



Wolf Pine Farm

Community Supported Agriculture

Weekly Newsletter
Week 19
October 24, 25 & 27

Share Contents...

- 15 stems kale
- 1 head lettuce
- 1 # celeriac
- 0.75# parsnips
- 3 bulbs garlic
- 1 bunch cilantro
- 1.2# turnips
- 1 stalk Brussels Sprouts

***THIS IS THE LAST PICK UP
 OF THE SEASON. THANKS
 FOR A GREAT YEAR!***

**Happy Birthday
 Adrienne!**

*Tuesday, October 24th is
 Adrienne's 25th birthday, so
 if you see her, wish her luck
 for another great year.*

Notes from the farm...

The end-of-year surveys are pouring in on our email, nearly all the crops are out of the field and in our barn, and I can't get an old Abba song out of my head. Instead of waxing poetic—something I am not very good at doing, I want to share with you the truly inspired lyrics of one of the bands of my childhood. I'm hoping you all can find the analogy in here and understand just why this song popped into my head, though I haven't busted out the old Abba record in at least a few months...

“So I say
 Thank you for the music, the songs I'm singing
 Thanks for all the joy they're bringing
 Who can live without it, I ask in all honesty,
 What would life be?
 Without a song or a dance, what are we?
 So I say thank you for the music
 For giving it to me.”

I would be lying if I said I sang and danced throughout the whole season... there was the time I broke the three point hitch on the tractor and all I wanted to do was crawl into a hole and sleep... there was the time I stood in the field and watched potato beetle larvae devour our eggplant transplants and I thought for sure the plants wouldn't make it... indeed, I think I cried once or twice over vegetables. Now that I have a little time to reflect, though, I am reminded that life is resilient. We had so many darned eggplants that many of you don't want to see another one for months, and I, once ready to crawl into my hole, am thinking about the prospects for next season and getting excited about how to make our relationship with the land and with you better.

It has not been easy, but there is nothing better in life than friends and food.

So I say thank you...

~Natalie

Order Your Organic Thanksgiving Turkey Now

Diversity Farm (our supplier of organic eggs, chicken, and pork for our CSA store) has organic turkeys available for pre-order for Thanksgiving. These birds are grass-fed, free range with minimal organic grain. Weights will range from 10-25 lbs. Price is \$4.00/lb. To order, please call Bob or Kathy Perol at 948-3740 or e-mail BKPerol@uninets.net. You will be able to pick up your turkey at Wolf Pine Farm on the Sunday before Thanksgiving.

Ode to Brussels Sprouts

By Natalie

There's lots of talk
About Brussels Sprouts stalks

I think, they're ever so sweet
With garlic, and lemon
They make me complete

You find them bitter
Their flavor is lost
Perhaps you should try them
After a frost

If you can't figure out how to cook Brussels sprouts, try this:

Steam the sprouts for 5 minutes. In the meantime, sauté 2 cloves garlic in oil or butter. Add the steamed sprouts to the garlic and sauté for another 5-10 minutes. When sprouts are tender but not mushy, turn off heat, add a little lemon juice, salt, and pepper. Enjoy!

Winter Vegetable Chowder

From *Vegetarian Cooking for Everyone* by Deborah Madison

The Milk:

2 cups milk, preferably whole
3 large parsley branches
½ teaspoon dried thyme
2 bay leaves
½ onion, sliced
10 peppercorns, lightly crushed
5 juniper berries, lightly crushed

The Soup:

2 tablespoons butter
2 large leeks (can use onions)
4 cups chopped winter vegetables—
 turnips, carrots, celeriac, rutabaga,
 parsnip
3 boiling potatoes, diced
2 small bay leaves
2 tablespoons chopped parsley
Salt and freshly milled pepper
2 tablespoons flour
4-6 large slices sourdough or country-style bread,
 toasted
Grated Gruyere or Parmesan cheese
Chopped parsley, tarragon or lovage

Put everything for the milk in a saucepan, bring it to a boil, then turn off the heat. Cover and set aside while you prepare the vegetables.

Melt the butter in a soup pot over low heat. Add the vegetables, bay leaves, parsley, and 1 ½ teaspoons salt. Cover and cook for 10 minutes. Stir in the flour and add 5 cups water; bring to a boil. Lower the heat and simmer, partially covered, until the vegetables are tender, about 25 minutes. Pour the milk through a strainer right into the soup. Taste for salt and season with pepper. To serve, say a piece of toast in each bowl, cover it with grated cheese, ladle the soup on top, and sprinkle with parsley.

Note: You can make this soup over and over with different varieties of winter root vegetables. If you don't like milk, you can substitute unsweet rice or soy milk with good results also.