



Wolf Pine Farm

Community Supported Agriculture

Newsletter Week 18
October 16,17 & 19

This is the last week of shares... thanks for a great season!

Share Contents:

0.6 lb. mesclun
1 large bunch kale
1 bunch choice cooking greens
2 stalks Brussels sprouts
1 bunch cilantro
1 bok choy
1 eggplant
4 lbs. rutabaga
4 bulbs garlic
1 bunch scallions
5 lbs. potatoes (from Goranson Farm)
5 lbs. carrots (from King Hill Farm)
1 bag apples (from Raven Hill Orchard)

Save the Date!

Farm Annual Meeting

Sunday, October 28th 1:30 pm
Meeting, pumpkin carving,
food...

Details to follow. Check your
Email! Hope to see you there.

Farm Musings:

I picked a poem for you this week.
It's been great sharing the season with
You all. Best wishes for a restful winter

~Natalie

Thanks to the other certified organic farms featured in this share:

As part of our effort to provide you with great organic, local produce, we decided at the beginning of this season to buy in some of our storage crops so that we could focus on what we do well and could share some of what other farms do really well with you. We had originally planned on buying in onions, but were unable to get them in time from another grower in Maine. We decided instead to provide you with apples from one of our closest organic growers. We hope you'll enjoy all of this Maine bounty!

Featured farms:

Goranson Farm, Dresden

King Hill Farm, Penobscot

Raven Hill Orchard, Waterboro.

We encourage you to support other local farmers throughout the winter and during the season. They're all really nice folks and

Steamed Red Kale with White Miso Dressing

From [The Vegetarian Compass](#) by Karen Hubert Allison

2 bunches red kale rinsed and stemmed (one large bunch of ours will work)

3 tablespoons white miso

2 tablespoons cider vinegar

1 tablespoon honey

1 ½ teaspoons Dijon mustard

1 ½ teaspoons sesame paste (or oil)

1 tablespoon white wine or sake (optional)

Tear or chop the kale into bite-sized pieces. Steam for 3 minutes or until it changes color. In a serving bowl, combine the miso, vinegar, honey, mustard, sesame paste and wine. Blend well. Toss the kale in the dressing and serve immediately.

The art of blessing the day

Marge Piercy

This is the blessing for rain after drought:
Come down, wash the air so it shimmers,
a perfumed shawl of lavender chiffon.
Let the parched leaves suckle and swell.
Enter my skin, wash me for the little
chrysalis of sleep rocked in your plashing.
In the morning the world is peeled and shining.

This is the blessing for sun after long rain:
Now everything shakes itself free and rises.
The trees are bright as pushcart ices.
Every last lily opens its satin thighs.
The bees dance and roll in pollen
and the cardinal at the top of the pine
sings at full throttle, fountaining.

This is the blessing for a ripe peach:
This is luck made round. Frost can nip
the blossom, kill the bee. It can drop,
a hard green useless nut. Brown fungus,
the burrowing worm that coils in rot can
blemish it and wind crush it on the ground.
Yet this peach fills my mouth with juicy sun.

This is the blessing for the first garden tomato:
Those green boxes of tasteless acid the store
sells in January, those red things with the savor
of wet chalk, they mock your fragrant name.
How fat and sweet you are weighing down my palm,
warm as the flank of a cow in the sun.
You are the savor of summer in a thin red skin.

This is the blessing for a political victory:
Although I shall not forget that things
work in increments and epicycles and sometime
leaps that half the time fall back down,
let's not relinquish dancing while the music
fits into our hips and bounces our heels.
We must never forget, pleasure is real as pain.

The blessing for the return of a favorite cat,
the blessing for love returned, for friends'
return, for money received unexpected,
the blessing for the rising of the bread,
the sun, the oppressed. I am not sentimental
about old men mumbling the Hebrew by rote
with no more feeling than one says gesundheit.

But the discipline of blessings is to taste
each moment, the bitter, the sour, the sweet
and the salty, and be glad for what does not
hurt. The art is in compressing attention
to each little and big blossom of the tree
of life, to let the tongue sing each fruit,
its savor, its aroma, and its use.

Attention is love, what we must give
children, mothers, fathers, pets,
our friends, the news, the woes of others.
What we want to change we curse and then
pick up a tool. Bless whatever you can
with eyes and hands and tongue. If you can't
bless it, get ready to make it new.

Barbequed Rutabaga Steak

From The Vegetarian Compass by Karen Hubert Allison

2 medium rutabaga peeled and cut into 1/2 or 3/4 inch rounds
1 large red onion

2 cups barbeque sauce

Lay the rutabaga flat in a steamer basket, cover, and steam over boiling water just long enough for them to heat through, so that the surface may be pierced with a fork but the center still offers resistance. In a shallow bowl or pan, cover the hot rutabaga and the onion slices with barbeque sauce. Marinate for 1 hour. Grill onions and rutabaga on a rack for just long enough to cook through.

Winter Root Vegetable Braise (makes 4 servings)

From The Joy of Cooking

Heat in a large skillet, over medium heat:

1 1/2 tbs. olive oil

1 tbs. butter

1 bay leaf

1 large sprig fresh thyme (in the pick your own garden!)

add:

2 onions, diced

Cook, stirring occasionally, until the onions begin to brown and have left a sugary residue on the bottom of the pan, about 12 minutes. Add and cook for 3 more minutes:

4 large mushrooms, wiped clean and thickly sliced

2 cloves garlic, minced

Pour in:

1/2 cup dry white wine

Increase the heat and boil, scraping the bottom of the pan, until the liquid is reduced to syrup, about 5 minutes. Add:

1/2 lb. turnips, peeled and quartered (or substitute rutabaga)

1/2 lb. small rutabaga, peeled and cut into 1 inch cubes

1 lb. celery root, peeled and cut into 1 inch cubes

1 tablespoon all-purpose flour

1/2 teaspoon salt

Stir the vegetables together, then pour in:

2 1/2 cups chicken or vegetable stock

Bring to a boil. Reduce heat and simmer, covered, until the vegetables are tender, 20-25 minutes. Mix together:

3 tablespoons heavy cream

1 tablespoon Dijon mustard

Pour this into the stew and stir well. Season with ground pepper, fresh thyme or parsley

Our note: You can really add any root vegetables to this stew... parsnips will make it sweet, potatoes thick, carrots orange. Go ahead, add more rutabaga! Add daikon!