

Last CSA Pickup!

Well, folks, this is it for the 2011 Gale Woods CSA. We're planting garlic this week, which is a sure sign that autumn is upon us, and it's time to start thinking about coats and mittens and snow shovels. And this week will certainly bring a full killing frost—I don't think that I've ever had cherry tomatoes at the last CSA pickup before, and this is the latest that the CSA has ever gone. So this week should get us back on track as far as the garden is concerned.

Anne and Dan will both have their last day here on Friday. Rina left in September for her job in the school system. These three, along with Luke, and four weekly volunteers, have made this summer a wonderful one! A garden needs gardeners, and I've been so grateful for a dedicated, cheerful crew to keep the harvests coming in and the weeds pulled and the youth farmers directed. Thanks to all, for the growth that you've been a part of!

So winter is soon upon us. This is not meant to be depressing—I love the way that winter pushes us into our homes and slippers, to look at snow through the window and cook lots of soup. I'm lucky though—winter for me is a time to relax and catch up from the intensity of summer on the farm. All of the weeds that will sprout next year are safely unsprouted, under a blanket of snow. I can forget about them for a little while, and dream up the perfect garden that will be next year! And in the meantime, I don't have to drive in bad weather, so I can afford to be sentimental.

For all of you who are not so lucky, I wish you a safe winter with warm hearts. I hope to see your faces here at Gale Woods again next spring, when the peas are sprouting and strawberries are turning red and sweet!
—Melissa

This Week's Veggies:

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| Arugula | Leeks |
| Beets | Head Lettuce |
| Broccoli | Onions |
| Brussels Sprouts | Parsnips or Rutabaga |
| Carrots | Hot Peppers |
| Celeriac | Sweet Peppers |
| Cherry Tomatoes/Tomatillos | Potatoes |
| Cilantro/Parsley/Dill | Salad Mix |
| Garlic | Spinach |
| Jack-O-Lanterns | Winter Squash |
| Kale | |



For the Rest of the Year . . .

Don't forget that Gale Woods is still here after the CSA is done! We will likely have some veggies for sale in the farm store, so you don't need to go without quite yet! Our egg-laying chickens are slowing down for the winter, but we will have some eggs through the cold season. And some of our animals will be going to the butcher in the next couple of weeks, so you can look forward to cuts of pork, beef, and lamb, as well as chicken. We've also got a good supply of cook books for sale, to help you turn your whole foods into whole dinners. So don't stop coming around!

Also, if any of you paid a deposit for a reusable produce bag, don't forget to return your bag and get your refund (if you want to).

Have a great winter!!



Melissa ends the season
with a smile!

Storage and Handling Tips

Parsnips and Rutabaga—Unfortunately, our winter root crops this year had some germination trouble, so you will have to choose between the two. They both will store for up to a month, if you put them in a plastic bag in your refrigerator. Parsnips, rutabaga, beets, onions, carrots, winter squash, potatoes, celeriac, and most other root vegetables are wonderful if you roast them. Cut them all into bite-sized chunks, give them a light coating of olive oil, and bake them uncovered at 400 degrees for around 45 minutes. Stir them every now and then, and when they're almost tender, sprinkle them with salt, your favorite herb from the herb garden, or a little cheese. Roast for ten more minutes and enjoy! Roasting brings out the sweet flavor in root vegetables. It's also a good way to handle brussels sprouts.

Garlic—Many of you have been building up your winter garlic supply. Garlic should keep well for several months in a cool, dry, dark place, preferably with ventilation. Sometimes by the end of the winter, my garlic is starting to look a little dried out inside its paper, but it still has a strong garlic flavor

Brussels Sprouts—Are getting smaller this week, as we work our way through the row a second time. If you're not using your sprouts tonight, pop them off of the stalk and store them in a bag. You probably don't have a choice anyway—who's refrigerator can handle one of those stalks?? They should keep for a week.

RECIPES

*Butternut Harvest Stew

*From: *Simply in Season*

*Serves 4-6

*2 tbsp. butter

*1 1/2 pounds boneless pork (cut in 3/4" cubes)

*1 medium onion, chopped

*2 cloves garlic, minced

*Melt butter in a large saucepan. Add pork, onion,, and

*cloves and sauté until meat is no longer pink; drain off fat.

*3 cups chicken broth

*3/4 tsp. salt

*1/4 tsp. dried rosemary, crushed

*1/4 tsp. rubbed or ground sage

*1 bay leaf

*Add, cover and simmer 20 minutes.

*1 medium butternut squash, peeled and chopped

*2 medium apples, peeled if desired and chopped

*Add and simmer uncovered until squash and apples

*are tender, 20 minutes. Discard bay leaf.

*Couscous with Carrot and Cilantro

*Serves 4

*Coarse salt and ground pepper

*1 cup uncooked couscous

*1 medium carrot, peeled and coarsely grated

*1/2 cup fresh cilantro leaves, coarsely chopped

*1 tbsp. olive oil

*In a small saucepan, bring 1 1/2 cups water to a boil.

*Stir in 1/2 tsp. salt, couscous and carrot; cover pan

*and remove from heat. Let stand 5 minutes. Fluff

*couscous with fork. Gently stir in cilantro and oil; season with salt and pepper.

*Spanish Potato Pepper Stew

From: *Asparagus to Zucchini, 3rd edition*

Serves 6-8

1 1/2 tbsp. olive oil

1 cup chopped onion

3 pounds potatoes, peeled and thick-sliced

6 ounces andouille or other smoked spicy sausage, chopped

1 can (14.5 ounces) chicken broth

1 bell pepper, quartered and thick-sliced

3 tbsp. chopped flat-leaf parsley

2 tbsp. sweet paprika

1/2 ounce dried ancho or Anaheim chilies, soaked in hot water (optional)

Salt

Heat oil in a large, heavy pot over medium-high heat.

Add onions; sauté until limp. Stir in potatoes and

sausage; cook 10 minutes, stirring often. Add 1 cup

chicken broth; cook, stirring often, 10 more minutes.

Add remaining broth, peppers, parsley, paprika, and

1/2 cup water. If you are using chilies, drain, remove

seeds, mince and add to potatoes. Simmer, stirring

occasionally, until potatoes are tender and sauce is

thickened, 15-20 minutes. Season to taste

with salt. Serve it as a main course or side

dish, or even for brunch.

