

News from the Farm



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Monroe, Wisconsin

Many Thanks

WE have reached the last delivery date for the Summer share with this week's pick up. Our Fall Share begins with next week's pick up and we are sad to say farewell to our Summer Share only members.

Please check with Lindsey on whether or not there may be Fall Share membership still available, if you would like another 3 weeks of fall vegetables.

Regardless of whether we will continue to see you for the Fall share or not, please accept our sincere thanks for your loyalty and your membership.

Each year we gain experience in what works best for our members and how to deliver a unique experience to them each and every week.

We completely enjoy the opportunity to chat with you when we can (either in person or by e-mail) and learn what you have done with our weekly



Early September view of the fields and structures looking south ,

ingredients. What exciting ideas and recipes you have contributed!

Our worker share members are becoming expert at the process of growing vegetables, as well as finding new, more efficient ways to harvest, wash, and pack boxes.

Together we have become a community without geographical boundaries. We have a common

interest and a common commitment and, therefore, are not just members of Grassroots Farm, but active participants in the cultural change around us... sustainable agricultural practices produce healthy, nutritious foods, which, in turn, improve the quality of our lives and our families and wider community. We couldn't do it without you. Many thanks.

Special points of interest:

- Many Thanks
- Some Plans for Next Year
- Member Survey
- Recipes using this week's produce
- Questions and Answers



What is in your share box this week?

Winter Squash

Popcorn

Napa Cabbage

Garlic

Red Onions

Salad Mix

Sweet Potatoes

Brussels Sprouts *

Parsley

Sweet or Hot peppers

Notes: We find popcorn to keep well in a closed glass

jar in a cool location.

Not necessary to put in refrigerator, however.

Sweet Potatoes will keep right on the countertop.

* Featured Produce this week



Some Plans for Next Year

BEFORE we start to work for the upcoming season, each year Lindsey and I take some time to sit down without interruptions and play "Monday Morning Quarterback." The two of us have developed a division of tasks that works well for our own capabilities.

A large part of our post-season discussion is focused on plans for the next season. We look at our successes and failures in the field; crop yields v. time spent to grow and harvest; costs to grow; customer requests; varieties to trial for the future; equipment acquisition or sale; and other infrastructure im-

provements.

We set goals (sales projections, product line expansion, etc.), develop new marketing plans, and do some projections based on our knowledge of the markets and our capacity as a VERY small operation.

Then we think about it all for a week or so. Sometimes longer.

After you pick up your last share box this season, whether your membership ends with the Summer share this week or in 3 weeks with the Fall share, we keep in touch by a monthly e-mail with

updates on projects and seasonal photos as we move through winter and back into spring. In mid-January, watch for the announcement that we will be open for membership subscriptions again with a run-down on the various memberships for the year.

Our primary goal is to be sure you have enjoyed your subscription and will be a returning member in the 2012 season. We believe that e-mail most sustainable method of communicating with our members, not requiring paper or postage. If you do not want to be on our mailing list, please just let us know.

Member Survey

As part of our planning for next season (see article above), we will send you an e-mail in mid-November with a link to our member survey.

Your response is valuable to us and we incorporate your feedback in our planning for the upcoming season. Of course, at any time,

you may send us an e-mail with comments or suggestions and you don't need to wait for the survey if something is on your mind you would like to share.

We sent out survey e-mails to 35 members last year and received 29 responses!

Questions and Answers

Q. How do I store the winter squash?

A. In general, winter squash will save as long as a month if stored in a cool place out of the light. Watch for signs that you should be preparing it if the stem becomes loose and falls off or if the surface of the skin looks wrinkled and dry. I store my winter squash in my front coat closet where there is an outside wall to keep the

temperature cool and very little light.

Q. I am planning on stocking up on garlic from the market. How long will they last?

A. Our hard-neck garlic should last another month, at least, if you keep the intact bulbs in the fridge. We do not recommend chopping and storing in oil.



A Word About POPCORN!

What? You say you've never popped popcorn other than in the microwave?

Here is our method:

Stage the popcorn bowl next to the stove.

In a heavy 2 1/2 qt. saucepan with a handle and tight-fitting lid, pour 2 t. of high-temp oil (canola, vegetable, corn, or peanut).

Measure 2 T. of popcorn kernels into a cup. Immediately drop 3 or 4 kernels into the oil and put the lid on the saucepan.

Heat the oil on high heat until the first kernel pops. Quickly pour in the 2 T. popcorn, put on the lid, and shake the pan vigorously. Do not stop shaking the pan. This part goes VERY fast and the popcorn can burn VERY quickly.

When the popping slows down, immediately pour into the bowl.

Makes 4 cups.



Featured Produce— Brussels Sprouts

ANOTHER cruciferous vegetable, Brussels Sprouts are a fall season delicacy. When you see them in the produce section of your grocery, you have no idea of the how this member of the cabbage family grows in the field. A photo (right) doesn't do justice to the startling appearance of this plant in the field.

Just as other cabbage family vegetables, Brussels Sprouts have nutrients that are believed to be can-

cer fighting. Steam, microwave, or sauté these delicious little cabbages to preserve the nutritional values. Boiling them reduces the values significantly.

To prepare, using a small, sharp knife, carve each bud from the stalk, leaving a small piece of stem at the bottom of the bud. Remove any tough outer leaves and make an "X" in the bottom of the bud. Proceed to your recipe instructions.



Roasted Brussels Sprouts with a Honey Mustard Glaze

This yummy recipe is contributed by our friend, Anna, a talented chef in her own right! She attributes the base recipe to Edible Madison and has added her own touches.

1 lb. Brussels sprouts, trimmed
 2 T. olive oil
 Salt
 2 cloves of garlic
 1 T. butter
 2 T. beer
 2 T. grainy mustard
 2 t. honey
 Salt and Pepper to taste

Preheat oven to 400 degrees. If Brussels sprouts are mixed sizes, cut the large ones in half. Toss with olive oil and some salt in a bowl.

Pour onto a cookie sheet and roast until starting to brown on the edges, about 20 minutes. Meanwhile, combine garlic, butter, beer, mustard, honey, salt, and pepper in a small sauce pan and bring to a boil.

Reduce heat and simmer for a couple minutes, stirring often, until

thickened. Toss Brussels sprouts in glaze and serve. Makes 4-6 servings.

tweaking the recipe I like to pan sauté the Brussels sprouts instead of roasting them and during the last few minutes, after they start to brown, throw in a handful of pecans to toast, then toss with glaze.

Pan Braised Brussels Sprouts

A good "first-timer" recipe for preparation of this fall vegetable.

2 T. vegetable oil
 1 lb. Brussels sprouts, trimmed
 Salt
 3 T. butter
 3 T. finely chopped shallots (yellow onion is OK, too)
 3/4 c. chicken broth or vegetable broth

Heat vegetable oil over high heat in

a large skillet. Add Brussels sprouts and brown all over by shaking the pan often. Season with salt, to taste.

Remove Brussels sprouts from pan, reduce heat to medium high and add the butter to melt. Add shallots and sauté for a minute or 2. Add the sprouts back in, add the chicken stock, cover, reduce heat to medium low, and cook for 30 minutes or until sprouts are soft and tender.

Makes 4 servings.

