



Week #15 Tuesday, September 19 – Saturday, September 23, 2017

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In Your Bag

Winter Squash – honey bears

Turnips

Melons

Yellow onions

Garlic

Broccoli

Cauliflower

Bell Peppers, Jalapenos

Sweet Colored Peppers

Tomatoes – a colorful mix

Roma Tomatoes

Cilantro

**In most cases, your melon is ripe and ready to eat. Check it though. If you're not getting a melony smell, leave it out on the counter till you do. Once you've got the melon smell, eat it or keep it in the refrigerator until you are ready to eat!*

Coming Soon

It looks like there will be another round of honey bear squash next week along with more broccoli and probably carrots. We'll keep tomatoes coming as long as we can. The sweet red and yellow Carman and Cornito peppers should keep producing until a hard freeze. If you get more than you can use in a week, they freeze nicely!

Fall Community Work Day Sunday, October 8th!

We hope you'll plan to join us on Sunday, October 8th for Spring Hill's Annual Community Fall Work Day! We'll be making soup with vegetables from the gardens, baking bread in the pizza oven, pressing apples into cider AND getting some work done too. Weather depending, there will be some potatoes to dig, squash to harvest, garden clean-up to tend to, garlic to pop in preparation for planting and we'll have Halloween Pumpkins for you to take home!

We've got a few other things up our sleeve as well, so we hope you'll come on over – 12:30-4:30 on October 8th!

Harvest & Deliveries will Continue Through October 28th

The plan is to continue vegetable harvest and deliveries through Saturday, October 28th! We've got lots of good fall veggies yet to harvest.

Next Week's Harvesters

Tuesday, September 26 - Tim and Kristin Dyrhaug, Jeannette Raymond & Ruth Schultz, Louise Merriam & Jim Oberly
Hannah Steblay & Robin Schow, NEED ONE!

Saturday, September 30 – Ruskin Hunt/Jigna Desai, Cassandra Herold/Martin Perkins, Peggy Rader,
Adam Nelsen & Michael Walsh, Karin, Reed, Camden & Finnegan McEwan

Farm News

Life is still rather discombobulated around here. We're just trying to take in each situation as it comes and do our best. Our vehicle situation isn't perfect by a long shot, but at least we know what we're dealing with. And we still have my dad's truck so we can get around when we need to. Thanks Dad! And Mom!

Even though the temps were unseasonably warm in early September, we definitely feel the coming of fall. The days are noticeably shorter. Gone are the early mornings and late evenings in the field. This is not all bad, but we are well aware that a frost could come soon. Thankfully the August weather we've been having in September pushed the squash along and it is now ready for harvest. In preparation for the squash harvest, we began by making room for the harvested squash in the greenhouse. This involved first sorting and bagging garlic for seed stock and garlic for eating. We've got plenty for both! Saturday's crew trimmed and bagged the onions and shallots that were drying down on the greenhouse benches. And now, the squash harvest can begin in earnest.

We'll got a final round of cover crops going in soon and we're hoping to get some hay baled yet this fall for mulching in the spring. It's ideal if we have bales ready in the spring to mulch the garlic and other early crops. Equipment repairs have slowed us down. The parts for the broken mower are now in and we hope to put the mower to use in the week or so. Once the mower is fixed, we'll be keeping our eye out for a string of sunny days.

On the home front, we continue to fill up the freezer and pantry shelves with food for the winter, nothing fancy this year, just the basics, but hopefully plenty of it.

Roasted Hakurei Turnips with Israeli Couscous Salad

From noteatingoutinny.com
(makes 3-4 servings)

1 bunch hakurei turnips with fresh-looking greens
1 cup Israeli couscous
1 garlic clove, minced
pinch of optional red chili flakes

1/4 cup chopped red onion
juice from half a lemon
4-5 tablespoons extra-virgin olive oil
salt and pepper to taste

Preheat oven to 425 degrees. Trim radishes from greens leaving a small stub of the stems attached. Wash both well to remove dirt. Halve each turnip, keeping the long tails intact. Finely chop the greens.

Toss the turnips with 1-2 tablespoons of olive oil, pinches of salt and pepper, and the optional chili flakes. Place flat side-down on a roasting pan. Roast for 5-10 minutes, or just until the bottoms are lightly browned. Toss around in the pan with tongs, and continue roasting another 3-5 minutes. Remove from heat and let cool.

Meanwhile, bring a pot of 3 cups water to a bowl and add the couscous. Continue to boil for 8-10 minutes until couscous is tender. Drain.

Heat 1-2 tablespoons of olive oil over medium-high flame and add the garlic. Once fragrant, toss in the leaves and a pinch of salt and pepper. Sauté until just wilted, 1-2 minutes. Transfer to a bowl and let cool.

Combine the chopped onion with the cooled couscous and greens. Add fresh lemon juice, an extra tablespoon or so of olive oil, and salt and pepper to taste. Serve with the roasted radishes on top.

Roasted Cauliflower & Broccoli with Garlic & Parmesan

From wholesomeyum.com

4 cups Broccoli (florets)
4 cups Cauliflower (florets)
1/3 cup Olive oil
3 cloves Garlic (minced)

2/3 cup Parmesan cheese (divided)
Sea salt
Black pepper

Preheat the oven to 400 degrees F. Line a large baking sheet (or two smaller ones that can fit side by side) with parchment paper. Mix the broccoli and cauliflower florets in a large bowl. Add the olive oil, garlic, and half of the parmesan cheese. Toss to coat. Sprinkle with sea salt and black pepper, then toss again.

Arrange the veggies in a single layer on the lined baking sheet(s), giving them plenty of room to breathe. Bake for 15-20 minutes*, until the edges are browned. (Toss halfway through for more even cooking - optional but works better.)

Right before serving, toss with remaining parmesan cheese, and sprinkle with additional salt & pepper to taste if desired.

Roasted Tomato Sauce

from Bon Appetit

MAKES ABOUT 2 1/2 CUPS SERVINGS

Nonstick vegetable oil spray
2 pounds plum tomatoes, cored, halved lengthwise
4 tablespoons olive oil, divided
1/4 teaspoon coarse kosher salt
1 tablespoon fresh oregano leaves
2 garlic cloves, minced
1/4 cup tomato paste

Preheat oven to 375°F. Spray rimmed baking sheet with nonstick spray. Arrange tomatoes, cut side up, on sheet. Toss with 2 tablespoons oil. Turn cut side up again if needed. Sprinkle with coarse salt, then oregano. Roast until soft but beginning to brown, 45 minutes to 1 hour. Cool on sheet.

Puree tomatoes in blender until smooth. Heat 2 tablespoons oil in large skillet over medium-high heat. Add garlic; sauté 30 seconds. Add tomato puree and tomato paste and bring to boil, whisking to blend. Boil until sauce is reduced to 2 1/2 cups, stirring often, about 3 minutes. Season with salt and pepper. Cool sauce. Cover and chill up to 3 days.