



Sweet Top Farm

CSA Newsletter, Week 18

October 17, 2012

Beautiful Garlic from Idle Wild Herbs

In your box this week

Aruqula: Although still peppery in flavor, the leaves are still tender and great to eat raw or cooked.

Baby Carrots: This is our favorite carrot variety so far: Mokum. Enjoy these "pencil" carrots raw or roasted whole in the oven. Keep them in a plastic bag stored in the refrigerator.

Broccoli: This is by far our favorite variety of broccoli (called Gypsy). Picture perfect in the field and deliciously sweet! Soak in salted water before cooking; any cabbage loopers (green caterpillars) should fall off (yes, even with the cold weather, these buggers are still a nuisance).

Yellow and Red Onions: The onions have now formed the papery outer skins that make them good for storing, so you can keep the onions on your countertop.

Red Potatoes: A generous portion of potatoes—including several "pip-squeak" potatoes that are small enough to roast whole—so that you can have a few in the weeks to come. Store extras in a paper bag (if you have one) in a cool dark place. Please see Week 17 CSA Newsletter to read about scabby appearance.

Spinach: These baby leaves are sweet thanks to the cold weather. Remember, we do an initial wash and recommend that you wash and spin again before eating.

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 (roasted with potatoes is delicious).

Winter Squash: This week's box includes a decent sized Butternut Squash. If it is more than you need at one time, simply cut the portion you want, cover the remaining in plastic wrap, and refrigerate. Try this week's soup.

Herbs: A mix of rosemary, thyme, oregano, and sage. These work well in soups, with roasted vegetables or meats, or atop pizza. Herbs keep well wrapped in a plastic bag and kept in the refrigerator. You can also dry them by hanging them upside down.

Thank You for a Fantastic First Season!

Now that the season is coming to a close, we are often asked what we do in the winter. In many ways, farming is a year-round job with much of the behind-the-scenes work—marketing, crop planning, and budgeting—occurring during the cold winter months. As many of you know, Adam drives school buses in Hudson, and Megan will facilitate a beginning farmer course through Land Stewardship Project (LSP). Among other things, we are applying for a two year farm training course with LSP that pairs us with farming mentors and peers to help strengthen our farming skills and business.

In the immediate future, we will be planting garlic. Last fall, we were unable to plant garlic having found this farmland too late. This fall, we are excited to plant our first cloves—hopefully seed that will stay with us for many years to come. Many farmers save seed (individual cloves just like you would use for cooking) and replant year after year, so the garlic that we plant this fall will be sold, put in CSA boxes, or saved for planting next fall. We ordered our bulbs from [Idle Wild Herbs](#) in Sturgeon Bay, WI, and we are very happy with what we received (see photo above). We hope that next season's garlic looks just as beautiful!

When planning for the 2012 season, we deliberately chose to serve the communities of Hudson and River Falls—not only for our CSA but also for the farmers market and food donations. It is with a smile and full heart that we reflect on this season as a successful first year. A whole-hearted thank you goes to our CSA members for being our first investors and supporters of beginning farmers.

Enjoy this week's harvest! –Megan and Adam

2012 CSA Survey

We sent out an e-mail last week with a link to the survey. The information in the survey is very valuable to us and to our business, and we appreciate your feedback. Here is the link to the survey if you have yet to fill it out: [CSA Survey](#). Remember to include your name on question 10 if you would like us to hold a full or half share for you. If you forgot to do this, please e-mail us.

NOTE: Please make sure you leave behind or return your box to your drop site. We will be picking these up in the next two weeks. Thanks!

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Recipes

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

[CSA Newsletter and Recipes](#)

Buttermilk Squash Soup

From your box: butternut squash, onions, carrots, rosemary

3 Tablespoons butter
1 medium butternut squash (~1.5 lbs) peeled*, seeded and cut into cubes
2 medium onions, coarsely chopped
2 medium carrots, coarsely chopped
2 ribs celery, coarsely chopped
2 cups chicken stock
2 tsps. fresh rosemary leaves minced
1 cup buttermilk
Salt and Pepper

To Serve - sprigs of fresh rosemary

Melt butter in large heavy saucepan. Add squash, onions, carrots and celery, cover partially and gently cook vegetables over medium low heat for 10 minutes or until softened. Add stock and rosemary. Cover and simmer over medium heat for ~15 minutes, or until vegetables are very soft. Let cool slightly and then puree in blender, food processor or food mill. Pour into a clean saucepan and gradually stir in buttermilk, Season with salt and pepper. Cover and cook gently until heated through.

*Peeling a squash can be dangerous. CSA member Mary Klemp cuts it into disks, lays it flat, and cuts the edges off with a knife.

Adapted from the Crabtree and Evelyn Cookbook - Light Meals and Small Feasts

Arugula, Apples, and Manchego in Cider Vinaigrette

From your box: arugula, red onion

For the Salad:

Handful of Arugula for each serving needed
1 crisp apple
3 1/2 ounces Manchego, thinly sliced
1/2 cup sliced almonds, lightly toasted if desired

For the Vinaigrette:

2 tablespoons cider vinegar
6 tablespoons vegetable or canola oil
2 teaspoons (real) maple syrup
1 teaspoon Dijon mustard
1 tablespoon finely chopped red onion
Heaping 1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Make the vinaigrette by whisking all the ingredients together in a small bowl. Set aside. Place arugula in serving bowl. Whisk the vinaigrette again until well combined, then add to the salad, little by little, until greens are well dressed. You may have a little left over. Right before serving, cut apple into thin slices and toss into salad along with Manchego and almonds. Taste and adjust seasoning, then serve immediately.

Adapted from www.serious-eats.com