



Sogn Valley Farm

CSA Newsletter Nov. 14-15, 2017

www.sognvalleyfarm.com

Greetings,

Things are changing around here. Last Friday was the last day of work for the majority of our crew. Darren and Michael headed home to Illinois and Missouri, respectively. David started a new job with a company that installs solar panels, mostly in agricultural settings. Kira starts basketball this week in her final, senior season. Rebecca will be continuing her normal part-time schedule for this week and next to help round out the last of the CSA deliveries and farmers' markets.

I'm so thankful that my crew was able to keep working this late and help finish up the final field projects, like mulching the garlic last Thursday. Darren and Michael, who lived in our on-farm cabins, had to deal with frigid mornings in the semi-protected but definitely unheated outdoor kitchen, remembering to turn off the water source each evening so the lines wouldn't freeze. As a result of their persistence, we're going into winter without a lot of loose ends, allow me to make a clean mental break as I prepare the what will be a drastically different life once our baby is born.

Monday was my first weekday without a crew since late March. I was able to take the day to catch up on some administrative work (that often slips through the cracks when we're busy during the field season), complete some long-overdue fence maintenance, and even do a few pre-baby projects around the house.

With this first hint of my "winter schedule," I'm thinking about all the off-season projects I'm looking forward to. Among them is writing an employee manual, which would lay out not just the HR-related stuff, but also provide a basic overview of how we do things on the farm. From what size tray to use when seeding broccoli in the greenhouse to harvest technique for harvesting hot peppers to storage temperature and humidity for sweet potatoes, this would hopefully answer many of the questions that would arise on a daily basis during the season. The hope is that this will give employees the big picture early on, equipping them with the

What's in the box?

Spinach: This is our first-ever high tunnel-grown spinach, kept protected during recent cold nights under two layers of frost blanket. This spinach is young and tender, ideal for using raw in a salad. Use it in this week's recipe.

Delicata squash: We like delicata squash because, like butternut, it has more versatility than harder-shelled varieties like kabocha, acorn, and buttercup. They can be easily cubed and roasted, rather than baked and turned into a mash. Use it in this week's recipe.

White sweet onions: These are mild-flavored onions, good for raw use or in cooked dishes. Back in August, I decided to hold onto our last six bags of sweet onions to put in late-summer or fall CSA shares. They were stacked behind our more regularly used red and yellow onions and promptly forgotten about. Sweet onions are considered suitable for only short-term storage, so we're pushing the limits on these. You may notice some desiccation or softening of the outer layer of some of these, but it shouldn't affect the eating quality.

Red and gold beets: We most commonly roast beets, sometimes along with potatoes or sweet potatoes, and also like juicing them and putting them in soups, such as borscht. The gold beets are milder in flavor and get nice and sweet when cooked. Store in the fridge.

Daikon radish: We grow these mainly for You Betcha Kimchi, a small kimchi company based in Minneapolis. But we thought it would be a fun thing to give our CSA members a taste of them, as well. They are mild-flavored radishes, traditionally used in fermented foods and Asian cuisine. For a more Americanized use, try frying up some daikon fritters,

Sweet potatoes: This long-season crop gets harvested before our first frost here in short-season Minnesota, regardless of how much more growth potential the tubers have. The result is a bunch of small potatoes that haven't fully sized up at the time of harvest. These smaller potatoes are what we're giving you this week. We like to chop them up and toss with olive oil, garlic, salt/pepper, and sometimes a bit of curry powder, then roast, or just roast them whole. Some are receiving the orange/brown-skinned variety you received last week, while some are receiving the purple-skinned variety, Bayou Belle. All will receive Bayou Belle next week for Thanksgiving.

Carrots: For a different use for these, try ginger-honey carrots. Recipe on back. Don't worry if you're not keeping up with the carrot influx; these carrots will keep for a few weeks in a plastic bag in your fridge.

Broccoli: One of the hardier crops we grow, this broccoli has withstood several nights in the low 20s. This was picked before we really bottomed out around 12 degrees last Thursday. Since we "clear cut" the field, these heads are on the smaller side. One quality note: repeated freezing events does have an impact on the texture of this broccoli, and you may find it a bit dry when eaten raw. However, if steamed or sautéed, this broccoli is quite delicious.

Rosemary: A pinch of rosemary for this week's spinach salad recipe!

Garlic

On Deck for the FINAL BOX

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.

Sweet potatoes — Carrots — Red Kuri and/or butternut squash — Yellow and red onions — Salad mix — Gold potatoes — Pie pumpkin — Watermelon radish — Red cabbage

details needed to make good decisions when working in my absence, which is likely to happen often in 2018. With that grandiose goal laid out, I'll be the first to caution against over-ambition. Something tells me my "free" time is going to be much more scarce with a new baby in the house...

Have a good week,

-Dana

Spinach Salad with Roasted Delicata Squash and Toasted Almonds

This is a variant, using delicata rather than butternut, of a recipe that has been a staple in our household for years,. It originated in a cookbook entitled, "An Occasion to Gather," published by the Junior League of Milwaukee.

Ingredients

2 lbs delicata squash, peeled (optional), seeded, and cut into ½-inch cubes.
5 Tbsp extra-virgin olive oil
¾ C sliced almonds
¼ C maple syrup
1 Tbsp fresh rosemary, finely chopped
2 tsp lemon juice
7 C spinach, roughly chopped

Directions

1. Preheat oven to 450°. In a mixing bowl, toss butternut squash cubes with salt and 1 1/2 Tbsp of olive oil. Transfer to a roasting pan and bake for 30 minutes. Cool.
2. Brown the almonds in the remaining 3 1/2 Tbsp of olive oil in a skillet over medium-low heat for 3 minutes, stirring constantly. Sprinkle with salt and pepper. Pour the almonds and oil through a fine sieve, reserving the almonds and oil.
3. Whisk the maple syrup, rosemary, and lemon juice in the cooled oil. Add the squash, spinach, and 1/2 of the almonds to the oil mixture and mix gently. Top each plate with some of the remaining almonds and some freshly ground pepper.

Ginger-Honey Glazed Carrots

Ginger and carrots go well together in this zesty side dish. A good choice for Thanksgiving!

Ingredients

2 tablespoons butter
1 tablespoon finely chopped ginger
2 tablespoons honey
4 carrots, peeled and thinly sliced
¼ C water
Salt and pepper

Directions

In a small saucepan, melt butter and stir in ginger. Add honey and stir to dissolve. Stir in carrots and toss to coat. Pour in water and cover to steam. Stir occasionally and cook 8 minutes or until tender. Season to taste.

Recipe source: <http://www.foodnetwork.com/recipes/ginger-honey-glazed-carrots-recipe-1957997>