

Erehwon Farm

Week 5-November 29, 2009

Farmer Tim Reports

Hello from Erehwon!

It was good to have a break last week so we could do some cleanup chores and prepare crops still in the ground for the cold weather that's on it's way later this week. We designed a new double-wide "quick hoop" to cover our two raised beds that are full of carrots and other lush greens that are destined for subscribers' boxes over the next three weeks.

Farmer Tim can often be seen during the twilight hours, hunched over his desk in the small hoophouse, scribbling in his notebook and muttering away as usual. We watched from across the road when he hooked up his new pond pump to the compost heating system. It was all we could do to keep from snickering as his miserable little pump produced only a feeble dribble from the output tube and lacked any ability to push water through the compost pile hose. He was soon scribbling again in his notebook and muttering, "...gallons per hour...head lift...PSI...impeller speed..." We remain skeptical but he doesn't appear ready to give up anytime soon. It is, however, somewhat of a bother to keep reminding him that it's time to do the harvesting.

Bucky the Farm Dog has also been busy, honing his predator-eradication skills. He took delight in sending a white-tailed deer, found straying near the east carrot patch, bounding across the newly-cut cornfield, helped along by a wave of deep-throated barking. He also has noticed that mice have been moving into our small tents and has developed a new strategy for rooting them out. Whenever we lift the plastic to do some harvesting, Bucky is likely to duck inside, furiously sniffing,

pawing, tromping, snagging, and otherwise causing mayhem. A recent visitor was amused when he saw a large lump moving from one end of the mini hoophouse to the other and a dog emerging right on the tail of a terrified mouse. Last night when leaving the farm for home, Bucky spotted a coyote trotting through the field, next to the driveway. The dog simultaneously barked, growled, and whined, but did not wag his tail. Farmer Tim was able to settle him and convince him that although a brave and powerful dog, he is not ready to take on a hungry coyote.

In your boxes this week:

Salad mix
Stew mix with beets, carrots, potaatoes, garlic, turnips, watermelon radishes and bok choi. Throw in your leftover turkey and you're good to go.
A bunch of carrots
A couple of winter squash
A head of savoy cabbage-chop up and put in your soup or sauté with bacon
A bunch of arugula – add to your salad or soup
A bunch of tender greens – chop the leaves to add to your salad and put the rest into the soup.
A bag of cranberries

Community Winter Market

Sat, Dec 5, 2009 9:00 AM - 1:00 PM
11 North 5th Street

Featured farmers/producers: Curds & Whey Cheese Shop, Erehwon Farm, Esther's Place, Farm direct Black Angus, Grandma's Farm Fresh Eggs, Hasselmann Family Farm, Inglenook Panty, Robinson Family Farm, Stojan's Vegetables, Tomato Mountain

Farm, Twin Gardens and Webb Family Farm.

Garfield Farm Museum's Candlelight Tours & Homespun Holiday Market December 5th & 6th

Take time away from that chaotic rush of the holiday season and join us at Garfield Farm on December 5th & 6th for its annual Candlelight Reception at 3-7 pm. Interpreters wearing period clothing will share with guests what life was like for people during the height of the horse and wagon era. There is no charge for the Candlelight event, but donations will be accepted.

Tour the old inn by candlelight-the way it would have looked in the 1840s. There will be refreshments and music by the Scantlin' Reunion in the inn's ballroom.

Following a visit to the 1846 inn, walk up the glowing lantern path to Burr house and enjoy even more, as the museum will feature its Homespun Holiday Market. In its fifth year, the Homespun Market, features local artisans bringing in their goods for the public to purchase. The Market features a variety of crafts, such as knitted ware, pottery, household items, and many others. Held in the museum's Burr House, the Market runs from 12 to 7 pm for both days of the Candlelight Event. A percentage of the profits made by the artisans are donated to the museum. A bake sale is also featured at the Holiday Market, whose goods are entirely donated by museum volunteers.

Grandma Beth's Cookbook

Cranberries

Cranberries have long been valued for their ability to help prevent and treat urinary tract infections. The active ingredients in cranberry include chemical compounds called proanthocyanidins. Proanthocyanidins are potent antioxidants that appear to be able to decrease bacterial adherence to the bladder epithelium cells. The main benefit of this action is that bacteria have less likelihood of grouping together to cause bladder infection, urinary track infections and other related conditions.

Suggested Health Benefits of Cranberries

- Urinary Tract Infections - Many people take cranberry supplements to prevent urinary tract infections caused by bacteria. Specifically, the proanthocyanidins found in cranberry appear to block the adhesive strands on the E. coli bacteria from sticking to a surface whereby inhibiting their ability to stick to the cell walls of the uterus and bladder.
- Reduction of Dental Plaque - It is believed that cranberry juice can inhibit the aggregation of bacteria that cause dental plaque.
- Anti-Cancer Activity - Based on evaluation of several vitro screening tests, it has been suggested that the proanthocyanidin compounds found in cranberry may exhibit some anti-carcinogenic activity.
- Heart Disease - Cranberry extract has been shown to inhibit low density lipoprotein oxidation. Since this process is believed to be part of what can cause heart disease, prevention of oxidation through cranberry supplementation can potentially reduce the risk of heart disease.
- Kidney stones - Some medical professionals and specialists believe that quinic acid abundant in cranberry may help to prevent the development of kidney stones.

For more information go to The World's Healthiest Foods:
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=145>

Cranberry Orange Salad

2 cups cranberries
 1 large orange
 1 cup white sugar
 1 cup finely chopped walnuts
 1 cup chopped celery
 1 cup crushed pineapple, drained
 1 (3 ounce) package raspberry flavored gelatin mix

2 cups hot water

Combine the gelatin with hot water (don't let stand). Grind cranberries and orange (including rind) mix with sugar. Stir in nuts, celery and pineapple. Mix with prepared gelatin and chill.

Holiday Cranberry Sauce

4 cups fresh cranberries
 1 1/2 cups water
 5 whole cloves
 5 whole allspice berries
 3 cinnamon sticks
 2 cups white sugar

Place fresh cranberries and water in a medium saucepan over medium heat.

Wrap cloves, allspice berries and cinnamon sticks in a spice bag. Place in the water with cranberries. Cook until cranberries begin to burst, about 10 minutes.

Stir in sugar and reduce heat to low. Continue cooking 5 minutes, or until sugar has dissolved. Remove from heat and allow to cool. Discard spice bag. Chill in the refrigerator 8 hours, or overnight, before serving.

Cranberry, Apple, and Fresh Ginger Chutney

4 cups fresh cranberries
 1 cup raisins
 1/2 cup white sugar
 3/4 cup packed brown sugar
 2 teaspoons ground cinnamon
 1 teaspoon minced fresh ginger root
 1/4 teaspoon ground cloves
 1 cup water
 1/2 cup minced onion
 1/2 cup chopped Granny Smith apple
 1/2 cup finely chopped celery

Combine the cranberries, raisins, white sugar, brown sugar, cinnamon, ginger, cloves and water in a saucepan. Bring to a boil, then simmer over low heat until berries start to pop, about 5 minutes. Add the onion, apple, and celery; continue to cook, stirring occasionally, until the mixture begins to thicken, 5 to 10 more minutes. Transfer to a container and cool slightly. Refrigerate overnight to allow the flavors to blossom.