



# *Wolf Pine Farm*

## *Community Supported Agriculture*

*Newsletter Week 16*  
*October 2, 3 & 5*

### **Share Contents:**

0.25 lb. mesclun mix  
1 head red oakleaf lettuce  
1 bunch Tokyo bekana  
2 head broccoli  
1.5 lb. parsnips  
2 celeriac bulbs  
4 lbs. mixed tomatoes  
1 bunch fresh coriander seed  
4 bulbs garlic

### **Pick your own Cherry Tomatoes!**

Please help yourself to the cherry tomatoes in the tomato field at Wolf Pine Farm. Ask someone in the share room to point you in the right direction and to give you tips to avoid the tomato splitting phenomenon.

### **Upcoming Farm Events:**

- **October 2,3,5 – 2008 Renewals**, check your email or talk to Amy for details.
- **October 6 & 7 – Shareholder Open Farm Weekend**. Come take a walk around, visit the river, pick cherry tomatoes, for info call 324-2357
- **October 16,17, 19 – Last Pickup Days** for the season!! Mark your calendars. Lots of yummy veggies still to come, don't miss it!
- **October 28 – Annual Meeting and Pumpkin Carving**. Save the afternoon/early evening. Kids welcome. More details soon.

Farm Musings from Abbie:

*“Everyone must take time to sit and watch the leaves turn.” Elizabeth Lawrence*

Well happy fall season to you all! There is something about fall that takes me out of my daily routine and I pay more attention to the world around me. I have a tendency to hurry in life – I find thrill in biking or hiking fast, or chopping vegetables quickly. I usually walk fast, even down the beautiful farm road. But the changing leaves of fall are an obvious reminder that I need to slow down and open my eyes because I am missing things as I rush by. I had the opportunity to hang out on the rocks with some friends at Twin Lights State Park this past Sunday. Instead of trying to walk the distance of the entire state park, we checked out the ample entertainment in the little pools of water that form as the tide pulls away from shore. The tiny blue bugs actually hop along the water and the snails do move in the tide pools!

Much of the share this week has been growing for a long time. The celeriac was one of the first things seeded in the greenhouse way back in March. It survived the epic Patriots day storm when we had to run the generator to keep the greenhouse heated, and it has slowly but surely grown into individually unique and slightly crazy looking bulbous root crowns that sit right above the soil. The parsnips were directly seeded into the ground in the beginning of May. The parsnips were one of the first times Peter and I had used the Little G for seeding. (As a side note, parsnips are high in potassium. Bananas are often looked at as the end all, be all for potassium so next time you get a muscle cramp, reach for a parsnip instead of the traveling fool banana.)

Not only are they slow, but also both the parsnips and the celeriac do not continually reproduce. They are not like kale that continues to grow new leaves for harvesting all season long. These plants are one-timers. So for months these vegetables have been soaking in sun and rain for this one chance to be eaten. As the days get shorter and the morning and evening air a little cooler, I hope that you all have a chance to reflect upon and savor the slow growing vegetables this week.

### **Carrots Roasted With Parsnip, Celeriac, Lemon & Coriander**

1 celeriac  
1 lb parsnips  
1 lb carrots cut in half  
sea salt and black pepper  
8 tbsp olive oil  
4 cloves garlic  
6 sprigs fresh thyme (pick your own from the farm!)  
3 sprigs fresh rosemary  
12 whole sage leaves (more fun picking from the farm)  
2 lemons  
2 tsp coarsely crushed coriander seed

Heat the oven to 425. Lightly crush the garlic with the flat blade of a knife, but leave whole. Crush all the herbs with the flat of the knife and tear the sage leaves. Place the garlic and herbs in a bowl and squeeze the lemon juice from the two lemons, then add the lemon halves, coriander seeds and olive oil. Cut the celeriac and parsnips in chunks depending on the size, add them and the carrots to the mixture in the bowl and toss to mix. Place in a large roasting tin. Season well with salt and pepper and cook for 30 minutes stirring once.

### **Curried Parsnip and Apple Soup, serves 6**

1.5 lbs parsnips  
1 apple  
1 heaped tsp coriander seeds  
1 heaped tsp cumin seeds  
6 whole cardamom pods (seeds only)  
40g butter  
1 tbsp oil  
2 onions, chopped  
2 cloves garlic, chopped  
1 heaped tsp turmeric  
1 heaped tsp ground ginger  
1.2 litres stock  
salt and freshly milled pepper

Dry roast the coriander, cumin and cardamom seeds; when they change colour remove from pan and crush in a pestle and mortar.

Heat butter and oil then add the onions; soften for 5 mins then add garlic; cook for 2 mins; add crushed spices, turmeric and ginger, stir and cook gently for a few more mins.

Chop the parsnips into 1 inch (2.5 cm) dice; add to the pan, stir well, add the stock, season; simmer gently for 1 hour without a lid.

Liquidise, then return to pan; check seasoning and heat gently. Peel and grate the apple; add to the soup as it reaches simmering point; simmer for 1 min; serve immediately. [www.deliaonline.com](http://www.deliaonline.com)

### **Corn Bread Celeriac Stuffing (who says you have to wait for Thanksgiving!)**

6 cups cubed (1 inch cubed) corn bread  
2 tablespoons canola oil  
1 teaspoon dried thyme (or fresh from the pick your own!)  
1 teaspoon dried sage (see above!)  
4 tablespoons butter  
2 cups peeled, chopped celeriac  
2 cups peeled, chopped red onion  
1 cup peeled, chopped parsnips  
2 cups, chopped apples  
1 cup toasted, chopped pecans (or nut of choice)  
1 egg beaten  
salt and pepper to taste

Heat oven to 350 degrees. Lightly oil a 9-by-13 inch baking dish. Toss cubed corn bread with 1 ½ tablespoons oil, thyme, and sage. Spread on baking sheet; bake until toasted, about 15 minutes. Melt butter with remaining oil in large skillet over medium-high flame. Add celeriac, onions, and parsnips; sauté until tender, about 10 minutes. Season with salt and pepper. Stir in apples and sauté for 2 minutes longer. Toss corn bread, nuts, and vegetables; mix with egg. Spread into prepared baking dish, cover with foil, and bake for 45 minutes. Makes 8 servings.  
*From Asparagus to Zucchini: A Guide to Cooking Farm Fresh Seasonal Produce.*