



Sogn Valley Farm

CSA Newsletter Nov. 21-22, 2017

www.sognvalleyfarm.com

Greetings,

We've reached the end of another CSA season. Thanksgiving week is an appropriate time for this to happen; we get to leave you with a pile of veggies for your big meal, but we also get to reflect on what we're thankful for.

Many people have helped us start this farm and sustain it up to this point: *our families*, for providing access to land and some financial support during the start-up phase; *farm crew members*, who've provided energy, ideas, and elbow grease to make the wheels turn each week; and *our customers*, who chose us as their source for fresh vegetables, even in our early years as farmers.

So, thank you for choosing our CSA this year. We hope you have been satisfied with quality, quantity, and variety of the produce, and with the overall experience. We will again provide you the opportunity to give us feedback through an anonymous survey, which will help us learn what we're doing right, and what changes we should consider to improve CSA member satisfaction in coming seasons. Expect to receive an email with a link to the survey in the next week or so.

While we love what we do and are happy to send out shares to our CSA member families, I admit that, after 25 weekly boxes, we're ready for a break. We'll try to sleep in past 7:00 on occasion, watch a few movies, and sit by the fire. But I can only handle such leisure for so long, and in balance with other projects.

First and foremost, support Karin through labor and delivery, then become a rock star at changing diapers, pampering Karin, and not sleeping.

Next, I've agreed to serve as a reviewer for an agricultural grant program, so I'll be reading through proposals for projects in the

What's in the box?

Gold potatoes: Just in time for mashed potatoes at your Thanksgiving dinner! Also great cubed and roasted or grated and fried.

Salad mix: Our first experiment with extending the greens season in the high tunnel was pretty successful. This should be very similar to what you received two weeks ago—mild-flavored, tender, and pre-washed.

Pie pumpkin: This pumpkin can be used to make a pie the old-fashioned way. Simply cut in half and scrape out seeds, then roast or steam to cook flesh. Once cooked and cooled somewhat, scoop out flesh from the skin and puree in a food processor. One pound of whole pumpkin yields 1 C puree. Use in this week's recipe.

Butternut squash: You will receive either one large butternut squash or one small butternut and one **red kuri squash**. Red kuri has rich, buttery flavor and can be eaten with the skin on by sautéing, steaming, braising, roasting, or boiling.

Red and yellow onions: Even if you haven't been keeping up with the onions in your boxes, we wanted to send you into winter with some in storage. Keep these in a cool cupboard, and they should keep pretty well for at least a month.

Watermelon radishes: These pink-fleshed radishes resemble watermelons when cut open. They are fairly mild (not much radish "heat") and are slightly sweet. A great topping for your salad, snack for your [kid's] lunchbox, or finger food appetizer. Either peel off the fibrous skin or cut in half— or quarter-rounds and eat the pink flesh from the rind as you would an actual watermelon. Keep these stored in a plastic bag (or at least in the crisper) to keep them from desiccating and getting soft. They can keep for a few weeks under good conditions.

Red cabbage: I get so much pleasure from all aspects of producing this richly hued red cabbage: transplanting, harvesting, and trimming the heads before sale. And, of course, eating!

Sweet potatoes: You'll see a mixture of the purple-skinned, darker fleshed 'Bayou Belle' along with a smaller amount of the lighter-orange fleshed 'Orleans' sweet potatoes.

Rainbow carrots: Along with our usual orange carrots, we've mixed in some purple-skinned and yellow carrots. These three colors make a beautiful combination. Roasting them will bring out some sweetness in the yellow and purple carrots, which we find to be, on average, a little less sweet than the orange ones.

Garlic: And what box would be complete without garlic?

Thank you for a great season!

Midwest and ranking them to help decide which should get funded. I did this last year and enjoyed it a great deal. Just a matter of finding the time...

Beyond that, I will need to dive into crop planning and seed ordering, using this year's plan as a starting point and tweaking based on changes suggested this season. After a couple months off from the daily grind of farming, I'll get the bug again and start hankering for the next growing season, which will begin in mid-February, when we fire up the furnaces in our greenhouse.

We will be in touch soon with 2018 CSA signup information, along with an update on the baby. Have a wonderful winter!

–Dana

Pumpkin Pie

Sometimes it's fun to skip the can and make your pie starting with whole pumpkins. Here's a recipe based on one from the Moosewood Cookbook, one of our favorite recipe collections.

Ingredients

1 2.5-lb pie pumpkin
3 Tbsp. white sugar
3 Tbsp. brown sugar
2 Tbsp. molasses
1/2 tsp cloves or allspice
1.5-2 tsp cinnamon
1 tsp powdered ginger
1/2 tsp salt
2 beaten eggs
1.5 C evaporated milk

1 unbaked 9-inch pie crust, frozen or homemade.

Directions

1. Halve pumpkin and scoop out seeds and stringy flesh. Cut into large chunks, place in a large steamer basket, and steam for 25-30 mins, until flesh is soft.
2. Preheat oven to 375°F.
3. Place pumpkin puree in a medium-sized bowl, and add all other filling ingredients. Beat until smooth.
4. Spread into the pie crust and bake at 375°F for 10 minutes. Turn the oven down to 350°F and bake for another 40 minutes, or until the pie is firm in the center when shaken lightly.
5. Cool at least to room temperature before serving. This pie tastes very good chilled, with rum- or vanilla-spiked whipped cream, or some high-quality vanilla ice cream.

Adapted from No-Fault Pumpkin Pie, *Moosewood Cookbook*, by Mollie Katzen.