

# CSA Newsletter, Week 19 of 20

October 15, 2007

This is a Healthy Alternative 'A' week.

## Farm Report

*by Farmer Tim*

Hello from Erehwon and its no-frost zone!

We are into another week without a frost to take the wind out of our tender crops' sails and we're still picking beans, summer squash, melons and the basil patch looks good. We're not planning to hand out any more big bags of the green stuff warning subscribers, "Take this big bag – could be your last chance to make pesto to freeze for the winter!" (However, if you do want more, you can wander out to the HPM cutting garden and hack away.) A few days ago we spied a NYT article that said east coast farmers' market patrons were becoming confused with the amount of summer vegetables still on the tables. This puts farmers in the somewhat embarrassing position of making money from global warming!

At Mongerson we are planting garlic and strawberries and finishing the melon and tomatillo harvest. Cover crops are adding some green to the field and about the only large weeds are in the perennial flower bed; we'll mow it down in two weeks. About two weeks ago we decided to mow down the asparagus patch and throw on some mulch. The plants responded by shooting up some fresh spears but not the quality to hand out.

At HPM the harvest continues with the quality of greens much improved and the garden being pretty much intact. Last week our stalwart crew of Wednesday volunteers cleaned up, weeded, planted, and watered nearly the whole hoophouse. Our goal is to harvest right up to Christmas! We would love to have a big load of leaves and yard waste to spread on the big field at Mongerson. You can drop off bags at HPM or if you have a truck full, you can bring them directly to Mongerson. Email us for directions.

At Friday pickup the good weather brought out a seemingly relaxed bunch of subscribers and quite a few youngsters. Almost all tried a sample of watermelon and fed the rinds and old leafy veggies to the goats. Early in the afternoon the goats were literally climbing over the fence for a taste of sweetness and donkey Christafeen was getting her share too. However, a few hours later, we saw the goats standing off to the side, merely watching the offerings, not interested in expending the energy to trot over to the fence. We think their stomachs were full. "Full goats", an oxymoron if there ever was one!

At the Konen Farm we hope to finish harvesting squash, broccoli, cabbage and cucumbers. Mike is itching to mow down the remaining weeds and prepare his field for winter. We have had the offer of some large heirloom pie pumpkins and are going to try to pick up a load today. These large, brown, heavily ribbed pumpkins are similar to those grown in Illinois for canning by the

big producers. Get out your pie recipes or just cut it up, baste with some olive oil, and slap it onto the barbie!

See you next week.

## **Flowers forever**

Mother Nature is surely confused. I shouldn't still be cutting flowers—and some of the best looking flowers I have ever grown—up until the end of October. But...the long range forecast shows no frost in sight. Don't expect this every year, but it looks like you will be able to get flowers until the end of the season. Wow!

## **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-

## **Heritage Prairie Happenings**

*by Beth Propst*

### **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.

### **Braised Bok Choy**

Baby bok choy or mature bok choy

Extra virgin olive oil

Chopped red onion

Salt

White pepper

Seasoned rice vinegar (available in the Asian section of your grocery store, or from specialty Asian markets)

1. Trim the base of the bok choy, and then chop off the leaves. Cut the base in half lengthwise, then cut the halves crosswise on a diagonal into 1/4-inch-thick strips. Cut the leaves crosswise on a diagonal into 1 1/2-inch-wide strips.
2. Place a large wok or a pot large enough to hold all the bok choy over medium heat. When it is hot, add the olive oil and rotate the wok or pot a bit to coat it evenly. When the oil is hot, add the onion and stir-fry until softened, 2 to 3 minutes. Add the bok choy and season with the salt and pepper. Cover and cook until tender, stirring occasionally, about 10 minutes. Stir in the vinegar and serve hot.

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.