

# CSA Newsletter, Week 18 of 20

October 08, 2007

This is a Healthy Alternative 'B' week.

## Farm Report

*by Farmer Tim*

Hello from Erehwon!

We were sitting out in the back lot at Mongerson last night, sipping on a pint of English ale and watching the sun go down. Flocks of Canada Geese were arriving from the East, fifty here, a hundred there, circling the recently harvested corn field, and settling in with their faces turned toward the blood-red orb sinking in the West. Soon, several thousand of the squawking birds appeared to be lined up in rows, staring at the sun. Unnatural, we thought, for Nature to make perfect rows of things, until we realized that the birds were merely standing between the stubble in the corn rows. Bucky the Farm Dog was at our feet contentedly chewing on an old dog toy and occasionally rolling over to clear off flies that had gathered on our old friend who had recently lain in the compost pile. A nice way to end the day at Erehwon!

At Mongerson we began harvesting watermelons and cantaloupes from the northern section of our “global warming hedge garden” and feeling quite smug that we made such a clever decision to plant melons in August, conveniently ignoring the truth of the matter, which was merely that we were way behind our planting schedule! Our cover crops are coming up nicely and we are looking forward to adding fertility to our soil for next year’s crops. Robin Migalla and Chuck Wettergreen were helping with preparations for garlic planting when Robin called out, “Houston, we’ve got earthworms!” While maybe not as exciting as discovering worms on Mars, it is an important milestone for us in our soil-building program because worms are at the top of the food chain of soil-based critters and they are an indicator of healthy soil. We’ll plan to plant the garlic on Tuesday and Wednesday.

At Konen’s we are still harvesting winter squash and gourds, cabbage, cucumbers and there might be a little more broccoli. On Friday we sneaked a few ears of withered corn from the leftovers of Mike’s last planting, cut out the worms and bad spots and boiled them up for the crew, a nice fall lunch treat!

At HPM we continue to harvest summer squash, beets, lettuce, greens, beans, kohlrabi, okra, and even some heirloom tomatoes. This week we may see a frost. Even without a frost, the colder temperature will probably put an end to this year’s extended basil season, so when you come to the farm, please visit the herb cutting garden and gather up your last bunch of pesto basil for the year. We have planted beets, kale, lettuce, and onions so far in the hoophouse with an aim of harvesting all the way up to Christmas! We’ll add spinach as soon as the weather cools a bit on Tuesday. We’ll plan to offer special store pricing on our produce for subscribers after the CSA season is over so we hope you’ll continue to come out for fresh veggies.

## We Get Mail

I tried a new recipe using squash and thought you might like to pass it along.

### SQUASH RAVIOLI WITH SAGE-BROWNEED BUTTER SAUCE

1 Squash

1 C. grated parmesan cheese

1 C. grated mozzarella cheese

1 Package Wonton wrappers--or if you are able to make it, homemade pasta, left in sheets 3 inches wide and of 2 equal lengths is ideal

Eggwash

1/2 Stick Of Butter

Fresh (finely shredded) and ground sage

1/4 C. Dry White Wine

Cook 1 squash--(or roast an extra one while you're cooking something else) and scoop the inside into a large bowl. Allow to cool.

Grate 1 cup of parmesan and 1 cup of mozzarella--add to the cooled squash, season with salt and pepper.

Lightly moisten one side of the pasta with the eggwash--if using wontons, 1 piece for the bottom matched with an un-moistened piece for the top.

Place by small, rounded spoon, a dollop of the squash mixture into the center of the wonton or pasta, leaving enough of a pasta border so you can press the un-moistened piece over the moistened one. Do so, until you have enough raviolis.

Place them in boiling salted water and cook until the pasta is tender, but not mushy.

Drain and gently rinse with cold water, while drizzling them with olive oil, to prevent sticking.

In a saucepan, heat the butter until it begins to brown, adding the powdered sage and whisking in the wine to halt the browning. Toss in the fresh sage and lightly flip the ravioli in this until nicely coated and warmed.....eat immediately.

(The only fault I have found with this, besides the stickiness, is that it never seems to be HOT)

Catherine, Thanks for sharing the recipe! As always, if anyone cooks up a platter of this dish, I'll be happy to serve as quality control inspector and give you my \$.02! tf

## Subscriber News

In late February **Gerard and Sandy Brillowski**, long-time supporters of our CSA, are taking their Steel Drum Band, OD TAPO IMI, on a cruise and invite all subscribers to climb aboard

with them! If you come along, you'll see Beth and me lounging around the pool thinking, "Spring!" You can get more details at <http://www.funconcert.com/>.

Subscriber Dana Anastasia ran in the Chicago Marathon this Sunday and, despite the record-breaking heat, finished in good time—three hours and 38 minutes. Also running the marathon were store worker Sarah Harmon and her brother Bryan. They finished in a little over five hours—walking the last few miles after race officials cancelled the marathon at about noon. For more information about the race, go to [chicagomarathon.com](http://chicagomarathon.com).

## **Heritage Prairie Happenings**

*by Beth Propst*

### **New Fall Hours**

Starting October 01, we are going to fall hours. Monday – Friday we will be open from 9-6 and Saturday we will be open from 9-4. These hours will continue until Christmas, with three exceptions. We will be closed the entire Thanksgiving weekend, Thursday through Sunday, and we will be open Sundays during our two Holiday Shopping Extravaganzas (see below). We haven't decided yet when we will close for Christmas, but we will be open on a limited basis in January and February.

### **Holiday Shopping and Tasting Extravaganzas**

We are planning two fun weekends of tastings, demonstrations, and holiday shopping. Mark your calendars now—you won't want to miss these. The first weekend will be November 17-18 and the second will be December 01-02. We will be sampling many of our wonderful food items, some available only for the holiday season. We have invited additional artisans to display their wares, so there will be many items not available in the store. This is the perfect time to do your holiday shopping or order gifts and food items for pick up at the store the week before Christmas. We are still planning these events and we will keep you posted with more details as we pin things down.

## **Pages from Grandma Beth's Cookbook**

*by Beth Propst*

### **Recipes on [www.hpmfarm.com](http://www.hpmfarm.com)**

Don't forget to share your favorite recipes with other subscribers by posting them on the Heritage Prairie website <http://www.hpmfarm.com/?p=cfbbs&a=forum.view&fid=11> Anyone who has an account can post a recipe. Go to the website and click on "get an account" to get an account. Once you have completed the form, the web site will send you a password almost

immediately. Depending on your security systems, this might go to your junk mail folder so check that folder if it doesn't show up in your regular mail folder within 10 minutes. (Once you log in with this password you can change your password by going to the profile section and changing your password.) Anyone who is logged in can post on the forums.

## **Freezing**

Vegetables, not us, since we are having incredibly warm weather. Just in case you were wondering what to do with the unprecedented supply of winter squashes you are receiving, I though you might be interested in learning how to freeze them. Buy a bunch of veggies and spend one Sunday afternoon freezing them up and you can enjoy our squash well into the winter with a minimum of effort. Frozen squash can be thawed and used in pretty much any squash recipe.

## **Soups**

Squash soup freezes very well, as do other soups. Just fill freezer containers with soup, leaving headroom for expansion, bring to room temperature, and freeze.

## **Spaghetti Squash**

Leave squash whole and pierce so steam can escape, or halve and remove seeds. Bake in an oven or microwave oven, or steam on top of the range until tender. Cool quickly by placing pan in cold water. Cut in half and remove seeds if necessary. Rake through pulp lengthwise with a fork to separate strands. Pack into containers, seal and freeze.

## **Other Winter Squashes**

Cook the squash in oven or microwave. Remove the seeds and scrape flesh from the rind. Mash or puree. Pack into containers or ziplock bags and seal.

Until next week...

Beth, Tim, Bronwyn, and Bob

P.S. Please email us with questions, comments, suggestions, recipes, and we will include them in future newsletters. We really hope to get a lot of recipes so that in a year or two we can create the Heritage Prairie Market Cookbook.

All newsletters will be posted on the HPM web site in the Forums section by 8:00 Monday morning.

If you need to contact us during the week, please call the Heritage Prairie Market phone (630-715-5475), Beth's cell phone (630-485-9964) or Tim's cell phone (630-485-9963). E-mail works

if you do not have an immediate need, but response may take 24-48 hours during busy times.  
Thanks.