

Otter Hook Farms

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Traditional Family Farming



Week of October 20, 2009, Harvest Week 20

This week's share includes: Potatoes, Brussels Sprouts, Turnips, Arugula, Mustard Greens and Bok Choy

Next week should have: Potatoes, Butternut Squash, Turnips, Rosemary, and three kinds of greens

Chris is headed out to harvest this morning while I listen to the kids tackling each other (trying not to intervene) while I write. Only one week left after this – the season has gone by so fast! We're already pouring over seed catalogs trying to decide what to plant for next year and marking up our 2010 calendar with what we'd like to give each week. The next few weeks will be our last real push in the gardens – getting the beds prepped for winter and the garlic planted (our effort to do this last week was thwarted by the winter chicken coop taking longer to build than Chris planned).

Marge McCoy passed on an email to us about a new film, *Big River*, which is a documentary about agricultural pollution that has led to the dead zone in the gulf of Mexico. The film is a follow up to *King Corn*, which was another really interesting documentary on the production and use of corn in the US. Marge thought maybe we could plan a screening of one or both of these films over the winter...we will let you know if we're able to get that together.

This year, we decided not to distribute a survey like we did last year, since we did not get much response from it and this was such a crazy growing season, anyway, so much of what we planned (as I mentioned a couple of weeks ago) never came to fruition. We do, however, welcome your comments, suggestions and requests to make next year's season better. Feel free to email, call or even stop by to chat. Thanks!

Creamy Turnip Soup

2 T olive oil
1 1/2 lb turnips, peeled & cut into 1-inch cubes
1 large onion, diced large
1 T butter
pinch of sugar
2 garlic cloves, sliced thick
2 t paprika
1 t dried thyme
1/8 t cayenne pepper
2 c chicken broth
1 1/2 c half & half
salt
pepper

1 T olive oil
1 T butter
1/2 onion, thinly sliced

In a soup pot, heat the olive oil over medium-high heat. Add the turnips & onions cooking until they just start to brown. Reduce heat to medium-low and add butter, sugar & garlic. Cook until the turnips & onions are a caramel color. Add the paprika, thyme & cayenne cook until fragrant, just about a minute. Add the chicken broth & bring to a simmer. Partially cover & let simmer until the turnips are soft, 10 - 20 minutes.

Using either an immersion blender, blender or food processor purée the soup until smooth. Add the half & half. Add salt & pepper as needed & heat through.

Fry the sliced onions in the butter & olive oil until crispy. Sprinkle on each serving of soup.

CANNELLINI WITH FENNEL AND SAUTEED ARUGULA

Fennel has a licorice flavor. If you are not fond of it you can use celery instead.

1/4 cup pignoli (pine nuts)
3 tablespoons olive oil, divided
2 bunches arugula, rinsed and trimmed
3 cloves minced garlic, divided
2 cups sliced fennel or celery
1/2 teaspoon dried rosemary, crumbled
2 cups cooked or canned (drained and rinsed) cannellini
1/4 teaspoon pepper

Place the pignoli in a large skillet and cook over medium heat, shaking the pan frequently, until the nuts are browned. Remove from the skillet and set aside. Pour 1 tablespoon of the olive oil into the skillet and heat over medium-high heat. Add the arugula and 1 clove of the minced garlic, and sauté until the arugula is softened; remove from the skillet to a serving platter. Add the remaining 2 tablespoons oil to the skillet, along with the fennel, rosemary, and remaining 2 cloves garlic; sauté until tender crisp. Stir in the cannellini and pepper; cook until warmed through. Serve the cannellini over the arugula and top with the browned pignoli.

Source: Gelles, Carol Wholesome Harvest (Boston: Little, Brown & Co., 1993) paperback pp. 110-111.