



Sogn Valley Farm

CSA Newsletter Oct. 18-19, 2016

www.sognvalleyfarm.com

Greetings,

Last week, we completed the final field planting of the year: garlic. The type of garlic we grow requires a chilling period, so we plant it in the fall rather than the spring. The “seeds” we use to establish our crop each year are actually just cloves saved from our previous crop. In preparation for planting, I applied some composted poultry manure, tilled it in to create a seedbed, and made furrows too allow for planting the cloves at a 3-4” depth. The cloves are placed by hand into the furrows at 4-inch spacing. We then fill in the furrows with soil, and within the next two weeks, we’ll cover the whole thing with 4-6 inches of straw mulch to insulate the cloves from the freeze-thaw cycles in the spring than can damage them.



David and Laura separating garlic cloves for planting

In other news, last Friday, we said “goodbye” to Laura, one of two people who worked and lived on the farm full-time this season. Laura came to us as a veteran farmworker, having spent four seasons working on other vegetable farms. She has gone back home to Ohio for a couple of months before she departs for her next international adventure. Laura has settled into a routine—work

What’s in the box?

Cauliflower: Our favorite way to prepare cauliflower is roasting it. (To new members: you’ll find that this is our go-to preparation method for many veggies.) Cut head into florets, rinse in a large

bowl, drain, and then toss with olive oil, garlic, salt, and pepper. Transfer to a roasting pan and place in a 400° oven for 45 minutes to an hour, stirring half-way through. Roasting brings out some sweetness in the cauliflower and leaves you with a highly addictive side dish.

Red leaf lettuce: ‘New Red Fire’ lettuce is a variety we’ve come to love. It is tender and grows well in all seasons, but it thrives particularly in spring and fall. Try making a salad with some roasted butternut squash and a warm vinaigrette!

Red potatoes: I suspect most of you are comfortable cooking with potatoes. We often roast them with other roots—they add a neutral flavored, creamy complement to more pungent roots such as beets and turnips—or grate them and make hash browns for weekend breakfasts. Optimal storage conditions for potatoes is cool (~50 degrees) and moderate to high humidity.

Butternut squash: I shared my favorite butternut squash recipe in the Week 17 newsletter. Check it out—it’s delicious. We also like to add butternut squash to a salad with spinach, toasted pecans, and sometimes goat cheese. Butternut is a truly versatile squash, as it can be halved and baked, but also peeled and diced for use in many other recipes.

Yellow onions: These are storage onions that can be used in all types of dishes.

Savoy cabbage: Savoy cabbage is more tender and less dense than the standard green cabbage. It’s one of our favorite types of cabbage. Try it in this week’s recipe: Sesame Ginger Sautéed Cabbage and Carrots. Store this in a plastic bag in the refrigerator.

Carrots: Carrots are featured in this week’s recipe. Ginger goes nicely with carrots—ever tried ginger-honey glazed carrots? Google it; recipes abound.

Scallions: Scallions add crunch and zing to salads, Mexican cuisine, and Asian-inspired dishes, such as this week’s recipe. Trim the roots and then use the entire onion, including both the white bulb and the green leaves.

Cilantro: Cilantro adds some extra potency to this week’s dish, and pairs well with scallions in many other types of cuisine.

On Deck

Some of the items you’ll likely see in the next week or two..

Beets — Spinach — Broccoli — Arugula — Brussels sprouts — Winter squash

on a vegetable farm during the growing season and travel to a new continent each winter. I believe she is planning to go somewhere “close by” this winter—Mexico.

We had extra help over the last two weeks from our good friend Jen, who was a graduate student with me at Iowa State. She recently returned to the U.S. after a bicycle tour around Europe. She decided to spend some time here at the farm, splitting her days between working with us in the field and applying for jobs. We were so appreciative of her help!

After the last two weeks with a full crew of four people (occasionally five, when our volunteer, Jimmy, came down to work), it's feeling pretty quiet around here. Now it's just David and me... Thankfully, the workload has lightened accordingly. We still have some crops out in the field, but far fewer than we had at the height of the season. Much of our produce is now coming out of storage, so we're spending more time washing and packing than we are harvesting. There's no more planting, weeding, or trellising to do. Field maintenance has now shifted towards cleanup and other end-of-season tasks: dismantling the irrigation system (water tank, pump, and hoses that distribute the water to all our fields); pulling out drip irrigation tape and plastic mulch; and tilling in crop residue and seeding cover crops.

Looks like a sunny week—enjoy it!

Best,
Dana

Sesame Ginger Sautéed Cabbage and Carrots

This flavorful dish uses savoy cabbage, carrots, and scallions from this week's CSA box. The author of the recipe suggests it is quite versatile and can be adapted to whatever vegetables are on-hand—I suspect cauliflower could be a fine addition.

Ingredients

Vegetable oil
2 inch piece ginger root - minced
2 garlic cloves – minced
2 teaspoons sambal oelek - optional
6 cups shredded savoy cabbage
2 cups shredded carrots
½ teaspoon salt
2 tablespoons rice vinegar
2 tablespoons soy sauce – low sodium
4 scallions – thinly sliced (tops and bottoms)
1 tablespoon toasted sesame oil
black roasted sesame seeds and chopped cilantro – optional garnish

Directions

1. Heat oil in a deep skillet over medium heat. Add ginger, garlic and sambal oelek and cook for 30 seconds to release flavors.
2. Add shredded cabbage, carrots and salt to the pan. Sauté until slightly wilted, 7-9 minutes. Add the rice vinegar, soy sauce, scallions, and sesame oil. Sauté 1 additional minute. Serve warm, garnished with sesame seeds and cilantro.

Recipe source: <http://www.wellplated.com/sesame-ginger-sauteed-cabbage-carrots/>