



# Sogn Valley Farm

CSA Newsletter Nov. 1-2, 2016

[www.sognvalleyfarm.com](http://www.sognvalleyfarm.com)

Greetings,

We have reached November and passed the peak of fall foliage. It's always a bit sad when we get our first heavy winds of the fall and wake up with our big maples and oaks—just yesterday covered in seemingly glowing yellow, red, and purple leaves—completely naked.

For me, this is when I switch from romanticizing fall (tired from a hot and tiring summer, longing for crisp autumn days and colorful foliage) to romanticizing winter: a snow covered landscape, snowshoeing through the woods and prairie of the farm, and keeping warm by the fire in our wood stove. Winter is at once a time for hibernating/recharging and for crop and financial planning for the 2017 season, both of which I enjoy.

The seasonality of farming is perhaps one of the most attractive elements of the farming vocation, in my view. By *seasonal*, I do not mean to say we only work during some seasons, but rather that what we do changes throughout the course of the year. In late February, we start seeding flats in the greenhouse: onions, perennial herbs, early successions of lettuce and brassicas (broccoli, kale, cabbage), and native plants. In April and May, our biggest focus is on spring field tillage and crop planting. From June through September, the primary focus is 'harvest, wash, and pack' along with field maintenance tasks, such as weeding and trellising tomatoes. From late September through October, the focus shifts to mass harvest of storage crops (roots, winter squash, cabbage). After cleaning up the field and greenhouse in November, we switch to winter mode: lots of time working with spreadsheets and studying seed catalogs. It'll be a mere three months before seeds of 2017 crops are sprouting in the greenhouse.

There you have it—a quick run-through of the seasonal workflow at Sogn Valley Farm.

Dana

## What's in the box?

**Sun Gold cherry tomatoes:** This is the last hurrah for these sweet little orange beauties. What an oddity it is to still have these in November—the high tunnel gave the tomatoes a slight advantage during the frosty nights over the past few weeks. Enjoy this last taste of summer!

**Sweet potatoes:** This week's sweet potatoes are on the smaller side. They're a nice size for baking whole, dicing up and roasting, or for occasions when you only want a small amount of sweet potato. Also, try them in this week's recipe.

**Cipollini onions:** Cipollini onions are sweet, full-flavored onions. They have a unique flattened shape and are known for holding together well when cooked, making them excellent for roasting and grilling.

**Purple top turnips:** Turnips are combined with sweet potatoes in this week's recipe, a flavorful sweet potato-turnip mash with sage. Turnips are also great when roasted in some butter or olive oil and seasoned to your liking. If you find the flavor of turnips too strong, roast a medley of roots, incorporate sweet potatoes, carrots, squash, or beets or potatoes from last week. Turnips will store for several weeks in a plastic bag in your refrigerator.

**Butternut squash:** You are receiving either one full-size butternut or two 'Butterscotch' squash, a butternut variety bred to produce smaller, two-serving fruits. Try using it in this week's pasta recipe!

**Cauliflower:** This will be the last cauliflower of the season.

**Carrots:** We put carrots in soups, stews, curries, stir fries, and salads. If you need to use up a lot, try a carrot dish such as honey-ginger carrots or a Mediterranean-style dip that can be eaten much like hummus.

**Lacinato Kale:** This variety of kale is also referred to as *dinosaur kale* due to the scaly texture of its leaf surface. Having reached the end of the field season, we just cut off the tops of the plants for this week's bunches. As a result, you'll see progressively smaller leaves leading down into the center of the bunch. This is the "growing point" of the plant, from which future full-size leaves emerge.

**Sage:** This fragrant herb is called for in both of this week's recipes, so we felt we had to include it in shares. But the reality is that the crop is showing signs of November—translation: we were scrounging to make up these bunches. They're on the small side and not A+ quality, but the flavor and nutrition is still all there.

**Thyme:** The thyme plants have also slowed way down in growth, but we were able to give you a small bunch to use in the Campanelle recipe this week.

## On Deck

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

Potatoes — Onions — Spinach — Cabbage — Beets — Broccoli — Garlic

## Sweet Potato & Turnip Mash with Sage Butter

*We made this recently and really enjoyed it. It's both sweet and savory with a fabulous aroma from the sage.*

### Ingredients

1 pound sweet potatoes, peeled and diced  
8 ounces turnips (about 1 large), peeled and diced  
3 large cloves garlic  
30 fresh sage leaves, divided (12 left whole, the rest cut into strips)  
2 tablespoons butter  
1 teaspoon kosher or sea salt  
1/2 teaspoon coarsely cracked pepper

### Directions

Place potatoes, turnips, garlic and 12 sage leaves in a medium saucepan and cover with water. Bring to a boil. Reduce the heat to medium-low, cover, and simmer until the vegetables are fork-tender, 12 to 15 minutes. Drain. Return the vegetables to the pan and keep covered.

Heat butter in a small skillet over medium-high heat. As it melts and turns lightly brown, add the strips of sage and allow them to crackle and flavor the butter, about 1 minute.

Pour the sage and butter over the vegetables and smash with a potato masher. Stir in salt and pepper and serve.

*Recipe source: <http://www.eatingwell.com/recipe/250177/sweet-potato-turnip-mash-with-sage-butter/print>*

## Campanelle with Butternut Squash and Herbed Breadcrumbs

*We first made this dish a few years ago and loved it. It's totally comfort food (yes, it calls for some heavy cream), but it also has butternut squash and fresh herbs, so it must be good for you, right? We have never actually used "campanelle" pasta—we just use penne, spirals, or whatever pasta we have on hand.*

### Ingredients

Kosher salt  
3 Tbs. extra-virgin olive oil  
1 large leek, white and light-green parts only, rinsed well and thinly sliced (or substitute a ~1 lb onion)  
1-1/2 cups 1/4-inch-diced butternut squash (peeled and seeded)  
1 cup lower-salt chicken broth  
1-1/2 tsp. chopped fresh thyme  
1-1/2 tsp. chopped fresh sage  
3/4 cup heavy cream  
Freshly ground black pepper  
1/4 cup panko (or crumbled gluten-free bread, as we used)  
1/4 oz. finely grated pecorino (about 1/4 cup)  
1 Tbs. chopped fresh flat-leaf parsley (optional)  
12 oz. campanelle or similar pasta

### Directions

Bring a large pot of well-salted water to a boil.

Heat 2 Tbs. of the oil in a 12-inch skillet over medium heat. Add the leek and a pinch of salt, and cook, stirring occasionally, until tender, 5 to 6 minutes. Add the squash, chicken broth, 1/2 tsp. of the thyme, and 1/2 tsp. of the sage. Cover, and adjust the heat as necessary to simmer gently until the squash is tender, about 10 minutes.

Mash about half of the squash with a potato masher until smooth, leaving the rest chunky. Stir in the cream and cook until it thickens slightly, about 5 minutes. Season to taste with salt and pepper and keep warm.

Heat the remaining 1 Tbs. oil in an 8-inch skillet over medium heat. Add the panko and cook, stirring, until golden brown, about 2 minutes. Off the heat, add the remaining thyme and sage, the cheese, parsley, and a pinch of salt and pepper.

Boil the pasta according to package directions until al dente. Reserve 1/2 cup of the water and drain the pasta.

Bring the sauce to a simmer over medium-high heat. Add the pasta and 2 Tbs. of the reserved pasta water; toss well to coat, adding more water if it looks dry. Season to taste with salt and pepper. Serve sprinkled with the panko.

*Recipe source: <http://www.finecooking.com/recipes/campanelle-butternut-squash-herbed-breadcrumbs.aspx>*