



Stones Throw Farm

CSA Newsletter

Season 5 - Week 17

October 8th and 11th

www.stonethrowfarm.biz

Weekly News:

Welcome to Week Seventeen.

We had our first frost of the fall on Thursday morning. These first light frosts of the season will help to sweeten up the kale and other hardy greens that we have in the wings for the end of the CSA season.

This week we have beautiful escarole heads. Escarole is excellent in fall soups and its' slightly bitter flavor is complimentary to many of the sweet and Earthy flavors present in fall vegetables.

We also have fall fennel bulb harvest coming in. The bulbs look pretty good and taste delicious. The sweet anise like flavor of fall fennel is a favorite of mine.

The U-pick flower season has essentially wrapped up although you're welcome to any remaining blossoms you might find around the farm. Fall raspberries should provide a bit more picking after a few warmer days begin to ripen some new fruit.

Have a great week!

Thanks,

Brian, Megan and Reed

The Farmer's Drivel:

Due to a number of complications the "portion size" has decreased slightly in the past few weeks but we've continued to have lettuce available as we have all season. This is a primary objective of ours as we feel that a salad green of some type is an important element of our weekly eating. This can be complicated given the variability of seasons and the sheer number of lettuce plantings that constitute a seasons worth of lettuce. Unlike something like potatoes that get planted once and tended and harvested in mass the lettuce crop is essentially planted weekly from early-April until mid-August. This means that at most points of the season we have lettuce on the farm of many ages from just seeded, to harvest ready, and everything in between. If we strive for efficiency and try to minimize excess we must keep fairly tight planting margins and thusly a "hiccup" in a planting or a loss of a planting or two can throw a number of successions out of whack. This is usually the result of accommodating the loss by harvesting another planting early, late, etc. Our recent bump to smaller lettuce portions was the result of having had three or so of our early fall plantings mature very rapidly and begin to go to seed prematurely (bolting). This means we actually had to harvest ahead into our later plantings in order to come up with acceptable quality and volume necessary and this ultimately left us short when we caught up with those plantings. We'd expected that the lettuce flow would balance itself as we got through a few plantings and into a few of our larger fall plantings. This unfortunately hasn't been the case as the "extremely sufficient" rainfall of the past month or two has led to more fall disease than typical. We lost an entire planting of romaine and have been aggressively culling our primary leaf lettuce plantings and thus accepting lower than hoped for yields. In any case we've been happy to provide a bit of lettuce from week to week and interestingly enough we've probably made some people very happy with this reduction. Lettuce volume (as with most vegetables) has always been an interesting issue; we've found that two large heads or multiple smaller heads on a regular weekly basis is about the middle of the "CSA target". This means that some people are left wishing for more, most people find it adequate and for others its' to much lettuce. We just keep shooting for the middle and so long as Megan has lettuce I have a place to sleep at night. (Other than the barn)

This Week's Share:

- Fresh Herb
- Garlic Bulb
- Winter Squash
- Yukon Gold Potatoes
- Yellow Onions
- Head Lettuce
- Fennel Bulb
- Beets
- Escarole
- Leeks
- Carrots
- U-Pick Raspberries
- U-Pick Herbs

Roasted Vegetables with Vinaigrette (adapted from www.realsimple.com)

6 medium beets, ends trimmed
4-6 medium carrots, peeled
2-3 fennel bulbs
4 tablespoons extra-virgin olive oil
1 1/4 teaspoons kosher salt
1/2 teaspoon black pepper
1 tablespoon honey
1 tablespoon Champagne vinegar
1/4 cup fresh herbs, chopped

Heat oven to 400° F. Wrap each beet in a sheet of aluminum foil. Roast for 1 hour.

Meanwhile, halve the carrots lengthwise, and then cut them into 2-inch pieces. Cut each fennel bulb into eighths. In a roasting pan, combine the carrots, fennel, 2 tablespoons of the oil, 3/4 teaspoon of the salt, 1/4 teaspoon of the pepper, and enough water (about 3/4 cup) to measure 1/4 inch deep. Cover with foil and roast for 15 minutes. Uncover and cook until tender, about 15 minutes more; let cool.

Remove the skin from the beets, place them on a cutting board lined with plastic wrap, and cut into quarters. Transfer the vegetables to a platter.

In a small bowl, whisk together the honey, vinegar, and the remaining oil, salt, and pepper. Drizzle the vinaigrette over the vegetables and sprinkle with the herbs. Serve warm or at room

