

Erehwon Farm

Week 4-November 15, 2009

Farmer Tim Reports

Hello from Erehwon!

November has been a great month so far with mild temperatures and some sun! Cool crops are still growing a bit and we have to keep the doors open some days in our salad mix hoop house to keep it from overheating. Last week we finished harvesting potatoes and put them into our new root cellar to see how long they will keep during the winter. We finished building our hot compost pile next to the small hoop house and output water is consistently between 120 degrees and 130 degrees coming from the core of the pile. Yesterday we set the water flow at 30 gallons an hour and the water maintained a continuous temperature of just over 80 degrees. We saw Farmer Tim scribbling in his notebook again and we think he's designing a spa into the system!

Our friend Chuck Wettergreen showed up with a tarp to cover the compost pile to keep rain and snow off so it stays hot and the nitrogen doesn't leach out. We started seeding in the soon-to-be-heated house and planted some garlic bulbils and transplanted some remaining potted herbs into bigger containers so we can harvest them during the winter. This week we are planting tubs of greens, lettuce, radishes, and carrots that we hope will mature in late January.

Also this week we'll cover a couple more beds with plastic and we have developed a design for a larger temporary plastic cover that will protect two beds. If we can figure out how to get him inside, Farmer Tim can ride his little green cart down the middle and weed his crops. We hope the weather cooperates so we can put together a

prototype this week. We'll continue seeding containers this week and hope to fill every available shelf with happily growing plants. We'll also continue adding insulation to the small house.

In this week's boxes:

Carrot bunch
Winter squash
Health salad mix
Stew or soup mix includes red meat radishes, collards, kale and maybe some herbs
Sage – make some sage-infused butter or add sage to stew
Bok Choy
Arugula, baby
Cooking greens: red mustard and mizuna
Farm fresh pastured eggs (well, the eggs aren't pastured, but the chickens are) from Burgin Farm located on Rte. 38 about 3 mile west of Rte. 47

Help! We are very short of leaves for mulching our beds for the winter. You may drop your extra leaves at the farm anytime and we'll leave a pile of paper leaf bags in the shed if you need more.

Community Winter Market/Thanksgiving Festival

9 am through 2 pm this Saturday
Inglenook Pantry, 11 N 5th St, Geneva IL 60134.

Read more about the market and about the upcoming Thanksgiving Festival at <http://www.genevagreengreenmarket.org>.

There are still turkeys available, if you want to order one. You can also order pies and other things from Inglenook to pick up on Wednesday.

The Robinson Family Farm

www.robinsonfamilyfarm.net
Poplar Grove, IL 61065
815.519.4341 – Cindee
cjrobinson0217 [at] msn [dot] com

Hasselmann Family Farm

www.hasselmannfamilyfarm.com
Milledgeville, Illinois
815.493.8630 – Scott
hasselmannfarm [at] gmail [dot] com

Grandma's Farm Fresh Eggs

Sugar Grove, IL 60554
630-466-4616 – Bonnie/Paul
grandmasfarmfresheseggs [at] yahoo [dot] com

We have all sorts of fun events planned for this market. Jennifer Downing, a personal chef from Batavia, will be doing cooking demonstrations. Renee Ferguson, author of *Talk Turkey to Me*, will be doing a book signing. There will be additional vendors, and all of the fixings for a traditional Thanksgiving dinner should be available—and all from within 250 miles. Inglenook will be offering breakfast and lunch dishes from their deli counter, although seating will be limited.

Remember-next week there will be no newsletter and no CSA boxes. We are taking the week off, as are many of you. Deliveries will resume the week of November 29.

Have a Happy Thanksgiving!

Grandma Beth's Cookbook

Free Range Eggs

this is from <http://www.motherearthnews.com/eggs.aspx>

Please help us spread the word — eggs from hens raised on pasture are far more nutritious than eggs from confined hens in factory farms.

LATEST RESULTS: New test results show that pastured egg producers are kicking the commercial industry's derriere when it comes to vitamin D! Eggs from hens raised on pasture show 4 to 6 times as much vitamin D as typical supermarket eggs. Learn more: Eggciting News!!!

RESULTS FROM OUR PREVIOUS STUDY: Eggs from hens allowed to peck on pasture are a heck of a lot better than those from chickens raised in cages! Most of the eggs currently sold in supermarkets are nutritionally inferior to eggs produced by hens raised on pasture. That's the conclusion we have reached following completion of the 2007 Mother Earth News egg testing project. Our testing has found that, compared to official U.S. Department of Agriculture (USDA) nutrient data for commercial eggs, eggs from hens raised on pasture may contain:

- 1/3 less cholesterol
- 1/4 less saturated fat
- 2/3 more vitamin A
- 2 times more omega-3 fatty acids
- 3 times more vitamin E
- 7 times more beta carotene

These amazing results come from 14 flocks around the country that range freely on pasture or are housed in moveable pens that are rotated frequently to maximize access to fresh pasture and protect the birds from predators. We had six eggs from each of the 14 pastured flocks tested by an accredited laboratory in Portland, Ore. The chart in Meet the Real Free-range Eggs (October/November 2007) shows the average nutrient content of the samples, compared with the official egg nutrient data from the USDA for "conventional" (i.e. from confined hens) eggs. The chart lists the individual results from each flock.

[Click to here for the Full Article and Egg Chart](#)

Watch the news clip about the [World's Best Eggs](#).

Bok Choy (Pak Choi)

Bok choy is extremely adaptable. Boiling, steaming,

stir-frying and even deep-frying are all possibilities. With full-sized bok choy you'll want to separate the leaves from the stalks, as the thick stalks have a longer cooking time. Rinse both well and drain, then shred or cut across the leaves, and cut the stalks into small slices along the diagonal or as called for in the recipe.

When stir-frying, a good basic method is to stir-fry the bok choy for a minute, sprinkling with a bit of salt, then add a small amount of water or chicken broth (about 3 tablespoons per pound of bok choy) cover, and simmer for 2 minutes. Adjust the seasonings if desired, adding a bit of sugar during cooking, or stirring in sesame oil at the end. Whichever cooking method you choose, be sure not to overcook the bok choy - the stalks should be tender and the leaves just wilted.

Roast Turkey with Sage Butter

1 turkey (this works especially well with heritage breed and free-range turkeys that have much less fat than store-bought turkeys)

Kosher salt and freshly ground black pepper

Your favorite stuffing

Extra-virgin olive oil

Sage Butter, recipe follows

Preheat the oven to 375 degrees F and remove the top rack of the oven.

Rinse the bird thoroughly inside and out with cold water, and pat dry with paper towels. Sprinkle the cavity and skin liberally with salt and pepper. Stuff the cavity with stuffing and, if required, truss the legs. Cover the turkey with olive oil and season well with salt and pepper. Push the sage butter under the skin of the turkey, being careful not to puncture the skin.

Put the turkey on a rack in a large roasting pan, and into the oven. Continue cooking until an instant-read thermometer inserted into the meaty part of the thigh registers 170 degrees F. The thigh juices will run clear when pricked with a knife, about 3 hours total (15 minutes per pound). If the legs or breast brown too quickly during roasting, cover them with foil.

Sage Butter:

2 sticks butter, softened

1/4 cup chopped sage

Salt and pepper

Combine all ingredients.