



Stones Throw Farm

Season 5 - Week 20

October 29th and November 1st

CSA Newsletter

www.stonethrowfarm.biz

Weekly News:

Welcome to Week Twenty.

We have a nice fall share to wrap up the 2011 CSA season.

After a bit of cold weather to sweeten things up we've got beautiful bunches of Winterbor Kale. Appropriately our first Winterbor harvest accompanied the first snowfall of the season.

We also have a nice crop of purple top turnips. Turnips that are grown on good soil during the fall season are a real treat. They are very sweet and have a delicious rich flavor that compliments many fall meals. Parsnips are another late fall root that lends a delicious sweetness to many dishes. We've included a great parsnip and carrot recipe and there are plenty of other great ways to utilize these roots of fall.

In addition to the kale we've included a bag of mustard greens in the share. Late fall mustard greens are simply awesome. They have just the slightest touch of spicy mustard heat when eaten raw and are excellent fresh with a hearty dressing or cooked in a multitude of fashions. We often start and end our season with mustard greens, the seasons first provided a tonic to cleanse our bodies of winter and the last to prepare our bodies for the winter to come.

Thanks and have a great winter season!

Brian, Megan and Reed

The Farmer's Drivel:

It's hard to believe that we've reached the end of another CSA season. 2011 marked our fifth CSA season and seventh season on the farm. It will go down in many ways as an incredibly challenging growing season and one that stressed and strained us both personally and professionally from the start. It was just one of those years. It was also however one of those years that helped reinforce my convictions and ultimately revealed just how much more resilient, efficient, and functional the farm is in 2011 than at any time in its past. In spite of the many challenges faced this year we ultimately managed to pull together a fairly strong CSA season.

As we wrap up this season and begin setting our sights on the future I want to take a moment to truly thank all of you for your support. We really appreciate your dedication and commitment to sustainable agriculture and local foods. Stones Throw Farm is a CSA based farm and we simply wouldn't be here without you all. So thank you! So much.

We'll be sending out an e-mail with information regarding an end of season survey in the next week or two and truly appreciate you taking a few moments to fill it out. Your feedback is incredibly important to us as we review the current season and plan for the future. This "off season" in addition to the typical annual planning that allows the farm to operate, we'll also be embarking on some necessary and overdue long-term strategic planning.

We'll be hosting our traditional "gleaning day" on Saturday, November 5th, from 9 am - 11am. We don't have a great deal of "leftovers" in the field this fall but there still are a few things available for picking if folks are interested. Additionally we'll be sorting the remainder of our bumper onion crop and packing them for donation. Folks that lend a hand will be able to take some home and we'll still have plenty to make a donation to the food pantry. We'll also be accepting non-perishable items for donation, as well as eating donuts, and drinking cider, and enjoying each other's company as we celebrate the closure of another CSA season.

As I wrap up the last few lines of another season of The Farmers Drivel I once again want to thank everyone for their support. The stress and strain and challenges inherent during any growing season have yet to trump the satisfaction that I get in growing good food for good people who appreciate it. It has been a pleasure growing for you all and visiting with you each week. We hope you've enjoyed the 2011 CSA season. The farm season never truly ends but there is about to be great ebb in the flow that has been a flood since late winter of last year. My body, and my spirit, and my family need it. Know however during these winter months that we're still here working towards 2012 and another season of good eating. As always we welcome and encourage folks to drop us a line with thoughts, ideas, or just to say hello. Until then...

This Week's Share:

- Fresh Herb
- Garlic Bulb
- Winter Squash
- Potatoes
- Yellow Onions
- Winterbor Kale
- Mustard Greens
- Purple Kohlrabi
- Celeriac
- Turnips
- Carrots
- Parsnips
- U-Pick Herbs

Roasted Carrot and Parsnip Soup (www.realsimple.com)

1 lb. carrots, peeled and cut into 1/2-inch rounds

½ lb. parsnips, peeled and cut into 1/2-inch rounds

1 yellow onion, quartered

5 tablespoons olive oil

kosher salt and pepper

1/2 baguette, cut into 16 thin slices

Heat oven to 400° F.

In a large roasting pan, combine the carrots, parsnips, onion, 3 tablespoons of the oil, 1½ teaspoons salt, and ¼ teaspoon pepper. Spread the vegetables in an even layer and roast, occasionally, until tender and golden brown, about 45 minutes.

Meanwhile, arrange the bread slices on a baking sheet and brush with the remaining oil. the last 10 minutes of roasting time, toast the slices until crisp.

Transfer the vegetables to a blender and purée with 3 cups water, adding more water if ¼ cup at a time, until smooth. Rewarm in a pot over medium-low heat, if necessary. Divide individual bowls and serve with the olive oil toast.

