



Week #18 Tuesday, October 10 - Saturday, October 14, 2017

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In Your Bag

Winter Squash - Sweet dumpling, Butternut

Carrots
Leeks
Potatoes
Yellow onions
Garlic
Beets
Arugula
Kale
Sage

Coming Soon

With frosty weather in site, we'll begin harvesting Brussels sprouts next week! We've been looking forward to those and just waiting for a frost to sweet them up. We'll send more butternut squash and kale. The week after that will bring celeriac!

Harvest Dinner Celebration Saturday, Nov 4th

Mark your calendar for Spring Hill's Annual Harvest Dinner Celebration. We'll celebrate with season with a grand potluck dinner at St. Frances Cabrini Church in Minneapolis. Look for a flyer with a few more details soon!

Two More Weeks of Spring Hill Veggies!

Our final delivery of Spring Hill vegetables will be Tuesday, Oct. 24 and Saturday, Oct. 28th.

Spring Hill's Fall Storage Shares Available

We do have some Fall Storage Shares available. The Fall Storage share is a one time delivery of about 40-50# of vegetables delivered the week before Thanksgiving. It includes onions, garlic, squash, beets, cabbage potatoes, carrots, leeks celeriac and a few other treats. If you'd like more info, let us know.

Next Week's Harvesters

Tuesday, October 17- Steve Petermeier/ Ann Peterson,
Beth Franzen, Jennie Baltutis, Mark Taylor/Jane Mercier
Jacki Betsworth & Faye Fisher Ward

Saturday, October 21 - Nancy Kosciolik & Rob Nordin,
Michelle Steffen & Jake Freeberg, Stacie Warejoncas
Sarah Mahowald & Aeron Ridgeway, Janice Kovala

Farm News

Hey all! The weather's been cooperating very well. We've had lots of rain, but the last few days have brought us sunshine and actually, a fair amount of warmth! Yes, each morning we tackle the harvest with vests and long johns, but by early afternoon, we're usually wiping our brows and wishing we hadn't worn two pairs of socks. The first frost of the year is on its way in tonight, so we kiss the sweet, colorful summer veggies goodbye and embrace the hearty ones.

Our fall party was incredible this year, and we want to thank everyone who came out to join us! We had a trio playing accordion, fiddle, and a banjo on the patio, while members wandered about. We had two vegetable soups prepared by a devoted team who huddled under a canvas tent, giggling about the carrots and tossing veggies into simmering pots over the fire. We had an oh-so-tough group head out to harvest the rest of the pumpkins and the decorative gourds. Employee Erin set up her goat milk soap under a canvas tent and brought in "Inga," her San Clemente Island goat. Nearby a crew popped garlic - lots of it - which will be planted very soon! We also had a dedicated staff of cider-pressers who washed and pressed all the apples so everyone at the party was able to enjoy fresh cider! (They also did an amazing job keeping any thirsty bugs out of the cider - great work guys!) Many people who came brought food to share, and an impressive array of bounty was displayed on some tables for our potluck lunch. Phil played guitar under the trees as the meal was devoured. We had a fermentation demonstration ("Mr. Fermentation" with all produce from the farm, and "Mr. Focaccia" baked a wonderful amount of foccacias in the pizza oven by the community building. There were also plenty of childrens' activities and crafts abound!

How wonderful to be part of a group of people who share a passion - good food. And none of those activities would have happened without your involvement. Thank you!

And now, I say goodbye. I've worked at Spring Hill this year as a part time employee. I've written a few newsletters with tired legs and dirt-stained fingers as the others finish the tasks for the day. I hope it's been clear how truly blessed I feel to have been a part of this community! You are all real people who care about the future of the land by supporting farmers who take care of it (and feed you in the process). I hope to see some of you again in the future, as the world of good food seems to keep people connected. Happy end-of-season, folks!
Melanie

Squash, White Bean & Kale Soup - serves 4 (Farm Fresh & Fast by Fairshare CSA Coalition; 2013)

- 1 medium onion, chopped
- 2 Tbsp. butter, ghee, coconut oil, or bacon fat
- 2 cloves garlic, minced
- 1 quart slightly undercooked white beans (2 cups dry or 2 [15 oz.] cans)
- 1 medium winter squash, diced
- 4 cups broth
- Salt to taste
- 1 large bunch kale, stemmed and chopped
- 1 small bunch fresh sage (8-10) leaves, chopped
- 6 sliced cooked bacon, chopped (optional)

In a large stockpot, sauté the onion until translucent, about 5 minutes. Add the garlic and cook for 1 minute more. Add the cooked white beans, squash, and broth. Stir, add salt, and bring to a simmer. Cook until the squash is tender, 15-25 minutes. Remove about 2 cups of the soup and puree until smooth. Return the puree to the pot, add the kale and sage, and stir. Cover and simmer until the kale is tender, 5 to 10 minutes. Serve topped with bacon (if desired).

Pasta with Potatoes, Arugula, and Rosemary – serves 4 (Chez Panisse Vegetables by Alice Waters; 1996)

- 1 lbs. firm potatoes
 - About ½ cup extra-virgin olive oil
 - Salt and Pepper
 - 2 bunches arugula (about ½ lbs.)
 - 1 small onion
 - 4 – 6 cloves garlic
 - 1 sprig rosemary
 - ¾ lbs. penne or other tubular pasta
 - ½ lemon
1. Preheat oven to 400 degrees. Slice potatoes about 1/3-inch-thick and toss them with a small amount of olive oil, salt, and pepper. Spread them in a single layer in an oven proof dish and roast in oven until golden brown and cooked through, about 15 minutes.
 2. Meanwhile, wash arugula and set aside. Slice the onion thin. Peel and chop garlic cloves and rosemary leaves. Boil a large pot of salted water.
 3. When potatoes are done, remove from oven and put the pasta on to boil. Heat a sauté pan, add some of the olive oil, and sauté the sliced onion until it is soft and translucent and starting to brown, about 5 minutes. Lower the heat, add the potato slices, garlic and rosemary, toss together for a minute or two. When the noodles are done, drain and add to the potatoes and onion along with the arugula. Add a squeeze of lemon juice and toss everything together. Drizzle with a little olive oil and serve.

Beet and Kale Salad with Goat Cheese (adapted from *marthastewart.com*)

- 1 bunch beets
 - Coarse salt and freshly ground pepper
 - 1 1/2 Tbsp. extra-virgin olive oil
 - 1/2 Tbsp. red-wine vinegar
 - 1 bunch kale, trimmed and torn into pieces
 - 1 Tbsp. fresh lemon juice
 - 2 oz. mild goat cheese (depending on your preference)
1. Place beets in a large pot of heavily salted water. Cover and bring to a boil. Reduce heat and simmer about 15-30 minutes, depending on the size of beets. Drain. When cool enough to handle, peel beets. Cut beets into quarters lengthwise and/or ½-inch rounds. Combine beets with 1 Tbsp. oil and vinegar, toss gently.
 2. Place kale in a large bowl and bruise very roughly with hands. Add 1 Tbsp. oil, season with salt and pepper, and massage into leaves for at least 1 minute. Add lemon juice and toss. Let sit, tossing occasionally, for 30 minutes.
 3. To serve, make a bed of kale on a platter and
 4. scatter beets on top. Crumble goat cheese and scatter over salad. Season with pepper and serve.

Recipe Links of the Week: Carrots!!

<http://www.thekitchn.com/20-ways-to-use-up-a-bag-of-carrots-242467>

<https://www.bonappetit.com/recipes/slideshow/carrot-recipes#18>

<https://www.marthastewart.com/274839/carrot-recipes>

