



## FARM NEWS

We have been lucky to have such beautiful weather for taking down farm structures on the land we rent and moving them to our new farm in Deer Park. Slowly but surely, we are transitioning to our new home. In the coming weeks, we will rebuild the greenhouse and start planning the design of our new washing and packing area. This is a very exciting time for us and for the future of Sweet Top Farm. So, let's hope that any deep freeze or snow holds off for several more weeks while we prepare for a next season.

Enjoy the last harvest of 2014 over the next several weeks and have a wonderful holiday season. We hope that you choose to join us again next year.

Your Farmers, *Megan, Adam, and Edith*

## STORAGE INFORMATION

### IN YOUR BOXES:

#### CARROTS

Bagged; wash before eating; no need to peel

#### SPINACH

Bagged. We did not wash it because it will likely keep longer if not wet; wash and spin before use

#### LOOSE BEETS

Red Beets

#### RED AND GREEN CABBAGE

Crisp and super sweet; great raw or cooked

#### LEEKs

Long and skinny relative of the onion

#### RED AND YELLOW ONIONS

A variety of sizes; check often so that you catch sprouting onions and use them before they get too soft

#### GARLIC

A sampling of all varieties that we grow

#### WINTER SQUASH

Several acorn squash (both green and white) and a couple of butternuts

#### POTATOES

A good all-purpose potato for roasting, mashing, and baking

#### CAULIFLOWER

A smaller but nice head of late cauliflower

### Carrots and Beets

Combine all of the round root veggies into one bag and keep carrots separate. Keeping them together helps to regulate humidity in the bag. Refrigerators dehydrate vegetables, so bags are really crucial to keeping these firm and prolonging storage life. If you just throw them in the crisper without a bag, they will shrivel up.

### Potatoes

Store potatoes in a paper bag, rolled up (or in your closed CSA box) and stored in a cold space which stays at 50-55 degrees in the winter (heated garage is great for this). Don't let light into the bag or box—the potatoes will turn green and won't taste very good. If you aren't trying to keep them for a very long period of time, and if you have the space, you can keep them in the fridge.

### Onions

Store in a dry, cool place that DOES NOT FREEZE. A garage that doesn't freeze but that stays in the 32 to 40 degree range is best. Keep in a paper bag or your CSA box. Do not store in same bag/box as your potatoes; doing so will cause sprouting.

### Garlic

Store in a paper bag in cupboard or pantry or refrigerate it. You can also peel and roast your garlic and store it either frozen or in a jar, packed in olive oil in the fridge.

### Winter Squash

Store at 50-60 degrees in a dry place. Best kept on a smooth shelf or table top where they are not stacked, so that any rot spots can be caught before spreading to other squash. If spots develop and are caught soon enough, you can chop them off and use remainder of squash. Consider using the butternut squash first; blemishes will peel off but may start to soften after a while.

### Spinach, Leeks, Cauliflower, and Cabbage

Store in bags in fridge. If the leeks are too large to fit into just one bag, put a bag over the other end of them too. Cabbage will keep for weeks or more in a bag in your crisper drawer; you might need to pull off the outer leaves if they soften.

### Storage Tip:

**If you are lacking in fridge space, but have an area that remains somewhat consistently cool WITHOUT FREEZING, such as an unfinished/unheated basement or attached garage, you may want to consider storing your root veggies, taters, and onions, in a plastic bag stashed in a box with a blanket or something thrown on top for a little insulation. The trick is to check on things every few days when you are grabbing food for cooking.**

# **GARLIC CREAMED SPINACH**

**GOURMET FEBRUARY 2003**

1/4 cup water  
5 oz spinach (6 cups)  
3 tablespoons heavy cream  
1 garlic clove, lightly smashed and peeled  
Scant 1/8 teaspoon freshly grated nutmeg  
1/8 teaspoon salt  
1/8 teaspoon black pepper

Bring water to a boil in a 2-quart heavy saucepan over moderate heat, and then add spinach in handfuls and cook, tossing, until wilted, 2 to 3 minutes. Transfer to a sieve set over a bowl and press on spinach with back of a wooden spoon to remove excess liquid, and then discard liquid.

Add cream, garlic, nutmeg, salt, and pepper to saucepan and boil until reduced to one tablespoon, about 2 minutes. Add spinach to cream mixture, and toss until coated and heated through.

# **CABBAGE AND CARROT STIRFRY**

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1-1/2 tsp. cumin seeds  
2 Tbs. canola oil  
3/4 tsp. ground coriander  
1/2 tsp. freshly cracked black peppercorns  
1/2 jalapeño (seeds and ribs removed if you prefer a milder flavor), finely chopped  
6 cups thinly sliced green cabbage (about 2/3 medium cabbage)  
2 cups julienned or grated carrots (about 3/4 lb.)  
2-1/2 tsp. kosher salt; more to taste  
1-1/2 tsp. granulated sugar  
1/2 cup loosely packed fresh cilantro sprigs, finely chopped  
3 Tbs. fresh lime juice

Toast 1 tsp. of the cumin seeds in a small skillet over medium-high heat, stirring frequently, until deeply browned and beginning to smoke, 3 to 5 minutes. Transfer to a bowl to cool. Grind to a fine powder in a spice grinder.

Heat the oil with the remaining 1/2 tsp. cumin seeds, the coriander, and peppercorns in a large wok, Dutch oven, or 12-inch skillet over medium-high heat, and cook until the cumin is browned, about 2 minutes. Add the jalapeño and cook until sizzling and just starting to soften, 30 to 60 seconds, and then add the cabbage and carrots. (If using a skillet, the pan will be crowded at first.) Cook, stirring occasionally until the cabbage has wilted yet is still al dente, 3 to 4 minutes. Stir in the freshly ground cumin, salt, and sugar, and cook for 30 seconds. Remove the skillet from the heat. Stir in the cilantro and lime juice and taste for seasoning. Serve warm, at room temperature, or cold.

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[Thyme and Honey Roasted  
Carrots](#)

[Stuffed Winter Squash](#)

[Butternut Squash Salad](#)

[Turkey & Leek Shepherd's Pie](#)

# **BEET, WILD MUSHROOM, AND POTATO CASSEROLE**

## **THE COMPLETE VEGETARIAN COOKBOOK**

2 tablespoons vegetable oil (we use olive oil)  
1 medium onion, chopped  
3 tablespoons all-purpose flour  
1 1/4 cups vegetable stock  
1 1/2 lbs cooked beets, peeled and chopped  
5 tablespoons light cream (we use soy milk)  
2 tablespoons creamed horseradish  
1 teaspoon hot mustard  
1 tablespoon wine vinegar  
1 teaspoon caraway seed  
2 tablespoons butter (1/4 stick)  
1 shallot, chopped  
8 ounces wild mushrooms, trimmed and sliced (we use a bag of frozen or fresh shitakes)  
3 tablespoons fresh parsley, chopped

### **For the potato border**

2 lbs floury potatoes, peeled  
2/3 cup milk (again, we use soy milk)  
1 tablespoon fresh dill, chopped  
salt & freshly ground black pepper, to taste

Preheat the oven to 375 degrees. Lightly oil a 9-inch round baking dish. Heat the oil in a large saucepan, add the onion and cook until soft, without coloring. Stir in the flour, remove from the heat and gradually add the stock, stirring until well blended.

Return to the heat, stir and simmer to thicken, and then add the beets cream, creamed horseradish, mustard, vinegar, and caraway seeds. Stir to mix.

To make the potato border, bring the potatoes to a boil in salted water and cook for 20 minutes. Drain well and mash with the milk. Add the dill and season with salt and pepper.

Spoon the potatoes into the prepared dish and make a well in the center. Spoon the beet mixture into the well and set aside.

Melt the butter in a large nonstick frying pan and cook the shallot until soft, without browning. Add the mushrooms and cook over moderate heat until their juices begin to run. Increase the heat and boil off the moisture. When quite dry, season with the salt and pepper and stir in most of the chopped parsley.

Spread the mushrooms over the beet mixture, cover the dish and bake for about 30 minutes. Serve immediately, garnished with the reserved parsley.