

CSA Newsletter, Week 20 of 20

October 22, 2007

This is a Healthy Alternative 'B' week.

Farm Report

by Farmer Tim

Hello from Erehwon!

The other day we attended a meeting arranged by the Midwest Organic Food Co-op to bring chefs interested in locally grown organic food together with the farmers who grow that food. We learned that many chefs want to add locally grown food to their menus and in the near term they are willing to pay a little more for it, but in the long term the price needs to be more in line with the prices charged by the big distributors. The Co-op's role is to create an efficient distribution system and make sure the farmers receive a good price for their goods. Individual consumers can help ensure a growing supply of locally grown produce, meats, milk, and other products. If every consumer directed a bit of their food budget to a local source, even if the price seemed high or there were some little critter bite visible, the market would respond quickly with larger quantities, more variety, and better, less expensive products. As one of our favorite subscribers tells people, "Have you hugged your farmer lately?"

Another discussion involved sharing information among farmers so everyone can improve. One attendee remarked, "I know we should do a lot more sharing but we seem to be operating with the philosophy, 'What happens on the farm, stays on the farm!'" It took us a moment to catch the humor.

Also, on the nutrition front, someone mentioned the fact that children have so many allergies that one local school is issuing wrist bands to kids listing all the foods they can't eat. Last night 60 Minutes reported on a "Doctors Without Borders" project where a product made from peanuts, vitamins, and other healthful ingredients was being distributed to malnourished children in Africa. The name of the product sounded something like "Plumpy Nut". The kids love the product and start gaining weight immediately after adding this to their diet. At one point the reporter asked a doctor, "Well, what do you do for all the kids that are allergic to peanuts?" The doctor replied to the effect that this allergy was unknown in this country. To us this is one more piece of anecdotal evidence that our food supply (mostly processed corn) may be the cause of many of our health problems.

Now, jumping off the stump, at Konen's we hope to make our final harvest Wednesday so Mike can plant his wheat. He has provided a large quantity of produce for us and we are thankful for his help.

At Mongerson the garlic has been planted, nearly 5000 cloves! We put out on the table some of the extra seed garlic and one subscriber asked, "Where did these big heads come from?" When

we explained that we had been saving the biggest heads to plant so we can have an increasing supply for the future he seemed satisfied. He was quite happy when we offered him a box of extra cloves that we didn't need to plant and he promised to return with a jar of pickled garlic. Yum! This week we are planting strawberries and cleaning up the field. Soon we will move our two hoop houses to the field because they are in a now heavily shaded location and are oriented north-south instead of the preferred east-west. A fair amount of labor will be required and we'll be calling a few of you who indicated they would like to volunteer but haven't yet had the chance.

At HPM we're still harvesting beans, beets, lettuce, and radishes in the small field. The raised beds are full of beets, kohlrabi, carrots, and greens and we will be harvesting from these beds this week. The hoophouse is starting to look green inside with the crops that hopefully can be harvested up until Christmas. These will be available in the store, along with additional produce items purchased from the Midwest Organic Farmers Co-op. Many of these items are grown in Central and Southern Illinois, allowing for a slight season extension for veggies. We are carefully watching the results of several tests. We planted lettuce at the same time in different beds to see if the north wall reflectors will enhance growth. Preliminary results look positive. Onions that received a drench of fish emulsion at transplanting time are looking better than those that received no fertilizer. We are also watching what happens to peas and carrots planted in early October.

We thank all subscribers for joining us this year and for all the supportive comments and for your volunteer work. We will continue to improve the produce varieties we grow and get the volumes up so we can get those boxes filled! If you come to the farm this week, make sure you visit the herb garden and take a bagful for drying.

We will shortly be coming out with information on the 2008 season and will e-mail that to all of you when it becomes available.

We Get Mail

Hi Tim,

Is there a place where we can take compost throughout the fall and winter?

Thank you,

Julie

We love yard waste and food waste and pretty much anything organic (please no meat or dog and cat poop) that we can till into our fields. The green bio-bags from the Market are great because we can just throw right on the ground without getting our hands in a gooey mass of moldy peas, squash, and lettuce! Those fall leaves—if they ever start to fall—are also welcome. Please leave your bags just inside the gate to the parking lot at HPM and I'll pick them up.

*Remember you don't have to be a subscriber to bring your compost. Tell your neighbors.
Thanks! 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-

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

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.

Glazed Baby Beets

20 baby beets, scrubbed
2 cups apricot juice
3 tablespoons white balsamic vinegar
2 tablespoons honey

Place the beets and the apricot juice in a large sauté pan. Cover and cook on medium high for 10 minutes. Add the vinegar and honey and cook for another 10 minutes. Pull off of the heat and keep covered for an additional 5 minutes.

Beet Greens with Bacon

Beet greens (or other braising green, such as kale, collards, or mustard)
Chopped bacon
Chopped onion
Minced garlic
Water
Sugar or honey to taste
Crushed red pepper flakes
Cider vinegar

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and remove any heavy stems. Tear leaves into bite-sized pieces. Set aside.

In a 3 qt saucepan, cook bacon until lightly browned. Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes (up to 30 minutes for kale or collard greens). Stir in vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

Heritage Pumpkin Pie

If you are wondering what to do with those *huge* heritage pie pumpkins, try pumpkin pie the old-fashioned way. If you have never made pumpkin pie from pumpkins before, you will be

surprised (pleasantly—at least I was) at the difference between this and store-bought or even homemade with canned pumpkin. These heirloom pumpkins will produce enough for several pies (which can be frozen) or you could freeze the extra pumpkin for making pies later or you can use the extra to make pumpkin soup (use a recipe for squash soup if you don't have one for pumpkin soup).

1 cup sugar
1½ teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground allspice
1/2 teaspoon ground ginger
1/2 teaspoon salt (optional, I don't use any)
4 large eggs
3 cups pureed heritage pumpkin (cook as you would winter squash—see newsletter, Week 13)
1½ cans (12oz each) of evaporated milk

Combine ingredients and mix well using a hand blender or mixer.

Pour into your favorite pie crust (make your own or purchase a pre-made one).

Bake at 425 F for the first 15 minutes, then turn the temperature down to 350 F and bake another 45 to 60 minutes, until a clean knife inserted into the center comes out clean. Remove from the oven and let cool—at least to eating temperature. The pie will come out of the oven all puffy, but will shrink down as it cools.

Pumpkin pies can be frozen raw or cooked. If frozen cooked, it is simple to thaw and reheat when you are ready to eat it. If frozen raw, make sure it is thoroughly thawed before baking.

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.