



Week #17 Tuesday, October 3 – Saturday, October 7, 2017

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In Your Bag

Winter Squash – *Sweet dumpling*

Carrots

Leeks

Potatoes

Yellow onions

Garlic

Shishito Peppers (*in a plastic bag*)

Sweet Red and Yellow Peppers

Arugula

Tokyo Bekana*

Dill

** Sort of a mini Chinese cabbage. Use it as a salad green, add it to a stir fry, try it in a risotto. Let us know what you think!*

Coming Soon

We'll have more arugula for you next week and more colored peppers as long as the temps hold. We plan to send more sweet dumpling squash and carrots, some kale, and probably some beets.

Fall Community Work Day Sunday, October 8th!

Join us on Sunday, October 8th, 12:30-4:30 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, garden clean-up to tend to and garlic to pop in preparation for planting. We'll have Halloween Pumpkins & gourds for you to take home along with gleanings from the garden. We are hoping to have an observation bee hive on the farm for our fall work day brought to you by the bee team, a fermentation demonstration and an art project as well. We would welcome some music on the porch – let me know if you're interested! We'll need some help to make it all happen – look for an e-mail soliciting some volunteers soon.

Next Week's Harvesters

Tuesday, October 10 - Emily & Ben Hall,

Kathleen Sullivan, Mark Ambroe & Heywood family

Cathy Dolan/Dan O'Brien, Alison Krueger, NEED ONE!

Saturday, October 13 - Nicholas Perez, Ty Thompson,

Mary Beaudoin & Family, Helen Torrens,

Cindy & Max Harper, Julie & Santiago Zarazosa

NEED ONE!

Farm News

Things are going so well on the farm, and we can only hope the same goes for you! The aged summer grasses have lost their passionate colors, yet the apples on the trees are turning brilliant red. The squashes have produced tremendously and the forest surrounding this cultivated valley is brightened with yellow, orange and red.

Yes, fall is officially upon us. The weather has fooled with us all year, urging us into "pumpkin spice" mode way back in August, before the winter squash was even ready! Now it's official. Bring the stock pot out of storage and wash those stinky wool socks that have been hiding in the bottom of the laundry basket. Pull out the peppermints and whipping cream, it's time for hot chocolate!

The raspberries have shocked us all this year! Although they were late to start producing, they've come in with a vengeance, filling Mike with dreams of making his raspberry pie.. We wait eagerly.

The leeks are "megaton" this week (the actual varietal name... which also gives you a clue as to their size). We have such beautiful carrots, squashes, and garlic to send to you. We are all so excited about the fall greens this year. Tokyo Bekana is a new one for us. It's loose, like a lettuce, but has the depth of a Chinese Cabbage. Get goofy with it – make some kimchi, put it in an Asian-style soup with rice noodles and cilantro, or toss it on your sandwich for a more satisfying crunch than regular lettuce!

I urge you all to take some time to look at the stars before soon-to-be ridiculous temps keep us indoors. Open your ears to the last of the bird calls, before all the birds fly away to escape the winter cold. Look for squirrels, burying their nuts in the ground, storing their own food up for winter. (They are such good little homesteaders!) Touch the leaves on the trees and appreciate their textures before they are blown off the trees, once again, and turn into a crunch of brown. Living with the seasons, for us, means learning more and more ways to adapt and appreciate the differences between them. There's nothing too hippy-dippy about hugging trees before they sleep for the winter.... Is there?

Join us for the fall work day on Sunday, October 8th.

Thanks for reading, hope to see you all soon!

----Melanie

Dilled Potatoes Vinaigrette – serves 6 (Moosewood Restaurant Favorites; 2013)

Author's Notes: "Dress the potatoes while they are hot; that way they are infused with the flavor of the dressing. These are delicious served hot, at room temperature, or chilled" I made this recipe a couple weeks ago and it was delicious!

- 5 cups cubed white potatoes
 - ½ cup olive oil
 - ¼ cup red wine vinegar
 - 1 ½ tsp. salt
 - ¼ tsp. black pepper
 - 1 cup diced celery
 - ¼ cup finely chopped scallions, red onions or chives (or leeks from this week's bag)
 - ¼ cup minced fresh dill
1. In a soup pot, cover the potatoes with cool salted water and add the salt. Bring to a boil on high heat, reduce to a vigorous simmer, and cook, covered, until the potatoes are tender, about 7 minutes.
 2. While the potatoes cook, in a serving bowl, whisk together the oil, vinegar, salt, and black pepper. Place the celery and onions in the bowl.
 3. When the potatoes are done, drain well. Add them to the serving bowl and toss with the oil and vinegar while still hot. Stir in the dill and season with more salt and pepper to taste.

Mexican Bell Pepper Casserole – serves 4-6 (Farm Fresh and Fast; 2013)

Author's Note: "Poblano or Anaheim chili peppers can be substituted for part of the bell peppers if more kick is desired."

- 2 Tbsp. butter or olive oil, plus more for greasing the baking dish
 - ½ cup thinly sliced onion
 - 2 cloves garlic, minced
 - 1 tsp. salt
 - 1 tsp. ground cumin
 - 1 tsp. ground coriander
 - ½ tsp. ground mustard
 - ¼ tsp. ground black pepper
 - ¼ tsp. cayenne
 - About 3 cups thinly sliced bell peppers
 - 2 Tbsp. all-purpose flour
 - 4 oz. Colby, grated
 - 4 large eggs
 - 1 ½ cup sour cream
 - Smoked paprika
1. Butter a deep 8 x 8 baking dish. Preheat oven to 375 degrees. Heat the butter/olive oil in a heavy skillet. Sauté the onion and garlic with the spices and salt for a few minutes. When the onion is translucent, add the bell peppers and sauté over low heat for about 10 minutes. Sprinkle in the flour, mix well, and sauté until there is no extra liquid, about 7 minutes. Spread half of the pepper mixture in the bottom of the baking dish and top with half of the cheese. Repeat these layers.
 2. Mix together the eggs and sour cream, blending well. Pour the mixture over the peppers and cheese and sprinkle with paprika. cover and bake for 20-25 minutes; uncover and bake for 15 minutes more.

Arugula Salad with Parmesan – serves 4 (The Art of Simple Food by Alice Waters; 2007)

- Arugula, stemmed, washed and dried
- 1 Tbsp. red wine vinegar
- salt
- Fresh ground black pepper
- 3-4 Tbsp. extra-virgin olive oil
- Parmesan cheese or other hard grating cheese such as pecorino

Mix together vinegar, salt and pepper, whisk in olive oil, starting with a smaller amount of oil and tasting the dressing with a leaf of arugula. Add more oil and salt to taste. When ready to serve, toss arugula with vinaigrette. With a vegetable peeler cut thin curls of cheese and scatter curls over the top of the salad. Serve.

Recipe Link of the Week: Shishito Peppers!

<https://www.epicurious.com/recipes/food/views/sauteed-shishito-peppers-summer-best-new-bite-51153400>

<http://www.thekitchn.com/how-to-roast-shishito-peppers-recipe-221033>

<http://www.foodandwine.com/blogs/7-recipes-sometimes-superspicy-shishito-peppers>

