



Down on the Farm Notes: November 3rd, 2009

Hello everyone,

We just came in from an evening out in the willows. With the time change and it being dark so early now, we took advantage of the full moon and went out to our favorite place to build a campfire, roast hot dogs and eat chili. We invite friends over and some have small kids. Tonight we scored with one family that went trick-or-treating last night. They came home with a 1lb. Hershey's chocolate bar from grandma's house. Needless to say, we all enjoyed some s'mores!!!

The willows are right along the garden area. The moon was so bright tonight you could see for a long ways. Everything in the garden this time of year is dead, brown and dry. We are in the past now when we look out at the garden, finished for another year. It is sad right after the frost but then later we have a feeling of contentment. Our bodies are tired and we need a little rest from all the physical labor. The long evenings ahead of us are a treat now: time to dig into sewing projects, spend time in the kitchen cooking, have friends over for dinner—all the things that we cannot do during the summer months

because of the long days of work. But the icing on the cake is the seed catalogs already trickling in through the mail. What fun to look forward to cozying in and sitting down with a cup of tea and dreaming through all the beautiful pictures and pages of seeds. Creating a beautiful garden while looking at all of the beautiful pictures while sitting in the comfort of your living room is so fun and easy. I know a few of you tried a garden for the first time this year. The best part is always the planning. The hard part is the weeding, the pests, the weather, and the plants dying because of you don't know what. But when those catalogs begin coming in the mail, you forget all the hard work and begin dreaming of the year to come.

But now we have hoop houses. This increases our ability to continue growing way past the typical growing season. Everyone is still planting lettuce and spinach. If it all comes up, grows, and we can keep the bugs out of it, we will have wonderful and flavorful greens all winter long. And to me, this is such a dream. The hoop house invention is incredible. Expect

more greens later on. It is difficult to get greens to germinate in the heat of the late summer. This is the time of planting to get a harvest right now, so we should be able to look forward to more greens coming up here pretty soon.

Here is what you'll find in the Basket:

- * Onions
- * Potatoes
- * Acorn squash
- * Cabbage
- * Sugar Pie Pumpkin
- * Fuji Apples
- * Mushrooms (for those of you who didn't get them last week)

Next week we have several surprises for you. I can't wait. The cabbages will be picked tomorrow so as I type this the night before I really don't know how they are going to turn out. There will be some bug damage. Don't worry. Just trim around the holes they may have put in the cabbage. Some of the cabbages that are small are actually cabbages that grew back from the plants we cut from early this summer. Sometimes they are small and cute. We need to figure out how to replicate it and have personal sized cabbages for St. Patrick's Day!!

The Acorn squash is my favorite squash to bake with brown sugar. I usually eat

winter squash with butter and salt and pepper. But the acorn has such a nice inviting built in dish that holds the butter so well, sprinkle a little brown sugar on top and bake and you have a real treat. Try it just once this fall. You won't be sorry!!

Did you know?
(Taken from ACRES magazine)

From the signs of the times department, Wall Street, fund manager James Altucher is recommending that investors actively seek out companies that produce drugs for the ongoing war against autoimmune diseases. Jerry Brunetti tells us that compromised digestion, leaky guts, and an onslaught of GMO, processed and stale foods, as well as food void of the enzymes and phytonutrients needed for deep health are the real culprits. Meanwhile, fortunes will be made....and people will become sicker.

Food Timeline

Ever wonder what foods the Viking ate when they set off to explore the new world? How Thomas Jefferson made his ice cream? What the pioneers cooked along the Oregon Trail? Who invented the potato chip and why? Welcome to the Food Timeline!

(continued on the next page)

www.foodtimeline.org

(For those of you out there that teach or are parents, I thought this would be a fun and interesting bit of info. for your kids.)

Have a great week!

Tina

Recipes

Cortido

(a Mexican Sauerkraut)

2 medium cabbages (one white, one red),
shredded
3 large carrots, grated
1 onion, quartered and thinly sliced (to the
same size as the cabbage)
1 tbl. ground cumin
1 tbl. dried oregano
1 jalapeno pepper, seeded and minced
2 tbl. sea salt

In a large bowl, mix all ingredients. You can pound it with a large meat hammer for about 10 minutes, or squeeze it with your bare, clean hands. Place in two quart sized, wide mouth mason jars and press down with a wooden spoon until the juices come to the top of the cabbage. If the juices don't rise above the cabbage, add brine (mixture of salt and water) until it covers the cabbage. The top of the cabbage mixture should be at least 1: below the top of the

jars. Cover the jars tightly and keep at room temperature for about three days, then start tasting the mixture. When it's as sour as you want it, transfer it to your refrigerator for storage. It should keep quite well for at least two months.

Cortido is a delicious, traditional way to get beneficial bacteria and enzymes back into our guts where they belong!

Recipe provided by Kristen Michealis, author of the Food Renegade blog at www.foodrenegade.com

Split Pea Soup with Andouille Sausage

2 tbl. olive oil
1 onion, finely chopped
2 stalks celery, thinly sliced
3 carrots, peeled and thinly sliced
3 cloves garlic, minced
2c. yellow split peas, picked over, rinsed and drained
1/2 lb. andouille sausage, cut into 1/2" chunks
4c. chicken or vegetable broth
1 bay leaf
salt and pepper to taste

In a large Dutch oven over medium heat, heat the olive oil. Add the onion and sauté until softened, 3-5 minutes. Add the celery (recipe continues on the next page)

and carrots and sauté until softened, 2-3 minutes longer. Add the garlic and sauté for 1 minute longer.

Add the split peas, 1/2c. of the diced sausage, the stock, bay leaf, and 4c. water and bring to a simmer over medium heat. Reduce the heat to medium low, cover partially, and cook, stirring occasionally and scraping the bottom of the pot so the peas do not scorch, until the peas are tender, about 45 minutes.

Remove from the heat and discard the bay leaf. Using a hand held or standing blender, coarsely puree the soup, making sure to leave some texture. Return to medium low heat, add the remaining sausage, and cook until the sausage is heated through, about 5 minutes. Season to taste with salt and pepper.

(I usually skip the blender part. I just mash with a potato masher. We like thick and chunky soup. I am also lazy and hate taking out and washing the blender!!)

Minestrone Soup

1/4 lb. lean salt pork, diced (or bacon, diced)
4c. rich beef broth
1 c. cubed potatoes

1 c. carrot chunks
1 c. cubed turnips (optional...most people don't care for turnips)
3/4c. uncooked rice
1 c. sliced onion
1/2c. lima beans
1/2c. green peas
1/4 small head of cabbage, shredded
1/4lb. fresh spinach, shredded
1 leek, white part only (or an onion)
1/2c. celery chunks
4 medium tomatoes diced, or 3c. canned tomatoes
2 tbl. tomato paste
2 tbl. chopped parsley
1/2 tsp. ground sage
1/2tsp black pepper
salt to taste Grated Parmesan cheese

Cook the pork in just enough water to cover in kettle for 30 minutes. Add the beef broth and return to a boil. Add the next 3 ingredients and the rice. cover and bring back to a boil. Then add rest of ingredients except the cheese. Cook for 1 hour or until veggies are tender. Sprinkle with cheese and serve.

(You can add other ingredients in place of these that I listed. Minestrone soup is a good soup to add everything but the kitchen sink, so just add what you have on hand or like.)