



## Down on the Farm Notes: October 27<sup>th</sup>, 2009

Hi everyone,

What gorgeous weather we have been having. I hope everyone is enjoying the beautiful colors and cool autumn days. I love this time of year with all of the rich colors of red, burgundy, orange, rust, and yellow. I was able to spend the weekend at Lattin Farms and experience firsthand a weekend on the farm in October with the corn maze and all of the activities. What an exciting and happening place. What I really enjoyed was as you drove into the parking lot you were met with a myriad of pumpkins and gourds of so many different colors, shapes and sizes. I love a few pumpkins, maybe a stuffed pumpkin person or colorful gourds on your front step. It makes it so cheerful and fun.

The farm was still quite active around 8:00 in the evening when I decided to take a stroll to check out the maze. Families were gathering their kids, some little ones were getting mittens pulled over their chilled pink hands by their mothers, but the fun thing that really made me laugh was the corn maze. It is dark at 8:00 and you need to realize that you cannot see people walking through the maze because of the

tall corn. This summer I spent some time in Oregon helping a friend and we visited the sea lion caves on the coast. If you stand along the road at the lookout point, you can hear all kinds of noise but most of the time you cannot see them. Well, walking up to the maze, I could hear voices and laughter and noise which sounded just like the sea lions at the ocean, and could not see anyone. Everyone was out in the corn, enjoying themselves and many families spending time together doing something fun. Good old fashioned family fun. It was refreshing to see this.

### Here is what you'll find in the Basket:

- \*Onion
- \*Pie Pumpkin
- \*Delicata Squash (small oval squash)
- \*Banana Squash (large piece wrapped in plastic wrap. **MUST** be refrigerated)
- \*Apples (Black Arkansas, a beautiful variety that I love to let sit out for a few days because they are so pretty)
- \*Maybe tomatoes (if they look okay to send!!)
- \*Potatoes
- \*Oyster mushrooms (some of you this week—some of you later)

Remember that we are loading you up with winter squash and pumpkins that will keep. They are not as perishable as other summer produce. Keep them in a dry, dark, cool location and it will be good through the winter.

Also, the banana squash is typically a large squash weighing in at sometimes 100lbs. We did not think you would appreciate having to pack that thing around, so we decided to cut it up in easier to manage pieces. It does need to be refrigerated to keep fresh. Check out the recipe section for ideas. Hint: This freezes well!! They are a treat. We will probably give this to you one more time this season. Enjoy them.

Oyster mushrooms are great sautéed, cut fresh in spinach salads or in soup. If you don't want to do anything with them now, you can dry them to add to soup stocks later on.

Remember, our tomatoes are not going to be very pretty and maybe not too exciting. They are the tail end. We always make a game out of it every year to see how long we can go eating tomatoes that have been covered in the garden. When they are gone, we don't eat another tomato until the next July, the beginning of tomato season. We try to can as much salsa as we are able

throughout the summer. This is our replacement for tomatoes.

You will find some Black Arkansas apples in your box this week. Yummy!! Apple season! So I gave you a few easy recipes using applesauce. To make applesauce, just peel your apples, place in a pot, add a little water and cook until tender. (Make sure you do not run out of water. The apples will stick and burn!) When apples are tender, mash with a fork and add a little cinnamon, nutmeg and sugar if you desire. We love just plain applesauce with cream at our house!

I gave you few difficult or should I say time consuming recipes this week. It is just that time of year that I love to play in the kitchen. A little more time is available now that we are not out in the field all the time. Enjoy!

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### Did you know?

(Taken from *ACRES* magazine)

Student Farm Grows Organic Knowledge: Ohio State University students are getting real-life farming lessons. OSU and Metro High School students are tending several plots of land; one targeted for organic certification this year, another integrated crop management plot, one site is using the "Three Sisters"

model: corn, squash and beans and one area is a transitional plot. Produce from the farm is sold for campus dining and to an on campus hotel and conference facility. Some is sold at a farmer's market downtown and some is sent home with students. They have recently started a student-organized farmer's market at Metro High School. A video is available online:

[www.uncampus.osu.edu/2009/07/food-for-thought](http://www.uncampus.osu.edu/2009/07/food-for-thought).

Healthy Food for the Unemployed: Every Sunday a group of volunteers, many themselves unemployed, gather to conduct an experiment in human compassion, with a goal of cultivating an organic farm in Barrie, Ontario, solely to feed the poor. The project is the brainchild of Andrew Miller, a 30 year old organic farmer, as a reaction to the growing poverty in Simcoe County, north of Toronto. With the help of about 20 volunteers, donated equipment and an acre of land, the plan is to plant mostly root vegetables that are easier to grow and store. The organic produce will then be donated to various food shelters in the county. Laura Telford, the national director for Canadian Organic Growers, said she believes Miller's project could be the start of a growing trend.

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Have a great week!

*Tina*

## Recipes

### Molasses Spice Cake with Lemon Frosting

2 1/4c. flour  
1/2 tsp. salt  
1/2 tsp. baking soda  
1 tsp. cinnamon  
1/4tsp. cloves  
1/4tsp. nutmeg  
1/4 tsp. cardamom  
1/2 tsp. ginger  
1/4c. molasses  
1/2c. honey  
1 tsp. vinegar  
1/2c. applesauce  
1c. milk

Grease and flour a 9" square cake pan. Sift together the flour, salt, baking soda and spices. Set aside.

Whisk together the molasses, honey, vinegar, applesauce and milk. Fold in the dry ingredients until completely combined. Pour into the pan. Bake for 25-30 minutes or until a tooth pick comes out clean.

Allow to cool before frosting. Cream cheese frosting is excellent on this cake, as is the following lemon frosting. Bake at a 350 oven.

## Lemon Frosting

1/4c. butter  
1 1/2c. powdered sugar  
2 tbl. lemon juice

Cream the butter. Add the powdered sugar a little at a time, alternating with lemon juice. Beat until spreadable. If it's too thick, add a little more lemon juice. Spread on a cooled cake.

## Quick Cinnamon Raisin Bars

1 c. boiling water  
1 c. raisins  
2c. flour  
1/2tsp. salt  
1 tsp. baking soda  
1 c. sugar  
1/2c. applesauce  
1 tsp. ground cinnamon  
1/4 tsp. nutmeg  
1 egg

Combine the boiling water and raisins in a large bowl. Allow to cool to room temperature.

Preheat oven to 375. Sift together the flour, salt and baking soda. Set aside.

To the cooled raisin mixture, add the sugar, applesauce, spices and egg. Beat

well. Mix in the dry ingredients. Pour into a greased 9x13 pan and bake for 20-25 minutes, or until toothpick comes clean. If desired, frost with a simple vanilla icing.

## Vanilla Icing

2/3c. powdered sugar  
1 tsp. vanilla  
2 tbl. milk

Whisk together until smooth. Spread on the cinnamon raisin bars.

## Easy Banana Squash

Take your slice of squash and place it in a baking dish with just a little water added to it. Cover with foil and bake until tender. Remove skin. Take a fork and mash the flesh until creamy. Drizzle with honey or brown sugar or maple syrup. Add a little butter and enjoy.

Note: Mix banana squash with a sugar pie pumpkin to make excellent filling for fresh pumpkin pies.

Idea: Take banana squash and bake until tender. Cool and remove flesh from skin. Puree in a food processor. Place in a Ziploc bag and freeze until ready to use in pies or other recipes later on.

## Delicata Squash

Cut squash in half and bake until tender. Serve the entire half. Sprinkle brown sugar, maple syrup or honey over squash and add a little butter. For fancy cooking like at Thanksgiving, leave the Delicata squash whole and then slice it into rings. Bake on a cookie sheet. Drizzle something good over it and serve. Always pretty on a plate.

## Winter Squash Soufflé Bake

4 eggs  
24 oz. cooked winter squash puree  
1/4c. butter, melted  
2 tbl. brown sugar  
1/2 tsp. salt  
1/2 tsp. grated orange peel  
1/8 tsp. ground nutmeg  
1/8 tsp. pepper

Separate eggs. Let eggs and squash stand at room temperature for 30 minutes. Grease a 1 1/2 qt. soufflé dish and lightly sprinkle with flour; set aside.

In a large bowl, combine the egg yolks, squash, butter, brown sugar, salt, orange peel, nutmeg and pepper.

In a large bowl with clean beaters, beat egg whites until stiff peaks form. With a

spatula, stir a fourth of the egg whites into squash mixture until no white streaks remain. Fold in remaining egg whites until combined. Transfer to prepared dish.

Bake at 350 for 55-60 minutes or until the top is puffed and center appears set. Serve immediately.

## Pumpkin Crème Brulee

8 egg yolks  
1/3c. plus 1/2c. sugar, divided  
3c. heavy whipping cream  
3/4c. canned pumpkin  
1 1/2 tsp. vanilla extract  
1/2 tsp. ground cinnamon  
1/4 tsp. each ground ginger, nutmeg and cloves

In a small bowl, whisk egg yolks and 1/3c. sugar. In a small saucepan, heat cream over medium heat until bubbles form around sides of pan. Remove from the heat; stir a small amount of hot cream into egg yolk mixture. Return all to the pan, stirring constantly.

Stir in the pumpkin, vanilla and spices. Transfer to eight 6oz. ramekins or custard cups. Place ramekins in a baking pan; add 1" of boiling water to pan. (recipe continues)

Bake, uncovered, at 325 for 25-30 minutes or until center are just set (mixture will jiggle). Remove ramekins from water bath; cool for 10 minutes. Cover and refrigerate for at least 4 hours.

If using a crème brulee torch, sprinkle with remaining sugar. Heat sugar with the torch until caramelized.

If broiling the custards, place ramekins on a baking sheet; let stand at room temperature for 15 minutes. Sprinkle with remaining sugar. Broil 8" from the heat for 4-7 minutes or until sugar is caramelized. Refrigerate for 1-2 hours or until firm.

## Mushroom Barley Soup

1/4c. oil  
2 lbs. beef short ribs  
1 c. chopped onions  
1 c. sliced carrots  
2 cans whole tomatoes, crushed, with liquid  
1 tbl. salt, or to taste  
Thyme to taste  
1/4tsp. black pepper  
1/2c. barley, rinsed  
About 1/4lb. fresh mushrooms  
1/2c. chopped parsley

Heat the oil in a large heavy kettle. Add the meat and brown. Add the onions and carrots. Sauté for 5 minutes.

Add the crushed tomatoes, seasonings, and barley, and 7 cups of water. Bring to a boil, lower the heat, and simmer, covered, for 1 1/2 to 2 hours, until the meat is almost falling off the bones.

Remove the meat and bones from the soup and cut the meat into 1" pieces.

Add the meat and mushrooms to the soup. Cook for 5 minutes or until mushrooms are tender. Stir in the parsley and serve hot.