



Bob writes...

During the extremely wet month of August (see AngelicOrganics.com/NL for past newsletters), amidst all of the downpours, we gradually became unsure of when the rains would stop and what crops would and wouldn't make it. Lora and Diana both were worried about how things would be in the fall, especially with the loss of almost our entire field of carrots (you would probably be receiving 2-3 pounds of carrots per week if our plans had worked). Fortunately, there was time to regroup; we replanted the flooded out spinach and planted shorter-term crops in our carrot and salad mix fields. Now, with the added help of this warm fall weather, we are now able to harvest all sorts of crops. We will have spinach for the next few weeks, some arugula (for salads or stir-fries—for some people like myself, arugula's taste is too spicy/peppery—especially raw), some more choy, baby chard (good raw in salads or cooked like spinach), lots of radishes with their succulent tops, some tot-soi mixed with arugula, red-russian kale (my favorite kale which, like spinach, will sweeten with the cold weather), lots of beautiful head lettuce, and extra Kohlrabi (with greens that you can use, too). And while some roots are scarce, there will still be beets, Brussels sprouts, cabbage, broccoli, potatoes, onions, and squash. Overall, this will be a greener fall than usual—of course, the green vegetables are considered by many to be the most health-giving. We hope your cookbooks have been and will continue to be helpful.

Popcorn: I forgot to mention last week a few special notes about the popcorn... The reason that we started growing popcorn was because of our very dear friend Lora—she got me to plant a sample plot a couple of years ago, then some more last year, and then even more this year. Lora loved popcorn. From now on, whenever I eat popcorn, especially popcorn that we grow, I will imbue myself with thoughts of her. **But**, I should have told you that before you pop it you should make sure that it is dry enough. Specifically, we recommend removing the husks and letting it further dry in your kitchen window. You can break off a few kernels on occasion and test pop them to see if they are ready. If not, let them dry more (they shouldn't take more than a month or two). Upon close inspection, you may be able to notice, without popping, if, once broken off, the kernel portion which was touching the cob looks dry or not. But the test popping is really the best indicator. I am sorry I forgot these notes last week. Do not worry, though, as there are more ears of popcorn to come!

What's in Your Box

Brassicas

Broccoli or Cauliflower- likely (including florettes maybe)

Root Crops

Radishes-bagged with lettuce; with their tops which can be used in soups, salads, and sautés

Sweet Potatoes-likely

Beets – bunched with their useful stems & greens

Rutabagas-maybe

Kohlrabi-maybe

Daikon Radish-maybe

Salad Greens

Lettuce

Cooking Greens

Spinach-bagged

Chard-large & small leaves bagged; use like spinach

Arugula-bagged; use as a salad addition or cooked

Fruiting Crops

Winter Squash – *butternut, sweet dumpling, delicata, &/or acorn*

Peppers – unlikely

Eggplant-unlikely

Herbs

Lemon Balm-likely

Alliums

Onion(s)

Coming Next Week more of the same + cabbage.

Back by popular demand at the Gene Siskel Film Center Oct. 19-25
The Real Dirt on Farmer John see www.SiskelFilmCenter.com

Diana writes...

I have been back on the farm for a full week and attempting to work. Twice I was able to put in almost full days, other times it has only been for a couple hours. This is all new to me, I have always prided myself on being physically fit and what I considered strong. I am learning that I have to let people help me, which can be a humbling experience.

Everyday gets a little better, my breathing comes easier and I am restricted less by my broken and cracked ribs. However, I must have aggravated an already tender neck by sitting at a desk and tilting my head down in order to read papers. By the end of last week it had seized up and I had to start taking medicine for the pain. I am going to see a chiropractor this morning, but currently we have rigged up my desk to make it more "stiff neck" friendly. The hospital did give me a neck brace to take home; I had to wear it the first few days after the accident. I was unconscious for most of the night after the accident, but there were brief moments when I would wake enough to take in my surroundings. During one of those moments I could hear the nurses hustling around and one of them saying "get this girl a different brace, her neck is too skinny. This girl has got a skinny neck". Never knew a neck could be too skinny.

Sweet Potatoes

The sweet potato is a member of the morning glory family and has its origins in the American West Indies. These lush, vining plants spend the summer collecting and funneling energy into their roots, culminating in a fall crop of beautiful, bronze tubers. The sweet potato's rich and creamy orange flesh and earthy, sweet flavor is incredibly versatile, lending itself to both sweet and savory dishes.

STORAGE

Keep unwashed sweet potatoes in a cool, dark place, such as a loosely closed paper bag in a cupboard or cool basement, and use them within a two to three months. Do not store in the refrigerator; cold temperatures can darken sweet potatoes and adversely affect their taste.

HANDLING

Scrub sweet potatoes gently before cooking. Peeling is a matter of preference. If you will be puréeing or mashing sweet potatoes, bake or boil them whole and then remove the skins.

Sweet Potato, Broccoli, and Tomato Stew

Make this tasty, one-pot vegetable stew and you'll have dinner on the table in no time and with little mess. Put your kids or even your dog on this simple project and go relax—dinner will be served within the hour no matter what. This stew will go well with your favorite corn bread. *Angelic Organics Kitchen.*

Serves 4

2 tablespoons olive oil
1 large onion, sliced
4 cloves garlic, thinly sliced
1 28-ounce can stewed tomatoes
2 cups cooked or canned garbanzo beans, drained
1 1/2 cups chicken or vegetable stock or water
3 medium sweet potatoes (about 1 pound), cubed
1 medium head broccoli, cut into large chunks (about 2 cups)
salt
freshly ground black pepper

1. Heat the oil in a soup pot over medium heat. Add the onion; cook until soft, about 5 minutes. Stir in the garlic and cook for 1 more minute.

2. Add the tomatoes, garbanzo beans, stock, and sweet potatoes. Simmer, partially covered, for 15 minutes. Add the broccoli, cover, and simmer until the sweet potatoes and broccoli are tender, about 5 minutes. Season with salt and pepper to taste.

Sweet Potato Pancakes

Serve these for breakfast or as a side dish. Small, even tiny, pancakes, topped with spicy pineapple salsa or something creative of your choosing, make ideal hors d'oeuvres. *Friend of the Farm.*

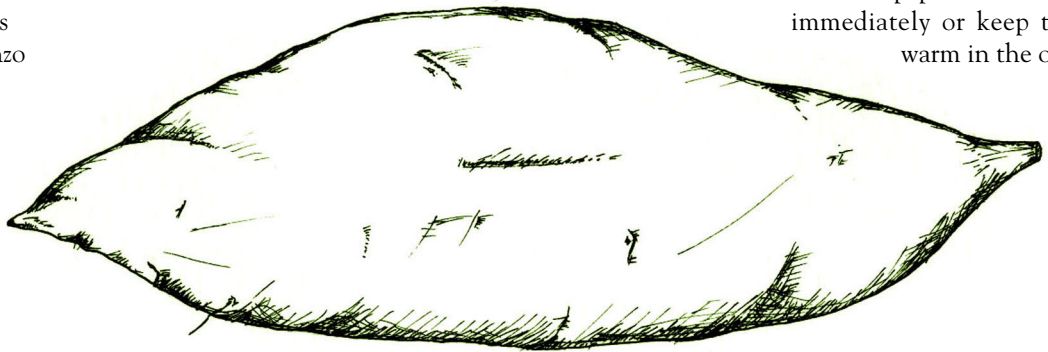
Makes about twenty 3 1/2- to 4-inch pancakes

6 medium sweet potatoes (about 2 pounds), peeled and grated
1 medium red onion, thinly sliced or finely chopped
1 cup all-purpose flour
3 large eggs, lightly beaten
3 tablespoons olive oil
1/2 cup milk
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup vegetable oil

1. Combine the sweet potatoes and onion in a large bowl. Add the flour, eggs, and olive oil; mix well. Stir in the milk, salt, and pepper.

2. Heat the vegetable oil in a heavy skillet over medium heat. Test the heat by dropping a small amount of batter in the pan—if the oil immediately bubbles up around the batter, it has reached the proper temperature. Be careful not to let the oil overheat and smoke.

3. Using a ladle, 1/2 cup measuring cup, or large spoon, drop the pancake batter into the hot oil and then lightly press it into a pancake shape with a spatula. Cook until pancakes are golden brown on the bottom, about 5 minutes, then flip them and cook until brown on the other side, 5 minutes. Remove pancakes and drain on paper towels. Serve immediately or keep them warm in the oven.



Overheard

I had a ginger snap yesterday, and it was so much better than any ginger snap I had ever had before that I announced to the table that if anyone there ever found a lover as much better than other lovers as this ginger snap was better than other ginger snaps, then that lover was a soul mate.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

