



## Bob writes...

As the season winds down, I am happy with how all of the work and all of the vegetables have come together. Of course, to me, Lora's departure from the physical plane in mid-September overshadows the positives regarding our fields and crops. And while the community of support which the farm and I have received has been truly helpful, at season's end I am noticing my sadness. The suddenness of losing someone so close to me, who I lived and worked with, who at 31 was in the prime of her earthly life is still difficult for me to come to terms with.

Lora's passing does, however, move me further into my work with Anthroposophy and with my Primary Aim (as developed under the guidance of Michael Gerber's book *The E-Myth* (E is for Entrepreneurial)). My primary aim is to *move towards freedom, truth, understanding, and universal and unconditional love*. It is with respect towards everyone's freedom that I share the following. With our use of the Biodynamic method of farming, we are attempting to implement the application of Anthroposophy, also known as Spiritual Science, into our vocation, into our farm, into our lives. Anthroposophy also has a wealth of materials on relating to and working with those who have died. As I have looked deeply for greater understanding into what has happened to Lora, why it happened, where she might be now, and more, I have come upon a beautiful and simple book entitled *The Bridge Over the River*. This book details clear *conscious* communications received in 1915 by a woman whose brother, the one who is communicating, died at age 31 in World War I. It is within this book that I have encountered the encouragement from the one who has died that we on should "fervently" talk over "with your beloved ones on earth" our spiritual beliefs, from how we would like to be related to in our death to, perhaps even, how we might wish for our bodies to be handled. Just as Lora's passing is so sudden for me and the farm, it, too, is surely sudden for her as well. As I encounter people now in all walks of life, inside I am thinking, but not saying aloud, "are you ready for if you were to lose the person(s) with whom you are very close?" "Can you look past the things that upset you?" "Are you giving your dear ones extra hugs?" [*One of the favorite innovations Lora brought to my life was her "Hugs on Demand" program.*] "Would things work out as good as they could if you were to lose one another in a moment?"

Here I am, on this earth, at this farm, in this community. I share this with you freely, with an effort to have no expectations for what may come of it. I share it with you to let you know what your farmer is thinking, contemplating--what I am working with. As usual, I am welcoming the end of the season. I am no longer able to work 6 days a week and sometimes more, often from before sun-up until after sundown. I am ready for the shift of winter, from having to make almost a decision every minute, from having to be ready to direct our workers as to their next task at any given moment. I am ready for the opportunity to go within, to work in my spiritual life, to freely move toward truth and understanding of what has happened with Lora's crossing the threshold. And I am moving towards, hopefully, coming to a greater experience of universal and unconditional love. I trust that there will be fruits (and vegetables) from all of these labors.

### What's in Your Box (as always, be sure to wash your vegetables)

#### Brassicas

**Brussels Sprouts** - on the stalks; yummers! One of my favorites!

**Kohlrabi** - you can also use the leaves like cooking greens

**Broccoli**-maybe

#### Root Crops

**Beets**

**Radishes**-likely, if so bagged with lettuce

**Rutabagas**-maybe

**Parsnips**-unlikely

#### Alliums

**Garlic**

**Onion(s)**-maybe

#### Salad Greens

**Lettuce**-maybe

#### Cooking Greens

see email for arugula pesto recipe

**Spinach** - perhaps, use it in spanakopita

**Arugula/Totsoi Mix** or Adolescent **Choi**-bagged

**Collard Greens** or **Tosceno** (Dinosaur) **Kale**

#### Fruiting Crops

**Winter Squash** - butternut, sweet dumpling, delicata, pie pumpkin, &/or acorn

**Popcorn**-maybe; see wk 18 newsletter for popping instructions  
*old newsletters are available at [AngelicOrganics.com/nl](http://AngelicOrganics.com/nl)*

#### Herbs

**Sage**-maybe

**End of the Season Notes: This is the Last Week for 20- & 12-week shares** (for those who signed up for a winter share, there are still 4 more boxes; if you didn't sign up for a winter share please return your final box after the last delivery--we'll pick them up in a week). Postcards confirming 2007 winter shares status and 2008 share status are being mailed out this week. An email confirming the same will also be sent out by next week. Thank you for being a 2007 shareholder and we hope that you will join us next season.

**For those who signed up for a winter share** (see postcard confirm mailed this week) **here's how things work:**

**Starting next week, we will be delivering 4 boxes over the course of 5 weeks** (Thanksgiving is the week we don't deliver).

- Delivery sites, day of the week, & time will be the same;
- As temps fall, your box may freeze; prompt pickup is even more crucial;
- More details on mailed postcard & next week's emailed message.

**Host Appreciation Week** You may wish to thank your host for all that they have done this year. Their honorarium is modest. Their generosity, however, is grand: their willingness to receive the boxes, receive you shareholders, and donate a space of their porches, garages, or businesses for the course of 25 weeks is greatly appreciated. Thanks from the farm!

**2008 Shares Sold Update** Shares for '08 are selling nicely. **If you wish to receive Angelic Organics vegetables in 2008, you want to make sure you don't miss out. We may be sold out of 20-week shares even before March 2008.** We are enclosing a vegetable brochure with \$25 discount coupon & a fruit leaflet with \$20 off which both expire on Nov. 5th. To sign up right away for vegetables, mail a check for \$555 (full price of \$580 less \$25 discount); for fruit the payment required is \$400 (full price of \$420 less \$20 discount). Angelic Organics' address is 1547 Rockton Rd., Caledonia, IL 61011.

**What can you do if you're not ready or unable to pay yet?** You can select the "reserve-me-a-share-but-bill-me-later" invoice option. This option is on the winter share '07 status postcard being mailed to you & will be in this week's "box contents" email. If money is very tight, email or call us for a further special installment plan. We hope you are with us next year!!

**Email us** if you haven't been receiving weekly "box contents" emails. This winter we will be more diligent in updating you via email of farm developments, activities, and events.

# Brussels Sprouts

“Eat your Brussels sprouts. They’re good for you.” Sweet, firm, nutty Brussels sprouts can actually be a treat instead of drudgery. These enchanting miniature cabbages are nutritious, delectable little morsels.

## STORAGE

Brussels sprouts are sweetest right after harvest. They keep longest if left attached to the stalk. Wrap in plastic and place in the refrigerator to prevent wilting. If you’re short on refrigerator space, snap off the sprouts and store them unwashed in a closed plastic bag in the refrigerator.

## HANDLING

If you haven’t done so already, snap Brussels sprouts off the stalk and remove any loose or discolored leaves. Trim the base of each sprout and cut a shallow X in the stem end to speed cooking. Rinse the sprouts in cool water.

## Browned Brussels Sprouts in Parmesan Crust

This is a most delightful way to prepare Brussels sprouts: fried in oil, tucked inside a perfectly seasoned “crust,” and coated with cheese. To make your own seasoned bread crumbs, mix 1 cup crumbs with 1 teaspoon dried oregano or thyme, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper. *Angelic Organics Kitchen.*

Serves 2 to 4

1/2 pound Brussels sprouts (about 2 cups)  
salt  
1/2 cup olive oil  
1 cup seasoned dry bread crumbs  
1/4 cup freshly grated Parmesan cheese  
freshly ground black pepper

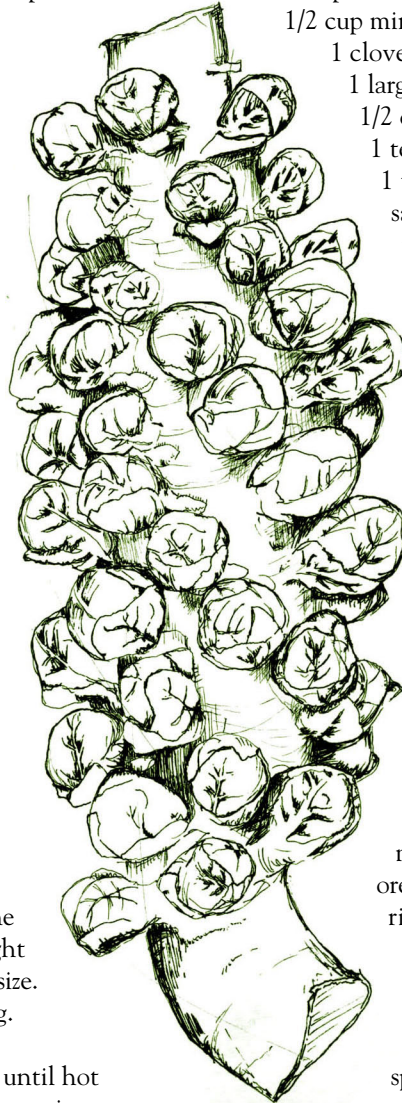
1. Bring 2 cups of water to a boil in a large skillet. Add the Brussels sprouts and a large pinch of salt; cook until bright green and just tender-crisp, 5 to 7 minutes depending on size. Drain; briefly rinse under cold water to stop the cooking.
2. Heat the oil in a large skillet over medium-high heat until hot but not smoking. Add the Brussels sprouts; cook, stirring occasionally, until they begin to brown, 10 to 12 minutes. Add the bread crumbs and slowly roll the sprouts around until they are completely covered. Continue cooking until the bread crumbs are brown, 3 to 4 minutes.
3. Using a slotted spoon, transfer the sprouts to a serving platter and immediately sprinkle with Parmesan. Season with salt and pepper to taste. Serve immediately.

## Brussels Sprouts with Portabella and Sunflower Seeds

Served over quinoa, this makes a delicious, complete meal. It’s great all on its own too. You will whip this up in no time and impress your family and guests with your culinary acumen. *Friend of the Farm.*

Serves 4 to 6

1 pound Brussels sprouts (about 4 cups)  
2 tablespoons butter  
1/2 cup minced onion  
1 clove garlic, minced (about 1/2 teaspoon)  
1 large portabella mushroom, roughly chopped  
1/2 cup unsalted sunflower seeds  
1 teaspoon lemon juice  
1 teaspoon fresh oregano  
salt  
freshly ground black pepper  
1/4 cup freshly grated Parmesan or Asiago cheese or more to taste (optional)



1. Place the Brussels sprouts in a steamer basket set over 1 1/2 inches boiling water and cover. Steam until tender-crisp, 5 to 10 minutes depending on size. Be sure to check at 5 minutes; overcooked Brussels sprouts have an unpleasant flavor and texture. Transfer the Brussels sprouts to a serving platter.
2. Melt the butter in a large skillet over medium heat. Add the onion; sauté until translucent, 5 to 7 minutes. Add the garlic; cook for 1 minute more. Add the mushroom, sunflower seeds, lemon juice, oregano, salt, and pepper to taste; cook, stirring, until the mushroom has reduced in size and released most of its liquid, 8 to 10 minutes.
3. Pour the mushroom mixture over the sprouts. Top with cheese.

### Our Cook

The best thing about Brussels sprouts from a kid’s point of view (or at least mine and my brother’s when we were young) is that when you eat them you can pretend that you are a giant eating whole heads of cabbage in one bite.

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](http://www.AngelicOrganics.com/cookbook).

