



## Diana writes...

Welcome to the 2007 Winter Share. For those shareholders who have extended their shares you are in for a treat. Besides storage crops such as winter squash and potatoes, we have all our cold hardy crops that sweeten with a frost. As of this date we have had a few freezes at night, leaving an icy layer on the ground and even once coating the windows of my truck. From these cold nights, most people who buy their organic veggies from the supermarket only reap the benefit of throwing on an extra blanket and snuggling into bed. Often their food is coming from California where the temps never dip low enough to sweeten their brassicas and spinach.

We never know how accurate a weather forecast will be nor how low the temperature will dip. However, we have many years experience under our belt allowing us to know the limitations for our crops that are still growing at the end of the season. Bob recently rated our remaining crops from the hardiest to the most-cold sensitive. Here they are: parsnips, Brussels sprouts, sunchokes, collards, red Russian kale, spinach, cabbage, kohlrabi, cauliflower, broccoli, arugula, radishes, choy, chard, and lettuce. At this time of the year, we are pleasantly surprised at how well the chard has been taking the frosts as well as the arugula (a new addition to our fall line up). This is the first week we are harvesting red Russian kale, a super hardy plant that gets better with the cold. Our most sensitive crop at the moment is lettuce, but it keeps growing. If it pulls through you might be seeing it in a later box.

I planted a lot of these cold hardy vegetables at the end of August, when it finally began to dry up after our record rainfall. Before I got injured in Mid-September, many of these plants were just barely getting their first true leaves. I was concerned they would never live up to their full box potential. Since my injuries, I have not gotten back into fieldwork, but I have seen the full beds of spinach and the overflowing boxes. I like the feeling I get from knowing that all those plants are growing and surviving. I am always amazed at the amount of life contained inside a little seed.

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

#### Brassicas

**Cabbage\***-beautiful heads

**Broccoli Florettes\***-likely; very exciting, already bite sized; the warm fall weather has helped these out tremendously

**Kohlrabi\***-unlikely

**Cauliflower\***-very unlikely

#### Root Crops

**Radishes\***-maybe, if so bagged with red Russian kale

**Potatoes**-maybe

#### Herbs

**Sage or Parsley\***

\*--cold hardy crops that sweeten up from frosts & freezes.

#### Cooking Greens

**Spinach\***-yummers!

**Choi\***-bagged; mini sized, great for stir fry—good stems

**Kale\***-Red Russian; beautiful leaves of green, blue, red, & purple

**Chard\***-this adolescent chard ROCKS! Use just like spinach

#### Fruiting Crops

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

**Popcorn** – maybe, see week 18 newsletter for popping instructions

#### Alliums

**Garlic**-maybe; if so, just cloves-the smaller ones leftover from next years planting

## Bob writes...

This is the first week where we do half as many shares (700 boxes) as in the previous weeks (1400 boxes). It is a welcome break. This Sat., Nov. 3, 2007, will be the first Saturday that we are not working since last May. Even though Parker of the Angelic Organics Learning Center has me presenting to a Farm Beginnings class on Sat., I am still looking forward to having more space on this day of the week. I am planning to use this change in pace to work more deeply with Lora's passing and with Lora, herself. In the last week, in my efforts to understand, relate, and work with those who have died, including, of course, Lora, I have encountered several virtues which one is encouraged to thoroughly cultivate to aid in this process. These virtues include an awareness of one's impact on one's surroundings, a deep understanding of how one is part of a community with everybody and everything, a feeling for *trust in life* (encapsulated by the concept of "Life--you lift and bear me; you make sure that I move forward"--quoted page 196 of the book that I am reading, *Staying Connected*), and *gratitude* for all that we encounter.

It is this last virtue, *gratitude*, which Lora had a very deep connection to and was working with daily. Lora, who also was a poet and loved words and feelings (I often told her that she "wore her heart on her sleeves"), found great support in affirmations. One of the most prevalent in her life was *gratitude*. Most of the time she would carry on her person a card which simply read the word "gratitude". And she had been known to give others, including myself, our own note cards to carry with the word "gratitude" on them. I would always be proud to show her the times when I had a card that she had given to me with me. Sometimes, I would even have a card when she had forgotten hers and we would both be happy that it was still near us. *Trust in life* is closely related to *gratitude* and we would both recite a prayer-like verse seeking support for our own *trust in life*. With this tragic change in our lives, the clearness and the confidence in these virtues has at times been difficult for me. But with the memory of Lora's own work with them, I am supported and lead further. In Biodynamic Agriculture, it is felt that the earth becomes alive in the winter and dies in the summer (hence all of the growth in the summer in place of the aliveness). As winter approaches, I, too, hope to go within and "wake-up" with greater insight into life, death, and all of these virtues including *gratitude*.

# Broccoli

Broccoli is a flower—a bunch of flowers, to be exact. All those tiny little buds just haven't opened up yet. If we were to let our broccoli plants keep growing in the fields without harvesting them, they would erupt into a bouquet of tiny yellow flowers.

## Broccoli and Tofu with Peanut Sauce

Served over brown rice, this dazzling, nutty dish makes for a wonderfully tasteful, healthful, and complete meal. To drain tofu, place it on a towel, place a baking sheet on top of it, and weight the baking sheet down with a heavy pot or pan. *Angelic Organics Kitchen* (adapted from *From Asparagus to Zucchini*).

Serves 4

- 1/4 cup unsalted cashews
- 3 tablespoons peanut oil, divided
- 1 large onion, chopped (about 1 cup)
- 1 red or yellow bell pepper, chopped
- 1–2 cloves garlic, minced (1/2–1 teaspoon)
- 1/2 teaspoon dried red pepper flakes
- 1 pound herbed firm tofu, well drained, cubed
- 3 tablespoons tamari or soy sauce, divided, plus more to taste
- 1/2 cup peanut butter (preferably chunky)
- 1/2 cup vegetable or chicken stock or water
- 2 teaspoons rice wine vinegar
- 1 teaspoon toasted sesame oil
- 4 cups chopped broccoli, including peeled stalks

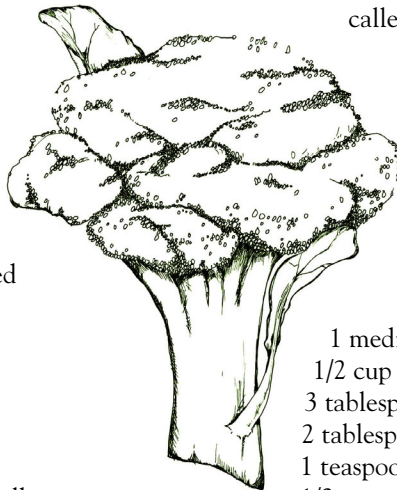
1. Toast the cashews in a dry, heavy skillet (preferably cast iron) over high heat until they start to brown in spots and become fragrant. (Be careful not to overtoast them, as they burn very quickly once toasted.) Let cool and then roughly chop.

2. Heat 2 tablespoons of the peanut oil in a large skillet over medium-high heat. Add the onion, bell pepper, garlic to taste, and pepper flakes; sauté until soft, about 5 minutes. Transfer the mixture to a bowl.

3. In the same pan, heat the remaining 1 tablespoon peanut oil over medium-high heat. Add the tofu and 1 tablespoon of the tamari; sauté until the tofu starts to brown in spots, 8 to 10 minutes. Transfer the tofu to the bowl with the onion and bell pepper mixture.

4. In the same pan, mix the peanut butter, stock, rice vinegar, and remaining 2 tablespoons tamari. Heat over medium heat, stirring, until the mixture reaches a gravy-like texture and comes to a boil. Immediately turn off the heat and stir in the tofu mixture and sesame oil. Season to taste with more tamari.

5. Place the broccoli in a steamer basket set over 1 1/2 inches boiling water and cover. Steam for 5 minutes. Transfer the broccoli to the pan with the peanut butter mixture and mix well. If necessary, heat through before serving. Garnish with toasted cashews.



## STORAGE

Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator for up to a week.

## HANDLING

Immediately before cooking, soak broccoli, head down, in cold, salted water (1 teaspoon salt to a 8 cups of water) for 5 minutes. Any [organic] critters will float to the top where you can rescue them or allow them to suffer a salty death. (Note: If you soak broccoli in salt water before storing, it will become too rubbery and wilted to enjoy.)

Slice the juicy, edible stems and use them wherever florets are called for. Peel particularly thick skin before using.

## Broccoli with Asian-Style Dressing

Be careful—this can be addictive. You may not want your broccoli any other way after trying this recipe. For variety, try adding matchstick-size strips of steamed carrots or daikon. *Angelic Organics Kitchen*.

Serves 2 to 4

- 1 medium head broccoli
- 1/2 cup rice wine vinegar
- 3 tablespoons peanut oil
- 2 tablespoons soy sauce
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon minced garlic
- 1/2 teaspoon toasted sesame oil
- 1/2 teaspoon hot chili oil (optional)

1. Separate the florets from the stalk; break into smaller florets. Cut the stalk into 1-inch lengths and then into matchstick-size strips.

2. Place the broccoli in a steamer basket set over 1 1/2 inches boiling water and cover. Steam for 5 minutes. Transfer the broccoli to a bowl.

3. Combine the remaining ingredients in a small bowl; stir until well combined. Pour the dressing over the broccoli and mix well.

## The Crop

You know how some wine connoisseurs can take a sip and say, “The grapes must have experienced a dry summer along the Rhine . . .”? While picking broccoli yesterday, I mused that you shareholders have the opportunity to develop a similar weather-reading ability when you gaze at your broccoli. Now that we've picked many of the main heads from our broccoli plants, little side shoots have begun to form. These shoots grow so quickly that each shoot describes the weather in the single week that it developed. Broccoli forms tight beads in cool weather, loose beads in warm weather.

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).

