

# Erehwon Farm

Newsletter Week 20—October 17, 2010

## Farm Report

### The Season's Final Hello from Erehwon!

As we move into the last week of the summer CSA, we have luckily avoided a frost and some of our late-planted fall crops are beginning to mature. We have a good selection of greens and root crops in the ground and they should mature during the fall CSA. We have covered several beds with temporary hoops and plan to cover more. The fall CSA starts next week and as of today there are still several openings if you are interested.

We have, once again, reached that time of year when we are planting the garlic. Earlier this season we sorted out the biggest heads from our garlic crop. Using bigger heads for seed is supposed to make next year's heads larger on the average than this year's. That's the theory, anyway. Before we can plant them, we have to separate all the cloves out. We keep them in a bushel basket or other container. Garlic needs to be planted in fertile, well-worked soil, so the next step is tilling and adding compost and other soil amendments as needed. For the actual planting, Farmer Tim has invented a whiz-bang furrow maker. Essentially this is a sheet of plywood that is dragged behind the tractor. On the underside of the plywood are the furrow makers—long bolts screwed through the plywood. The garlic planter lies down on the sheet of plywood with a container of garlic cloves. As the tractor moves slowly along the bed, the garlic cloves are



Garlic cloves ready for planting.



Volunteers planting garlic in 2008. Not Farmer Tim's whiz-bang furrow maker.

dropped into the furrows at four inch intervals. Later, someone comes along with a hoe and

smooths out the bed so the cloves are covered.

The garlic will begin to grow almost immediately, sending up skinny, grass-like leaves. When the ground freezes, they will die back and hibernate until the ground thaws in the springs. Then they will grow wide, flat leaves that fan out at the top. In June, they will begin to flower (remember the garlic scapes?) and be ready to harvest in mid-July. And the cycle of life goes on.

To end the season, we want to thank all of those who have helped us out on the farm. CSA stands for Community Supported Agriculture, and volunteers are part of the community. Every little contribution from the community helps the farm be more successful and contributes to the continuing supply of fresh vegetables.

First there are all those children who captured cabbage moths and other harmful bugs and kept them from devouring the crops.

Next there are those subscribers who helped in a dozen little ways when they came to the farm for their pick-up. Some have brought compost, some have helped load up the van at the end of the pick-up day, some have pulled the odd weed here and there, some have participated in our u-pick deals where we got half.

Then there are a whole host of people, not all of them subscribers, who have come to the farm and help with those bigger

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Cajun Turnip Greens

projects—planting, harvesting, weeding, building temporary hoop structures and too many other things to remember. Special thanks to Steve and Sandy Trisko and Chuck Wettergreen who have supported the farm for several years and have really helped keep Farmer Tim focused. And for all you delivery subscribers, thanks to the hosts of our three drop points—Jenny Gresko, (Wheaton), Joe Banno (Bartlett), and Robin Migalla (Elgin).

And finally, we thank all of our subscribers for supporting our farm, for being patient when we are running late or when we make mistakes, and for being part of our community. Thank you each and every one. We couldn't have done it without you.

## At the Farm This Week

### This week's produce:

Salad mix, lettuce, potatoes, black radishes, turnips, bok choy, cooking greens (baby turnip greens—see recipe section, red komatsuna—cook like the other Asian greens), maybe smaller quantities of tomatoes, eggplant, peppers, summer squash, beans, and carrots.

### Pick Your Own:

-S1: herbs

### Deals:

-Cherry tomatoes: You pick and give half to Farmer Tim.

**Note:** Delivery customers are welcome to come to the farm any time for the above activities. Call 630-485-9963 or 630-485-9964 to make sure someone will be there.

## Farm Pick-up Times

## Events

Every Thursday all summer long  
[Geneva Green Market](#)

Every Saturday all summer long  
[Community Farmer's Market at Inglebrook Pantry](#), 9:00-1:00

Last day—October 16  
[Batavia Farmer's Market](#)

Week of October 17  
Last week of Regular CSA  
Week of October 24

Fall CSA begins  
Every Saturday all winter long beginning November 06  
Community Winter Market  
Inglebrook Pantry, 9:00-1:00

Wednesday 4:00-6:30

Friday 2:30-5:30

## Delivery Times (Tuesday)

1:00-1:30 Van leaves farm

1:45-2:15 Drop off at Wheaton

2:30-2:45 Drop off at Bartlett

3:00-3:30 Drop off at Elgin

## Erehwon Farm 2010 Fall Shares

Shares are still available for the fall season, but they are going quickly. Bring your check to the pick-up or mail it. The [form](#) is available on our website. Saturday pickup is from 8:00-2:00 at Inglebrook Pantry, 11 N. 5<sup>th</sup> St., Geneva. The Thursday pickup is from 1:00-7:00 at Peaceful Parlor, 212 S. 3<sup>rd</sup> St., Geneva.

## October is Non-GMO Month

October is Non-GMO Month, 10-10-10 was (non-GMO Day) [check it out](#). How do you make sure you are not consuming GMO's?

## Winter Market Starting Soon

Just for those of you who are wondering—this is the last week of the regular season CSA. Outdoor markets are also finishing up. If you decide not to get a fall share, remember that there is a winter market in Geneva. It is held at Inglebrook Pantry, 11 N. 5<sup>th</sup> St. On Saturdays from 9:00-1:00. We have more than 15 vendors lined up for this market, including Erehwon and several other vegetable farmers. Come check it out. The first day of the market will be November 06.

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## Cheesy Casserole with Greens

1 1/2 pounds greens, washed and trimmed (kale, mustard greens, turnip greens, collard greens, or mixed)  
salt and black pepper  
1 1/2 cups chicken or vegetable broth, divided  
1 cup half-and-half  
4 tablespoons butter  
1/4 cup flour  
1/3 cup grated Parmesan cheese  
1/2 cup ricotta cheese (whole milk or part skim)  
3 tablespoons dry bread crumbs  
2 ounces Mozzarella cheese, shredded, about 1/2 cup

Butter a 1 1/2-quart baking dish or casserole; preheat the oven to 375°.

Cut out and discard the tough stems; if using kale or collards, cut out thick center ribs. Rinse all the greens and shake off any excess water, chop them into 1/2-inch pieces. In a large skillet, cook the greens over low heat, adding them by handfuls and stirring them down as they wilt. Add 1/2 cup of chicken broth, then cover the skillet; braise for 10 to 15 minutes, or until tender. Pour off any liquid left in the skillet, then season the greens with salt and pepper. Transfer to a bowl and set aside.

Heat the remaining 1 cup of broth and half-and-half in a saucepan, just until bubbles form around the edge of the pan.

In the large skillet, melt the butter over low heat. Add the flour and cook, stirring, for one minute. Add the hot broth mixture all at once and stir over medium heat until the sauce is smooth and thickened. Whisk in the grated Parmesan and ricotta cheeses. Stir the greens into the cheese sauce and pour the mixture into the prepared baking dish.

Sprinkle with the bread crumbs and then sprinkle the grated mozzarella over the top; bake for 20 minutes, or until the sauce is bubbling and the mozzarella is melted and lightly browned. Serve immediately.

## Mess o' Greens Salad With Warm Pecan Dressing

6 cups fresh mustard, turnip, and/or collard greens (about 1 pound)  
6 cups fresh mustard, turnip, and/or collard greens (about 1 pound)  
2 T balsamic vinegar  
2 tsp. honey  
1 T Dijon mustard  
2 tsp. vegetable oil  
1/2 cup pecans, roughly chopped or broken

Wash greens well, dry thoroughly, then remove and discard the long stems. Tear the greens into salad-size pieces and place in a large bowl.

In a small bowl, combine the vinegar, honey and mustard. Set aside.

Heat the oil in a small skillet until hot but not smoking. Add the vinegar mixture and pecans and cook, stirring regularly, for 2 to 3 minutes. Pour over the greens and serve at once.

## Cajun Turnip Greens

2 pounds turnip greens  
2 turnips, peeled and diced  
Ham or smoked pork sausage  
4 to 6 cups of chicken stock  
3 cups of onion, celery, bell pepper and garlic, chopped and combined  
1 teaspoon salt  
1 teaspoon Cajun seasoning

Begin by preparing all ingredients. Cook your seasoning meat, drain (reserving the grease) and cut up. Pour 2 tablespoons reserved grease into a stock pot and sauté the onion, celery, bell pepper and garlic for 5 minutes. Add the chicken stock and diced turnip and bring to a boil, cooking for 15 minutes. Add the greens, meat and seasonings. Cook over a medium-low heat for about 45 minutes.