

Otter Hook Farms

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Traditional Family Farming



Week of October 27, 2009, Harvest Week 21

This week's share includes: Potatoes, Winter Squash, Turnips, Garlic, Mustard Greens, Arugula and Collard Greens or Bok Choy

Our final week of the season has arrived! Time sure does fly. The garlic has been planted, the fall crops will soon be plowed under and bed preparations for next year will be on our agenda for this fall. Chris plans to build a bed-shaper to create more raised beds so we will be better prepared if the weather of the last two years turns out to be our new norm. Already, we're picking out seeds and deciding where to plant what; it has been nice to see what varieties did well under adverse conditions and these observations will be helpful with deciding what to plant next year.

We are sad to see the season ending, thankful that we made it through with at least something to give each week, and looking forward to next year with hopeful anticipation for better weather and bountiful harvests. We will miss visiting with everyone each week, and we hope you've enjoyed sharing recipes and ideas on using produce, and that you've gotten to try something new this season. We can't express how much we appreciate the support and encouragement we have gotten from our community of members. Thank you being part of our farming experience this year and for allowing us to be your farmers!

We wish you all a healthy winter and a happy holiday season. Cheers!

Sam's Greens with Creamy Polenta

3 Tbsp Olive Oil

3-4 Anchovy Fillets (optional, but it does add a lot of flavor)

3 Cloves Garlic, chopped

Large Bunch Mustard Greens, chopped

28 oz can Diced Tomatoes (Fire Roasted are especially good)

3 Tbsp Balsamic Vinegar

Handful Kalamata or Oil-Cured Olives

Polenta

3 Cups Stock

1 Cup Milk

1 Cup Cornmeal

½ Cup Grated Cheese (Parmesan, Mozzarella or some combination)

For the Greens: heat olive oil in large skillet. Add anchovies and cook until they start to break apart. Add garlic, cook for about 30 seconds, then add greens. Toss to coat with oil, then allow to cook down a bit – maybe 5 minutes. Add tomatoes, vinegar and oil, and let simmer while you prepare the polenta.

For the Polenta: Bring stock and milk to a boil in a medium saucepan. Whisk in the cornmeal in a steady stream, lower heat, and continue to whisk until thickened, about 15 minutes. Stir in cheese, then serve with the greens on top.

Sue's Arugula Salad

½ cup Pecans, walnuts or pine nuts

½ cup Grapes, halved

Olive oil, Red wine vinegar

salt & pepper to taste

Several large handfuls Arugula

Brown pecans in dry skillet. Saute the grapes in a little oil, add the pecans, more oil & vinegar to taste, then toss hot dressing with arugula to allow it to wilt.

Events of Interest:

Monday, November 2nd at 7pm, the Agroforestry Center in Acra is showing a screening of FRESH – a film about the industrial ag system and farmers who are creating alternatives. There is a \$5 charge to cover expenses and free light refreshments will be served. No RSVP necessary.

Sunday, November 8 from 1-3pm at Olana State Park there will be a free Garden to Table event featuring lactic-acid fermentation techniques and tasting. Reservations are appreciated but not required; call 828-1872 x110 for details.

Wednesday, November 11 from 11-2pm at the Friends Meeting House on Madison Ave in Albany (just west of Washington Park) Louise Frazier is hosting Harvest Time Whole Grain Stuffing. This is being done through the Regional Farm and Food Project; there is a \$15 contribution to cover material costs.

These events are not all through RFFP, but other similar classes and events can be found on the Regional Farm and Food Project's website; www.farmandfood.org.