



Wolf Pine Farm

Community Supported Agriculture

Weekly Newsletter
Week 18

Notes from the farm...

The season is coming to a close, the leaves on the trees are quickly disappearing, and the first real hard frost of the year happened last Friday night.

Almost everything is out of the ground now and we are working hard to cover the soil with a nice hardy blanket of cover crop for the winter.

The next big project on the horizon is to plant the garlic for next season and cover it with straw for the winter. It will wait there until the spring, and by March we will start to see the green stalks, peek through the straw, and reach for the sky. Then the spring will be here again and we will begin the cycle over.

As for me, I will be finished here at Wolfpine Farm in two weeks. It is hard to believe that the growing season is over and we are shifting gears into the winter months. Pulling out our wool sweaters, and winter jackets, warm socks and flannel sheets.

I was picking kale bunches in the field today, peacefully alone and listening to the crows, I contemplated the summer, the ebbs and the flows, the constant reward at the end of each day, the sweet smell of tai basil, the rejuvenation of the river in August, and the delicious taste of the first cherry tomato of the season.

I will always remember my experience here. All of the work shares were a pleasure to get to know, and work beside. And my days in the share room were energizing and a deep feeling of satisfaction with a job well done. Thank you, Natalie and Adrienne, my mentors and friends, Hope you all have a warm winter, filled with hot drinks, laughter, good stories and toasty snowy days spent by the fire.

~Sarah

Share Contents...

#0.30 mesclun

1 bunch leeks

1 bunch kale

#2 potatoes

#.75 parsnips

1 bunch dill

1 bulb garlic

Mashed Potatoes and Celeriac

1 pound celeriac, peeled and cut into chunks
1 pound potatoes, peeled and cut into chunks
1 bay leaf
4 cloves garlic, peeled
½ cup heavy cream
4 tbs. Butter
salt and pepper to taste
(optional; 2 tsp. Horseradish)

Combine celeriac, potatoes, bay leaf, and garlic, with water to cover; boil until just tender, about twenty minutes. Drain, remove bay leaf, and return vegetables to pot. Add cream, butter, (and horseradish; if you want). Mash and season with salt and pepper. Makes 4-6 servings.

Cream of parsnip-leek soup

1 pound diced parsnips
2 leeks, sliced
5 cups chicken or vegetable stock
¼ cup milk
Tamari or soy sauce and chopped parsley

Cook parsnips and leeks in stock (just enough to cover) until tender. Puree in a blender, add remaining stock and heat. Then add mild and tamari or soy sauce. Then finally the parsley.
From Asparagus to Zucchini by: CSA Coalition

It's all here

we set the seeds, speak
to the sky
nurture the plants, drink
the rain, give back
to the soil, curse
the cold, dance
to the sun, sing
with the wind, weep
at the passing, dream
with the moon. We open
our hands and accept another
season of hope fulfilled
or not,
the birds are singing the earth
awake. The spiralling cosmos
is bursting open seeds climbing
to the light. There's a crackle
of joy in our hearts, ignited
by the sun- a flower filled
with flame. Listen. The plants will tell
you
of sending roots deep to survive
the dry times.
The seasons will show you how nothing
is ever really gone but keeps
turning out and over
again and again and again,
just as the ancestors
smile down from the clouds
onto the faces of children
yet unborn shining up
from rain spattered stones on the path
we walk.
listen.
It's all here.

- Sherrie Mickel, 1995

If you haven't already settled up
with the farm store, please do that
before the end of the season.
Thanks!

Sauerkraut Workshop Saturday October 21st!! Notes from Dave Plante....

“On Saturday, Oct 21, 1 to 5 pm, we'll be gathering at the Wolfpine Farm in Alfred for a sauerkraut workshop. The fall season is the best time to make kraut when cabbage is at it's best and the cooler temperatures are upon us. Especially before the age of refrigerators and other modern means of preservation, (lacto) fermentation was (and is) one time honored technique used to preserve vegetables (cabbage in particular) and many other staples, throughout the long winter months. In addition to an effective means of preservation, when properly prepared, fermented products are very nourishing. We'll go through the whole process from selecting the cabbage, to shredding, salting, mixing, and fermenting. We'll also discuss open and closed fermentation techniques that are typically used (and not typically used). If you've never made kraut before, you'll find out how easy it is. I know a few things about making kraut and other fermented items but I've got a lot to learn. So, if you're an old hand at making kraut, this would be a great opportunity to share your knowledge. Hopefully, with what is learned at the workshop, you'll be confident enough to give it a try at home.

In addition to the workshop, there will be a potluck dinner. Please bring something seasonal to share. Also, we'll be holding our traditional mini farmers market which is open to all who would like to sell or trade locally grown, raised, and/or home produced items such as organic eggs, honey, pickles, preserves, squash, breads, dried goods, etc...(& kraut).

Because there is a lot to do, I'll get started at 1:00 and we'll move pretty quickly so...please be there a little before 1:00 if you don't want to miss anything. I'd like to wrap up the workshop around 3:00 so there's plenty of time for the pot luck and the market.”

If you have any questions call or e-mail Dave Plante
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