



Wolf Pine Farm

Community Supported Agriculture

Weekly Newsletter
Week 15

Share Contents...

#0.25 mesclun

#0.25 baby arugula

#0.40 broccoli florets

#0.75 onions

*#2.00 mixed green & red
tomatoes*

1 bunch collard greens

1 bunch beets

2 delectata squash

2 celeriac roots

4 green peppers

1 bunch parsley

2 hot peppers

Notes from the farm...

Well, despite some cold toes and a runny nose I left a rainy weekend up at the Common Ground Fair warm with a sense of community and comradery -with so many people all working in their own ways towards living more sustainably. The season is always so busy, and sometimes it is hard to sense community beyond the farm, our friends and shareholders, but the fair always reaffirms for me that our community is much greater and further reaching than our 5 acre farm and our two hundred and some odd shareholders.

And what a blessing it is to be a farmer who has such a community around their farm to begin with – to be able to know everyone you are growing food for. There are too many farmers who work all day out in the fields harvesting vegetables for distant markets. I want to thank all of you for providing us with a smile or a thank you for every share we harvest for you.

Speaking of harvests... the last of our winter squash was put up into the top of the barn this past week -all comfortably waiting to be incorporated into your shares in the coming weeks. Among other large harvests, in anticipation for the coming of cold weather we had a large green pepper harvest this week and hope you enjoy them. They are a perfect size for stuffing and I included a stuffed pepper recipe on the back of the newsletter for you to check out.

A new vegetable we pulled out of the ground this week, celeriac! (also know as celery root), is a bit strange in shape and color, but provides a great addition to roasted vegetable dishes, soups and salads. Just peel this peculiar root, and you can finely dice or slice it into salads. You can chop it up, saute it and add it to the beginning of a soup, and it is great added to mashed potatoes. Check out recipes on our website and the one I've included on the back of the newsletter.

The rains this weekend have helped our newly seeded winter covercrop of vetch and rye begin to sprout in the new fields we opened this summer. It will be really exciting to have new land to work with and develop new crop rotation strategies in the coming year.

Looking ahead to the coming year we are starting to try and get people to think about signing up for renewing their memberships for another season. Do not be alarmed by us this week as we start to talk to you about what your plans are for next year. Although next spring may not even be more a slight remembrance on crocuses and budding trees in the

!!!NOTICE!!!

We will be tilling under the ***pick your own herb garden*** next week, so we can start fresh next year, with new plants and less weeds. So please pick all of the herbs you want this week –your can always dry them. Thanks!

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back of your mind right now, it is really important to us to get as many shareholders signed up before the winter months as possible. Signing up now holds your spot for next year, provides us with a sense of calm and security as we start to make plans for the coming season, and allows us to save money as we put these plans into seed money for next year without having to go into more debt. This year we ended up with a waiting list of people want to join the CSA. So signing up now and putting a deposit down towards your share ensures you a share in the bounty of veggies to come in the following season. We look forward to talking to all of you in the coming weeks about you plans for next year. ~Adrienne

Stuffed Peppers with Feta Cheese Sauce *~from Sundays at the Moosewood Restaurant*

Ingredients:

Stuffing

1 cup chopped onions
3 garlic cloves, pressed
2 teaspoons dried dill weed
¼ cup olive oil
¼ cup pine nuts
3 tomatoes, chopped
3 cups cooked short-grain brown rice
¼ cup chopped fresh parsley
1 ½ tablespoons chopped fresh mint
freshly ground black pepper to taste

Peppers

4 large green peppers
½ cup tomato juice

Creamy Feta Sauce

1 ¾ cups milk
¼ cup butter
¼ cup unbleached white flour
½ teaspoon dried dill weed
1 – 1 ½ tablespoons chopped fresh mint
¾ cup grated feta cheese
salt and freshly ground pepper to taste

Directions:

Saute the onions, garlic, and dill in the olive oil until the onions are translucent. Add the pine nuts and when they begin to color, add the chopped tomatoes and simmer, covered, for 3 minutes. Add the rice and mix well. Stir in the parsley and mint. Add salt and pepper to taste. Remove the pan from heat.

Cut the peppers in half lengthwise and remove seeds. Leave the stems on, so pepper halves will hold their shape better during baking. Stuff the peppers with the rice mixture and place them in an oiled baking dish. Pour the tomato juice into the bottom of the dish. Tightly cover, and bake at 375 for 30 minutes.

To make sauce, heat the milk in a small saucepan, melt the butter. Stir the flour into the butter and cook for a few minutes. Pour in the hot milk, stirring continuously, until the mixture thickens. Add the dill, mint and feta. Heat gently until the feta is melted. Season with black pepper to taste.

Garnish stuffed peppers topped with sauce and fresh mint garnish. Serves 4.

Celeriac and Potato Puree ~ from the Vegetarian Cooking for Everyone (Deborah Madison)

2 lbs. Potatoes 1-2 celeriac peeled ½ cup milk, cream, or cooking water, warmed
4-8 tbsp. Butter salt and freshly milled pepper

Cut vegetables separately into large pieces. Put each in a saucepan, add cold water to cover and ½ teaspoon salt, and bring to boil. Simmer until tender, about 15 minutes for potatoes, 10 for celery root. Drain, reserving the broth for thinning or to use in making soup. Pass them together through a food mill or mash by hand, adding warm liquid to thin the puree as you go. Season with salt and pepper and stir in butter.