



Volume 4, Issue 3

October 26, 2011

News from the Farm

© 2011 Grassroots Farm, LLC, all rights reserved
Monroe, Wisconsin

Thumbs Up to "The Terrific Ten"

The second of a two part series on yesterday's rally for National Food Day.

Center for Science in the Public Interest countered the baddies list we included in last week's newsletter with a Terrific Ten list, applauding those individuals, efforts and trends working to improve diets, health and the environment.

- 1. Water:** "...from the tap or filtered, carbonated or not, a far better choice than soda pop and other sugary drinks."
- 2. Mediterranean and Asian foods:** traditional diets "heavy on vegetables

and fruit and light on meat and cheese" ... reduce the risk of heart disease and other maladies.

- 3. New York City's health department:** for "banning trans fat from restaurants and bakeries, requiring calories on chain-restaurant menus, pressing industry to lower sodium levels, and bringing fresh fruits and vegetables to food deserts."
- 4. Sustainably and organically grown foods** "build healthy soil and minimize harm from pesticides, excess fertilizer, antibiotics in animal feed and synthetic food additives."

5. Farmers markets, "now more than 7,000 strong, bringing fresh, healthful foods to consumers..."

6. Federal food programs: SNAP (food stamps), school meals, WIC, etc. -- "a smart investment in protecting tens of millions of Americans from the ravages of hunger."

7. First Lady Michelle Obama has "inspired Americans to eat healthier diets, plant gardens and get active and urged companies to market healthier foods, especially for children."

8. Coalition of Immoka-

lee Workers for "challenging --and improving --the inhumane working conditions endured by many Florida farm workers..."

9. Dietary Guidelines for Americans: "the government's sensible nutrition advice that promotes fruits, vegetables, and other nutrient-dense foods ..."

10. Breastfeeding: "not for everyone, but if you're under one year old, it's the best!"

Food Day involved more than 1,500 events coast-to-coast in homes, schools, universities, parks, and in Times Square.

What is in your share box this week?

- Parsley
- Dill
- Salad Mix *
- Leeks or Baby Leeks
- Napa Cabbage
- Red Mustard Greens
- Daikon Radishes
- Potatoes

Greenhouse Tomato

Notes: Cool temperature fall greens are less "delicate" than spring greens and will keep in the crisper in the fridge for as long as 10 days. You'll miss them when they are gone.

* Featured produce... see page 3 for recipes. Al-

though Salad Mix is not new to your share box, we decided to make this a feature because we found a terrific resource to share on everyday salad making that will unleash your creativity!

Special points of interest:

- Thumbs Up to "The Terrific Ten"
- When the Snow Flies
- Family Photo
- Recipes using this week's produce
- Question and Answer



When the Snow Flies

IN just a few weeks, if the pattern holds true this year, we will have the first dusting of snow.

Deer tracks will appear as they cross the crest of the northeast paddock and cut down to the low areas north of the farm property line for water and browse. Little critters that spend the cold days in slumber will find that perfect, sheltered hole or hollow and only come out when the sun is shining and temperatures are hospitable.

Little Blue (the tractor) will hibernate, too, probably in the high tunnel where it is protected from the elements. When the ground is frozen, there little work for the tractor.

Winter chores will find animal care to take much longer because of the need to transport feed and bedding down into the property from the road. However, only the cattle will remain in the shelter of the barn basement over the winter, which makes the care time more focused.

For the farmers, work takes on the task of wrapping up the records, planning new marketing and markets, planning crops, ordering seeds, and attending the yearly Organic Farming Conference in LaCrosse, WI, in February.

We promise to keep in touch, by e-mail, a couple of times over the winter season. As we announced in last week's newsletter, we are planning on participating in the monthly Andersonville Winter Markets on the 3rd Sunday of each month through April, at Ebenezer Lutheran Church, 1650 W. Foster, from 11:30 a.m.—3:30 p.m.

Lindsey and I are grateful for your interest in our farm and our produce. Without committed members, we would not be able to continue to be a part of the "change we want to see in the world." We hope you feel the same. Thank you.

Lindsey and Gail



Last winter Little Blue (tractor) spent the winter with a view of the eastern horizon, frozen

A Word About Farming "Under Cover"

Sounds a little sneaky, but actually, farming under cover is pretty straight forward. We have essentially 3 types of cover: Cover Crop, Plastic Cover (Seeding Hoop House and High Tunnel) and snow cover.

Any and all open fields are seeded with a fall cover crop to protect the soil from erosion and add fertility. In the spring, cover crops are turned back into the soil before the fields are prepped for spring planting.

Under plastic cover we continue to start seedlings until the temperature fall too low. The seedlings are placed into the high tunnel where they continue to grow, albeit, slowly, throughout the winter, giving us a jump on spring and a couple of spring markets.

Finally, under the snow cover, is the garlic, horseradish, asparagus, rhubarb, shallots, and other perennials, waiting for the days to lengthen and snow to melt.

A very rare shot of the whole family.



Left to right: Lindsey; Ryegrass; Lindsey's sister, Laura; Lindsey's niece and Laura's daughter, Avaleigh; Chev, Gail, and Lindsey's aunt and Gail's sister, Joyce.

Question and Answer

There is only 1 question left unanswered for the season... (hard to believe):

Q. When will you be "open for business" again?

A. Watch for our e-mail in mid to late January with information on our CSA subscription program and the upcoming farmer's market season.

Dressed For Success

We all crave salad greens in the winter months, but the same bagged salad mix over and over gets old pretty fast. Dress up your salads with the right accompaniments and you'll change your outlook in nothing flat!

First: Choose the Best Ingredients for your dressing

- The freshest ingredients make the best dressings – choose freshly

squeezed lemon juice over bottled, fresh herbs over dried.

- Choose your vinegar based on the kind of dressing you're making: red wine, champagne, rice, white wine and apple cider vinegars all have excellent flavor. Avoid using white vinegar because its flavor is sharp and severe.
- Use a light vegetable oil, like sun-

flower or a canola blend, or a good-quality olive oil.

Typically, dressing recipes call for two to three times the amount of oil as the amount of vinegar. We like less oil, especially if using a flavored vinegar, such as a raspberry or tarragon. Experiment to suit your taste.

Accessorize with Imagination

Second: To the Salad Mix, add a balance of sweet and salty, sweet and sour, or savory, sweet and salty.

Some salad "accessories" in each category...

Sweet: Raisins or Craisins; pineapple tidbits; diced fresh peaches, apples, pears, or banana.

Salty: Peanuts, Chinese Rice Stick Noodles, Bacon or Summer Sausage, cured olives, anchovies (sparingly), or

sunflower seeds.

Sour: Pickles of all kinds; brined olives, citrus pulp or zest of citrus peel, or a sprinkle of lightly crushed "pickle" potato chips just before serving.

Savory: Mushrooms (cooked or raw); bits of bacon or sausage; tuna; chicken shreds; marinated, baked tofu cubes; or use soy sauce in the dressing.



Make It A Meal

Third: Obviously, you could add some shredded chicken to almost any salad and make it a filling meal. The point here is to suggest things that might not need a lot of extra prep or cooking. Most keep it vegetarian, too, which might be your goal if you're going meatless for the night.

1. **Leftover (or fresh) rice or grains.** Keep this is a lettuce-heavy salad with some grains tossed in as an accompaniment.

2. **Beans.** Add beans to a basic salad baby red-leaf lettuce, cherry tomatoes, chives, and some canned white

beans—and the beans made all the difference.

3. **Tuna!** A no-cook option that is lightning fast.

4. **A hard-boiled egg.** Again, easy and versatile. We can't imagine many basic salads that wouldn't mesh well with an egg, and if you make a batch of hard-boiled eggs at the beginning of the week, you've got breakfast, snacks, and salad additions ready to go.

5. **Leftover pasta.** If you have some pasta, cheese-filled or other, left over

from another meal, toss it with your lettuce, vegetables, and a vinaigrette.

6. **Bread.** Let the lettuce be the main ingredient, but toss in a few more hunks of bread than you would if you were thinking croutons. We Toast them lightly and toss separately with some vinaigrette, so they soften up a bit but still have some crunchy edges.

7. **Olives.** Olives are incredibly filling. They contain good fats and add some salty punch, too.

Nuts and cheese are always good, too, but we'll stop there. Your turn.

