



## Box contents

### **Small share:**

- 1 ½ # purple majesty potatoes
- 1 bag baby spinach
- 1 bag lettuce mix
- 1 head Jericho lettuce
- 1 bunch purple dragon carrots
- 2 Cortland onions
- 1 Delicata squash
- ½ # Brussels sprouts
- 2 small heads garlic
- 2 shallots
- 1 bunch chives

## Farm News

Thanks for joining us in the extended season! We were happy to complete our last outdoor markets of the season last week as it gets rather chilly standing in 40°F weather for several hours. We have this week off, and then next week we start the [Fitchburg Indoor Farmers' Market](#) on November 7 (located in the Senior / Community Center across the street from where the outdoor market was held). We are a bit late, but are busily prepping the field for winter. This week we unclipped all the tomato plants and took the twine and poles down that were holding the plants up. We have started tilling over those areas with the tractor and planting winter rye as a cover crop. We do this to help keep nutrients in the soil and reduce erosion. We also planted over 500 garlic cloves, which have been fertilized and mulched. We planted several of the same varieties we grew this year that we were pleased with (such as Inchelium Red and German Mountain), and swapped out some that didn't grow well for new varieties. Our two flocks of chickens (the older laying hens and the 5 month old "chicks") seem to be getting along much better a couple weeks into their forced integration. It looks like they have reestablished their pecking order and there is less squawking when they go to roost at night. We have been keeping a closer eye on them lately as we noticed an interested hawk the other day near the house. We hope our plastic owl "scarehawk", vigilant rooster, and their instincts to hide under bushes will keep them safe.

## Recipes & Storage Tips

### **Roasted Brussels Sprout with Bacon, Apples, Onions, and Balsamic Glaze**

- 1 # Brussels sprouts*                      *6 slices bacon*
- 1 T mustard seeds*
- 1 medium onion, peeled, cut in crescents*
- 1 tart crisp apple (such as Granny Smith), peeled, cored, cut in crescents*
- 3 T brown sugar*                              *2 T balsamic vinegar*
- 1/2 C dry white wine*                        *1 T Dijon mustard*
- Olive oil*                                        *Salt, hot sauce to taste*

Trim the root ends of the sprouts, remove dried outer leaves and cut each sprout in half. Toss with a tablespoon or so of olive oil; roast uncovered in a preheated 325°F oven for about 25 min., stirring occasionally. Remove when sprouts are cooked through and starting to brown along the edges. Meanwhile, in a pan large enough to contain all the ingredients, sauté the bacon until just starting to crisp at the edges and remove to drain on paper towel. Pour all but 1 T of the bacon grease from the pan and discard. Add the mustard seeds to the pan; stir over medium high heat until they start to pop. Add onions and apples; lower the heat to medium and sauté, stirring occasionally, until starting to turn soft, about 5- 6 min. Stir in sugar, wine and vinegar; raise the heat to medium high and cook, stirring, several minutes until the liquid is reduced to a syrup. Remove from heat and stir in the mustard. Chop the bacon and add it to the pan, then add the sprouts to the pan and stir and toss to combine. Correct seasoning. May be served immediately or at room temperature. (Recipe by our friend Haley.)

### **Mami's Maple Glazed Carrots**

- Bunch of carrots, chopped*
  - Maple syrup*                                      *Cilantro*
- Scrub carrots clean, remove green tops, and chop. Steam or boil until soft (but not mushy); strain. Add a couple spoonfuls of maple syrup. Add finely chopped cilantro. Stir and enjoy.

**Tips:** *Brussels sprout:* Refrigerate unwashed in a plastic bag. Best used fresh, but will keep for a week. Brussels sprouts can also be frozen for longer-term storage (blanch for 3-5 min., plunge in ice bath, let dry, and pack in a freezer bag).