carrots: A nice 5 pound bag of carrots great for eating raw or cooking. Since these carrots were just harvested, the "skin" is not bitter and does not need to be peeled.

Leeks: Although labor intensive, leeks are delicious! Add to soups or sauté with chopped turnips and butter. If stored properly, leeks will last quite a while.

Yellow and Red Onions: These onions should easily get you through the holidays and then some. Enjoy!

Red Potatoes: Around 10 pounds of potatoes. Although some of the potatoes have a scabby appearance (see Week 17 Newsletter), the flavor is unaffected; just peel or cut this off. Chieftan is a versatile potato great for mashing or roasting as well as for baking and soups.

Rutabaga: These roots were not all-stars on the farm this year, but we have enough for you to add a different flavor to your dishes. We recommend peeling them first.

Spinach: Cold weather enhances the flavor and texture of spinach. After this week's rain, the leaves were *really dirty* and while we did our best to wash them, please wash again before using. Otherwise, this bag will last for several weeks in your fridge, so don't feel like you need to eat spinach at every meal.

Scarlet and White Salad Turnips: The flavor of these white roots is *fantastic* right now. No need to peel them, and they can be eaten raw (our favorite) or cooked (mashed with potatoes is delicious).

Winter Squash: A few acorns (both white and green) and several butternut squash. These will keep for a while, and if you don't need the entire squash at one time, store the cut portion in the fridge in plastic.

Herbs: Thyme and Parsley—both excellent herbs for Thanksgiving dishes. Both will last for a while in the fridge or you can dry the thyme by hanging it upside down in a cool dark place.

Thanksgiving Cornucopia Comes Early

With Thanksgiving just two weeks away (What!? Already!?), it feels pretty darn good to go out to the field and see an abundance of goodies that we can send to your table for the holidays. While harvesting conditions were not ideal yesterday, we were still able to pull, cut, and fork much of this delivery from the field. We need the rain and will take whatever we can get, but it made yesterday a very dirty day. We trudged around in boots that felt like cement blocks and washed carrots again and again and then some more (you might still find some dirt but we tried our hardest). At the very least, we can say the last official harvest was a memorable one. While we might have thought we were crazy for doing this in November, the end result is something to be proud of knowing that many of you, including ourselves, will be sharing this at your holiday table.

On page two of this newsletter, we included a chart that lists the best way to keep your vegetables for long-term storage. We also noted the produce that you should eat within the next week or two to enjoy the best flavor. As usual, there are a couple of recipes. If you use any of our vegetables in your holiday dishes, please send us your recipe; we are always looking for new dishes to add to our own Thanksgiving spread.

Well, this is *really* the end of our first season. Other than harvesting a little bit for ourselves, for friends and family, and some kale and carrots as a treat for Belle, we will put the beds to bed for the winter. The coming months will be spent on some projects (a roof on the cooler, cleaning out the greenhouse) and planning for next year as well as focusing on our off farm jobs. We'll spend the holidays with family, attend a few farming conferences, and hopefully XC ski to our hearts' content. You'll hear from us again in January regarding CSA registration for next season. Until then, may your holidays be filled with good food and great company.

Enjoy the harvest!

Your Farmers, Megan and Adam

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Storage Tips

	Fridge?	Bag?	Notes
Arugula	Yes	Plastic	Cook to mellow peppery flavor
Broccoli	Yes	Plastic	Eat within 1 week
Carrots	Yes	Plastic	Stores for long time
Leeks	Yes	Plastic	
Onions	No	No	Reds don't store as long; Store at 35° - 50°
Potatoes	No	Paper	Store at 35° - 50° without exposure to light
Rutabagas	Yes	Plastic	
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	
Winter Squash	No	No	Store at about 50°
Herbs	Yes	Plastic	Thyme dries well

A garage (if not too hot or cold) or entryway works well for storage of potatoes, onions, and winter squash. Separate onions and potatoes as they cause each other to sprout.

Recipes

Find these and other recipes by clicking on the link below:

[CSA Newsletter and Recipes](#)

Holiday Mash Three Ways

From your box: potatoes, rutabaga, turnips, butternut squash, parsley

1. Coarsely chop potatoes. Chop rutabagas a bit smaller than the potatoes. Cover with water and boil until soft enough to mash. Drain, add milk, a generous portion of butter, 1 tablespoon of minced parsley, and mash. Season with salt and pepper.
2. Using recipe above, replace rutabagas with turnips. Melt butter in skillet and add minced garlic, cooking until fragrant (1 minute). Drain potatoes and turnips, add milk or cream, melted butter with garlic, and mash. Season with salt and pepper.
3. Using recipe above, replace rutabagas with peeled diced butternut squash, using a one to one ratio of squash and potatoes. Drain, add a little heavy cream and butter, fresh grated nutmeg, a pinch of salt, and a drizzle of maple syrup to taste. Mash and serve.

Thyme and Honey Roasted Carrots

From your box: carrots, thyme, yellow onion

2 tbsp olive oil
2 pounds carrots
1 yellow onion, cut into wedges
5 sprigs of thyme
salt and pepper
2 tbsp honey

Preheat your oven to 400°. Add the olive oil to a large skillet over medium high heat. Add the carrots, onion, and thyme and toss to coat in the olive oil. Sprinkle with salt and pepper and transfer the skillet, carrots and all into the oven, and roast for 15 minutes until the carrots are fork tender. Once the carrots are tender, remove the skillet from the oven and place it back onto the stove top. Drizzle the honey over the carrots and toss gently to coat. (BE CAREFUL the skillet is HOT). Season with salt and pepper if needed.

Adapted from <http://whatsgabycooking.com>