



Wolf Pine Farm

Community Supported Agriculture
259 Mouse Lane, Alfred, Maine 04002

WEEK OF August 31, 2003 – September 6, 2003

Notes from the Farm – by Amy Sprague

Our pumpkins and winter squash are ripening, perhaps a little sooner than we might have expected. The leeks are calling to us to begin harvesting them. Potatoes have sized up nicely and are in the ground holding for distributions and fall storage. Some of our fall crops (rutabagas, turnips & celeriac) have not done as well this year, but we still have a few good weeks to try to encourage them to grow. Parsnips have actually germinated this year and the question is how big will they get before they slow down for the season?

All of this talk of fall crops leads me to the topic of Winter Shares. A winter share consists of crops that can be easily stored in our root cellar, walk in, and other spaces around the farm. It will likely include some combination of winter squash, pumpkins, potatoes, carrots, beets, onions, garlic & leeks. Other items may include any greenhouse greens (arugula & spinach) that we have available, any Brussels sprouts still holding in the field, and possibly kale if we can encourage it to stick around. Rutabagas, turnips, parsnips & celeriac will make appearances if they end up putting on enough growth.

The winter share is \$100. There will be pickups on Saturday, November 22nd from 10-2 and on Saturday, December 20th from 10-2. Depending upon the nature of the items being distributed there may be a pickup in January or we may choose to distribute extra items for the December pickup and have that be the last one. This would be very easy to do if the primary items are things like potatoes, onions, garlic, and other easily stored items.

Some of you have signed up for Winter Shares already. I'll be pulling together my list and confirming with those who I've heard from so far. We will only have about 30 winter shares available this season and they will be allotted on a first come first serve basis. If you are interested please send a check or pin it to the bulletin board on pickup day.

Give me a call if you have any questions or find me around the farm on your pickup day. -- Amy

Potluck Reminder

Please join us on September 20th at 6 pm for the last CSA potluck dinner of the season. Please give a call or drop me an email if you plan to attend. We will try to eat outside if the weather cooperates, but festivities may be moved inside if needed. Please plan to bring your own picnic place setting (plate, cup, bowl, silverware) just in case we do not have enough to go around and lawn chairs or blankets are always a good idea. Recipes for your potluck contribution have also been requested by some members so bring those along if you can. – Amy

Wolf Pine Farm -- Schedule of Events for 2003

Here is a summary of other farm events between now and the end of the season. RSVP if you plan to attend.

September 20th – Saturday
Potluck 6pm – see details above

September 30th – Tuesday
Potato Digging Day 3-5:30 p.m.

October 9th – Thursday
Potato Digging Day 3-5:30 p.m.

A note about leeks

Most people are somewhat familiar with leeks, but one thing that I have found is that very few people use all of the leek. One of the advantages of fresh leeks is that you don't have to just use the white and light green parts of the leek as many cookbooks will advise. The green leaves are not as tender, but they add great flavor and are definitely edible! Potato leek soup is a great place to experiment with using more of the green part of the leek. You may want to chop up the greens a little bit smaller than the other sections of the leeks so that they will cook up faster.

When preparing a leek, cut in half lengthwise so that you expose all of the layers and wash under running water to get out any soil that may be trapped between the layers.

To store leeks at home, cut in half just about where the leek starts to turn more of a dark green to make them a more manageable size and put the top and bottom halves into a plastic bag in the fridge. The greens will become a little tough after being stored for long periods, but the bottom will keep quite well. You can freeze leeks by slicing into 1/2" pieces and blanching for 4 minutes.

Potato Leek and Cheddar Soup

Adapted from American Wholefoods Cuisine

2 T oil or butter
1 1/2 C sliced leeks
3 C milk
2 C veggie broth
1/2 pound potatoes (2 small or 1 large)
1 t salt
1/2 t dry mustard
2 C shredded cheddar
1/8 to 1/4 t cayenne
paprika

Melt fat and sauté leek for 3-5 minutes until softened. Add broth and heat to boiling. As mixture heats, finely grate potato into the pot (if there is not enough liquid just add a little water for now to cover). Simmer, uncovered, for 15 minutes until potato is cooked and soup thickens. (*I like to add the milk now, after the potato has cooked, and bring it up to temperature*). Add salt, mustard, and gradually the cheese, stirring to melt. Adjust salt, if necessary; sprinkle with enough cayenne to give soup a bite and enough paprika to enhance the color.

Summer Bread Salad

This is a fairly quick crowd pleaser for a hot day when you don't feel like standing over the stove. It is based on a Tuscan dish called panzanella. It's a useful recipe when you have some stale bread on hand and a hearty supply of tomatoes.

Makes 8 antipasto servings

4 cups fresh or stale thick crusted bread, cut into 3/4 - inch cubes
1/4 cup extra virgin olive oil
1/4 cup red wine vinegar
2 cloves garlic, minced
1/4 teaspoon salt
dash of pepper
1 cucumber (medium sized)
1 lb. fresh tomatoes (any type will work)
1/4 cup red onion, minced (any type of onion will do)
1/4 cup fresh basil, slivered
2 tablespoons capers, drained (OPTIONAL – I do not use these)

Toast cubed bread at 350° F for about 8-10 minutes until lightly browned. Then set aside to cool. Meanwhile, whisk together oil, vinegar, garlic, salt, and pepper in a small bowl. Peel cucumber, cut in half lengthwise, scoop out seeds with a spoon if desired, and slice into 1/4 inch cubes. Set aside in a large bowl. Cut the tomatoes crosswise, squeezing out seeds & juice. Dice the tomatoes and add to the cukes. Add onion, basil, capers, and dressing and toss. The salad can be prepared ahead of time and will hold for several hours at room temperature, but be sure not to add toasted bread until just prior to serving. Serve at room temperature.

Adapted from The Best 125 Meatless Italian Dishes by Susan Geiskopf-Hadler and Mindy Toomay