

Otter Hook Farms

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Traditional Family Farming



Week of October 13, 2009, Harvest Week 19

This week's share includes: Potatoes, Sweet Onions, Choice of Winter Squash, Turnips, Arugula, Mustard Greens and Bok Choy

Next week should have: Potatoes, Winter Squash, Brussels sprouts, Turnips, and three kinds of greens

The growing season has officially ended with our first frost arriving for Columbus Day. Along with Autumn's onset comes the end of the CSA season, as well. The last pickup will be the last week in October, so only two weeks are left after this. We have had several members ask us about signing up for next year already – we will have membership agreements available at the pickups beginning next week, and I'll email a copy to everyone at some point this winter. We're raffling off a 2010 CSA share at the New Baltimore Farmers' Market on October 24 (just \$5 per chance to benefit the Farmers' Market) – it'll be a fun market day; held inside at the Gill Road Firehouse, with quite a lot of local artists showing off and selling their work (I think there were 14 at last count). There will also be a few vendors and a bake sale put on by the New Baltimore Conservancy. Come and check it out!

The last of the potatoes are out of the ground, and we'll be working this week to prepare our garlic bed and get it planted. The fall greens are coming on hot and heavy – we feel like we're giving all the greens we had planned for all season during these last weeks! Hopefully we've given enough suggestions throughout the season that you're using them all up and looking for more!

We got a note in the mail from the woman who helps the people coming into the food pantry, thanking us for the fresh food that's been donated this season – she says their patrons really enjoy and are grateful for the fresh, local food. I wanted to pass the thanks along to all of you who have donated to them, either directly (by paying us for product to be donated) or indirectly (by not picking up your share). We've been able to deliver at least two shares' worth of produce each week, which is a direct benefit to our community. Thank you.

Lively Up Yourself Lentil Soup Recipe

2 cups black beluga lentils (or green French lentils), picked over and rinsed
1 tablespoon extra virgin olive oil
1 large onion, chopped
1 teaspoon fine-grain sea salt
1 28-ounce can crushed tomatoes
2 cups water
3 cups of leafy greens, rinsed well, finely chopped
Saffron Yogurt
a pinch of saffron (30-40 threads)
1 tablespoon boiling water
two pinches of salt
1/2 cup 2% Greek Yogurt

Bring 6 cups of water to a boil in a large saucepan, add the lentils, and cook for about 20 minutes, or until tender. Drain and set aside.

While the lentils are cooking, make the saffron yogurt by combining the saffron threads and boiling water in a tiny cup. Let the saffron steep for a few minutes. Now stir the saffron along with the liquid into the yogurt. Mix in the salt and set aside.

Meanwhile, heat the oil in a heavy soup pot over medium heat, then add the onion and salt and sauté until tender, a couple minutes. Stir in the tomatoes, lentils, and water and continue cooking for a few more minutes, letting the soup come back up to a simmer. Stir in the chopped greens, and wait another minute. Taste and adjust the seasoning if need be. Ladle into bowls, and serve with a dollop of the saffron yogurt.

Serves 6 to 8.

Variations:

- You can serve it with a poached egg on top,
- or crunchy, fried shallots,
- with a drizzle of chive infused cream,
- or with chunks of tiny pan-fried winter squash cubes.
- Make a thicker version by using just a bit of water, and then spoon it over an omelette in the morning.
- Have some cooked farro or wheat berries around? Toss some in. Millet might be good too.
- You can finish the soup by adding your favorite spices or spice blends. Smoked paprika, crushed chiles, toasted cumin, would all work nicely.

Green Tacos with Caramelized Onion, Fresh Cheese and Red Chile

12 Ounces hearty Greens, chopped and ribbed if large
1 1/2 tablespoons oil, lard or bacon drippings
1 large white or red onion, sliced 1/4 inch thick
3 garlic cloves, peeled and finely chopped or crushed through garlic press
About 1 tsp red pepper flakes
1/2 cup chicken broth, vegetable broth or water
Salt
12 warm corn tortillas
1 cup (4 ounces) crumbled fresh cheese, such as queso fresco, feta, or goat cheese, for serving
About 3/4 cup salsa or hot sauce, for serving

In a very large (12 inch) skillet, heat oil over medium high heat. Add the onion, and cook, stirring frequently, until golden brown but still crunchy, about 4-5 min. Add the garlic and red pepper flakes and stir for a few seconds, until aromatic, then add the broth or water, 1/2 tsp salt and the greens. Reduce heat to medium-low, cover the pan and cook until the greens are almost tender, 5-7 minutes.. Uncover the pan; raise heat to med-high and cook, stirring continually, until the mixture is nearly dry. Taste and season with additional salt if needed. Serve with warm tortillas, crumbled cheese and salsa.

For a heartier meal, you could add leftover chicken or steak the greens during the final few minutes of cooking. Flaked tuna or smoked salmon is a nice add-in, as is cubes of smoked firm tofu.