



Wolf Pine Farm

Community Supported Agriculture
259 Mouse Lane, Alfred, Maine 04002

WEEK OF SEPTEMBER 28 – OCTOBER 4, 2003

Reminders:

Winter Shares –
see August 31st newsletter for full details. Bring a check for \$100 to reserve a share.

Potato Digging Days –
Last one will be October 9th. See Sept. 14th newsletter for details

Notes from the Farm – The CSA season is slowly winding down... We are currently planning on four more weeks to the season after this week. The pickups will be a little bit smaller in size now that the peak summer veggies are pretty much gone. But there will be a lot of fall favorites like winter squash, pumpkins, leeks, carrots, and as many lettuces and greens as we can convince to keep growing. Please plan to pickup your share right up through the last week of October.

Last pickup days for the CSA season:

Tuesday pickup	October 28 th
Thursday pickup	October 30 th
Saturday pickup	November 1 st

A New Beginning for Muncher (part 2) *by Pete Engler*

Continued from two weeks ago.... If you recall, Muncher and Sam, the hummingbird, were trying to escape from the garden:

Suddenly a hulking Maine Coon Cat stood between Sam and Muncher and the safety of the woods. Muncher could feel Sam begin to tremble.

“Going somewhere?” hissed the coon cat showing off his powerful double paws.

You never fully understand all of the decisions you make in life; especially in that split second in which you make them. Muncher decided the cat was not an obstacle. Muncher knew he couldn’t stop for the cat and if he did it would surely spell the end for Sam and him. So he just kept trucking full speed right at the coon cat.

(Continued on the back)

The last of the basil –

This is the last week that you will see basil in the share. We are going to do a pre-frost harvest in order to give everyone one last dose of basil to dry, freeze, or turn into pesto. It’s already been touched with a bit of moisture or cold damage, but the black leaves can be picked over. Some darkness is OK for drying, freezing, and making pesto as long as the leaf is otherwise in good shape.

For drying use a dehydrator or hang in a dark, dry location. For freezing chop basil and cover with olive oil or water in ice cube trays. Once the cubes are frozen you can pop them out and store in a bag or other freezer container. For pesto check the website for a number of pesto variations. You can freeze pesto too, and instructions for this are on the website also.

Surprise and terror filled the cat's face as Muncher leapt into the air and plowed right into him. The cat was knocked over backwards and somersaulted three times before landing on his feet and sprinting away. Muncher himself landed less than gracefully but nonetheless didn't miss a step and closed the gap between the garden and the woods.

Under the cover of the woods Sam and Muncher paused to catch their breath. Muncher's heart had just stopped pounding when they heard yelling from the garden. "Sonnofa gun! My veggies! Who's been eating my garden?"

Muncher and Sam began laughing hysterically; they just couldn't control themselves. It wasn't that the yelling was that funny, but the sense of relief they shared after their encounter with danger was so great that all they could do was laugh. Once this had passed Sam looked up at Muncher "You know you saved my life- you didn't have to do it, you could have just left me there."

Muncher looked at Sam and burped then shrugged. "Sam, I'm no hero, I'm just a petty thief; I steal to eat. Don't idolize me. I would be glad to be your friend though."

"Couldn't you have your own garden someday so you don't have to steal?" Sam asked hopefully.

"Sam, I'm a woodchuck; I destroy gardens, I don't make them. And besides, I don't have an opposable thumb. So that's enough about that, but we'd better go do something about your wing. It looks like it's pretty sore."

The shadows were getting longer as Muncher carried Sam back to his nest. In a funny way Muncher felt like he had grown up a lot that day; he had put someone else's well being in front of his own and made a new friend in the process. And all of that after a spectacular meal. It was a great day to be a woodchuck.

The End

Asian Sesame Ginger Salad

1/3 cup peanut oil or other oil for frying
2/3 cup sesame seeds
4 boneless chicken breasts, tofu or other substitution of your choice
salt and freshly ground black pepper
1 small head **Chinese cabbage**
1 2-inch piece of fresh ginger
2 Tablespoons fish sauce, tamari, or soy sauce
2 Tablespoons rice wine vinegar, or other white vinegar or cooking wine
2 Tablespoons sesame oil or any other oil you have on hand
1 lime
1 8-oz can sliced water chestnuts (optional)
6 **scallions** (or garlic scapes chopped finely)
1 medium red or **green bell pepper** (optional – any red or orange veggie would be good for color)
fresh cilantro to taste (sorry we don't have any of this this week, but there is a planting on the way!)

Put the frying oil in a heavy skillet on medium-low heat. Spread the sesame seeds on a plate. If using chicken, season with salt and pepper and press into sesame seeds to coat both sides evenly. Put in skillet and cook until just done. If using tofu you may want to marinate in the salad dressing before frying with the sesame seeds.

Peel and halve the ginger. Grate or puree in food processor. Add fish sauce or tamari, vinegar, and sesame oil. Juice the lime and add the juice to the ginger mixture. Process until the dressing is combined. Add salt to taste.

Trim the bottom of the cabbage. Wash and dry the leaves. Cut whole cabbage into thin strips. Put the cabbage into a large salad bowl. Add water chestnuts, chopped scallions, chopped bell pepper, cilantro leaves to taste, and dressing. Toss well. Cut the cooked chicken or tofu into strips. Add to the salad and toss.