



Sogn Valley Farm

CSA Newsletter Sept. 12-13, 2017

www.sognvalleyfarm.com

Greetings,

It's a lot of work to harvest, wash, and pack all the vegetables that end up in your CSA boxes, not to mention the same procedure leading up to the weekly farmers' markets and deliveries to the handful of wholesale customers we have. I couldn't do it alone. And I don't

We had six people on our crew this season, up from three last year. I'd like to devote this newsletter to providing a little blurb about each one. See the back side of this page for a crew photo.

Rebecca splits her time between the nonprofit Land Stewardship Project and Sogn Valley Farm. She works part-time here and spends much of her time in the packing shed washing, sorting, and packing produce for sale. She also helps staff our farmers' market booth some Sundays. She plans to attend graduate school next year for agricultural economics.

Kira is a senior at Cannon Falls High School and chose us for her first full-time job. She has been involved in all aspects of production, from greenhouse seeding to harvest, wash and pack. When not farming vegetables, she likes hanging out with goats. She recently showed one of her goats at the MN State Fair and won first prize for "unrecorded grade dry doe." She's back in school now, but continues part-time work at the farm. She's thinking about college next year, but hasn't decided what and where she'll study.

Darren hails from Illinois and worked previously at a large CSA farm in Fergus Falls. He has spent much of his time transplanting, harvesting, and helping with other odd jobs. He spends his free time working on an organic farming board game he has been creating over the last couple of years.

Brynna graduated from Carleton College last spring and has been working with us since April. She was previously involved with the Carleton student farm, and worked part-time for other vegetable farmers in Northfield in

What's in the box?

Red and green bell peppers: Dice and scramble with eggs, add to your salad, or perhaps make some chili with these peppers.

Salad mix: We're thrilled to have salad mix back in the rotation. These greens have been washed and are usually good to go right out of the bag.

Slicer tomatoes (full shares) **OR cherry tomatoes** (half shares): Perhaps these'll top your salad this week?

Flat-leaf parsley: Parsley brings a ton of vitamins and minerals into whatever meal you add it to, like this week's Potato and Parsley Soup. Store in a plastic bag in the fridge for up to a week.

Leeks: Leeks can be used much like onions or scallions, but bring their own unique flavor. It's important to rinse them, as soil invariably gets caught in between some of the outer layers during growth. To prepare them for cooking, trim off the dark green leafy top (which can be used for making stock, but not much else) and roots, then cut into 3-4" long sections. Cut these sections in half lengthwise and submerge in a bowl of water to allow soil to be removed from inner layers. Alternatively, just chop them up and then rinse in a bowl of water — the soil should sink to the bottom and leeks will float. Use in this week's recipe.

Gold potatoes: Gold potatoes have creamy consistency and are quite versatile. Roast them, make hash browns, boil and mash, or use in this week's recipe.

Celery: This is our first time ever putting celery in CSA boxes, and it's important to make a few notes. Celery varieties grown in the Midwest tend to be a little different than the California-grown celery you're probably used to. It's full of celery flavor and quite crunchy, but smaller and not as tender and watery as typical celery. For this reason, we recommend cooking with celery this rather than eating it fresh. You may also notice a bit of browning here and there, which is a recurring issue we've had growing celery in MN, but is only a surface blemish and can be trimmed off. Store in a plastic bag in the fridge.

Garlic: An important ingredient in this week's Potato and Parsley Soup.

Cucumbers: These'll go well in your salad this week.

Carmen peppers (full shares only): These sweet Italian "bull's horn" peppers can be used as you would a bell pepper.

On Deck

Each week, we'll give some hints about what new items may show up CSA shares in the next 1-2 weeks. Please note, this is not a guarantee, but our attempt to give you an idea of what's coming up.

Anaheim chiles — Green beans — Cabbage — Winter squash — Broccoli

2016. She spends most of her time on harvest and packing shed work, but she also runs our Sunday farmers' market stall. She recently moved to Minneapolis but will continue to work at the farm for another couple months.

Noah worked with us from May through August and became our primary equipment operator and project guy (irrigation, fencing, trellis installation). Noah is now back in school at St. Olaf College in Northfield.

David is the veteran of the crew, having worked with us in 2016, as well. He's taken up a leadership role in both harvest and packing shed arenas. He is also responsible for making deliveries to the Twin Cities on Wednesdays.

There you have it, the (not so) secret to getting work done on this farm. You and I can both be thankful for the hard work of all these individuals.

Have a good week,

—Dana



(Top, L to R) Rebecca Wasserman-Olin, Kira Jacobson, me, Darren Walters.
(Bottom, L to R) farm dog Jagger, Brynna Mering, Noah Poling, David Swanson.

Potato and Parsley Soup

A simple and nutritious soup that can be enjoyed warm or at room temperature. A good one to get you in the mood for fall!

Ingredients

1 tablespoon extra virgin olive oil
1 medium onion, chopped
2 leeks, white and light green part only, chopped
3 large garlic cloves, sliced
Salt, to taste
1 1/2 pounds Yukon gold potatoes, peeled and diced
6 cups water
Leaves from 1 large bunch flat leaf parsley, washed
1 to 1 1/2 cups low-fat milk
Freshly ground pepper
Parsley leaves for garnish

Directions

1. Heat the olive oil over medium heat in a large, heavy soup pot or Dutch oven, and add the onion. Cook, stirring, until tender, about five minutes.
2. Add the leeks, garlic, and 1/2 teaspoon salt. Stir together for about two minutes, until the leeks begin to soften and the mixture is fragrant.
3. Add the potatoes and water, salt to taste and bring to a boil. Reduce the heat, cover and simmer 45 minutes, until the potatoes are falling apart. Add the parsley, stir together and remove from the heat.
4. Puree the soup using an immersion blender, or in batches in a blender. (Don't put the cap on tight, and cover the top with a towel to avoid hot splashes.) Strain through a medium strainer, and return to the heat. Thin out as desired with milk, and heat through. Add pepper, taste and adjust salt, and serve, garnishing each bowl with parsley leaves.

Recipe source: <http://www.nytimes.com/2009/03/19/health/nutrition/19recipehealth.html>