



Week #19 Tuesday, October 17 – Saturday, October 21, 2017

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In Your Bag

Winter Squash – Butternut

Celeriac

Leeks

Potatoes

Yellow onions

Garlic

Beets

Brussels sprouts

Kale

Sage

Coming Soon

Next week, the last week of regular veggie deliveries, will bring carrots, parsnips and cabbage and celeriac along with squash and potatoes and Brussels sprouts. Of course, more garlic and onions – shallots too!

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!

One 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 24- Gerri Barosso/Jim Borden
Robin Schow/Robbie Bray, Suzanne & Roger Dahl
Holly Farrell, Laurie Reed

Saturday, October 28 - Aurelia Wills, Jen Clough, Mike,
Gwen & Liam McMahon, Lynn Cibuzar & Mickey Moore
Ann Risch and George Boody,
Christine Douglas & Andrew Koebrick

Farm News *from Mike*

This past Saturday, a very energetic crew of members harvested the last of the beets for the season. A quick estimate puts the day's harvest at about 450-500 pounds – all done in about 30 minutes – impressive! These last of the season beets are an heirloom variety called Detroit Dark Red. Unlike the Early Wonder Tall Top variety we sent earlier this season, these are much better suited for fall. Early Wonders are uniform in size, have beautiful tops and are the height of fresh eating, but the Detroit Dark Red is durable and a very long-keeper. (They are also way more erratic in size!) Nonetheless, for a beet lover, they are fabulous! Try roasting and adding to a fall salad with caramelized pecans and feta. Wowie, wow, wow! It turns out that Detroit Dark Red was first introduced in 1892 and quickly became an American standard. It also featured prominently in the numerous Victory Gardens that became part of the war effort in WWI. This year, 2017, marks the 100th anniversary of the United States' entry into WWI and the establishment of the Victory Garden or Liberty Garden effort to provide more food for the good folks on the home front. In 1918, Minneapolis alone had over 10,000 Victory Gardens that produced more than half a million pounds of produce!! Way to go urban farming! As the production gardening boomed, the University of Minnesota, The United States Department of Agriculture, the National War Garden Commission and many other local experts provided the needed expertise to grow bountiful gardens. Additionally, there was a great deal of education around preserving food, particularly the new "cold-pack" canning technique and folks were encouraged to put up as much food as possible. It is interesting to note, that while many today dismiss the local food movement and it's different manifestations such as CSA's, farmers markets, food coops and the like as wild-eyed idealists and inconsequential, the Victory Gardens of the past demonstrate that the productive capacity of small-scale agriculture is really untapped. Moreover, as the "feed the world" mantra in the global industrial ag system brings us less and less diversity in our diets, it is fun to think of our lovely Detroit Dark Red beet as a little bit of tasty freedom and history, fresh from the Spring Hill Liberty Garden.

Winter Lentil Salad with Roasted Root Veggies - serves 4-6 (Bi-Rite Market's Eat Good Food; 2011)

Author's Notes: "This flexible salad relies on pantry staples and long lasting veggies, so it's easy to keep the ingredients around for making on the fly. It's also the perfect place to use infused oils, especially herby ones like tarragon oil."

- Kosher salt
 - 1 ¼ cups dried green or black lentils
 - 2 stalks celery cut into ½-inch dice (1 cup)
 - 4 cups diced root vegetables (mix of celeriac, carrots, parsnips, squash, rutabaga, turnips, etc.)
 - 1 ½ tsp. coarsely chopped fresh thyme
 - 3 Tbsp. extra-virgin olive oil, more as needed
 - 3 Tbsp. finely chopped parsley
 - 1 ½ Tbsp. sherry vinegar, more as needed
1. Bring a medium pot of well salted water to a boil and rinse the lentils in two or three changes of water. Add the lentils to the pot and cook until just tender, about 25 minutes. Drain well and set aside.
 2. Position a rack in the center of the oven and heat to 400 degrees.
 3. Pile the celery, root vegetables and thyme on a large rimmed baking sheet and drizzle with 2 Tbsp. oil and ½ tsp. salt. Use your hands to mix and coat the vegetables evenly with oil, and then redistribute in a single layer. Roast the vegetables, stirring after 10 minutes or so, and continue to cook until tender and golden on the edges, about 15 minutes longer.
 4. Combine the lentils, vegetables, and parsley in a large bowl. Drizzle with the vinegar and another 1 Tbsp. of the oil and toss to combine. Taste and add more vinegar, oil, or salt as desired.
 5. Serve right away or refrigerate for up to three days. If making ahead, let it come to room temperature before serving; you may also want to refresh the salad with a little extra olive oil.

Roasted Brussels Sprouts with Garlic – serves 4 (Mark Bittman at *cooking.nytimes.com*)

- 1 lb. brussels sprouts
 - 4-6 Tbsp. extra-virgin olive oil, to coat bottom of pan
 - 5 cloves garlic, peeled
 - salt and pepper to taste
 - 1 Tbsp. balsamic vinegar
1. Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
 2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes.
 3. Taste, add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

Sautéed Kale – serves 4 (Sam Sifton at *cooking.nytimes.com*)

- ¼ cup extra-virgin olive oil
 - 3 cloves garlic, peel and sliced
 - 1 large bunch kale, stemmed, with leaves coarsely chopped
 - ½ cup vegetable stock, white wine or water
 - Kosher salt, freshly ground black pepper and red pepper flakes to taste
 - 2 Tbsp. red-wine vinegar
1. Heat olive oil in a large sauté pan set over medium-high heat until it shimmers. Add garlic, and cook until soft.
 2. Add kale to the pan, turn the heat to high and add the stock. Use a spoon to toss the greens in the oil and stock, then cover and cook for approximately 5 to 7 minutes, until it is soft and wilted, but still quite green. Remove cover and continue to cook, stirring occasionally until all the liquid has evaporated, another 1 to 2 minutes. Season to taste with salt and pepper, add vinegar and toss to combine.

Recipe Link of the Week: Butternut Squash and Kale! This link from *thepioneerwomen.com* features a side dish that can be eaten as is or added to many more recipes. Scroll to the bottom of the link for all the recipes.

<http://thepioneerwoman.com/cooking/butternut-squash-and-kale/>

