



### Diana writes...

I visited my parent's farm this past weekend. In addition to running a few errands, I also headed north to visit my 92 year-old grandma. She recently broke her ankle trying to take the laundry off of the line. We ask her to not do certain things anymore, such as take the laundry down, because she is unstable on her feet and has had a couple of falls in the past year. However, my grandmother is stubborn and determined. So to her dislike, she is currently residing at a nursing home as she recuperates. This means my grandpa has been living as a bachelor.

Saturday night after visiting grandma, gramps stopped by my parent's house on the way home. We had just finished a dinner of grilled steak, potatoes, and steamed Angelic Organics cabbage. We convinced him to stay and eat. He was thrilled with the cabbage. I sat with him at the table while he cleaned his plate with vigor. He looked at me smiling with a bit of cabbage stuck to his lip, and said he hadn't had cooked cabbage in years. "Ma and I used to grow this. To think I was going to go home and have a can of sardines."

The last few months have been hard on my family. First the car accident that I was in and now my grandma's broken ankle. It was pretty great seeing my family enjoy the cabbage from the farm. Even my dad agreed that it was tasty, and he is not the most adventurous eater (even though I wouldn't put cabbage on the crazy food list). The best was seeing my grandpa's very happy face. It is nice that joy can be found in the simplest of things, especially during difficult times.



I feel like a parent saying this, but remember to try your vegetables. I say that because many of the crops that last into the late fall take on very different flavors than their early season counterparts. A frost brings new sweetness to the fall brassicas and spinach. Bob said the spinach is so sweet it's like eating sugar snap peas. He also recommends tasting the arugula again for all those people who like himself avoid the stuff. With the cold, a new sweetness has been added to the peppery green. So remember it is always good to try things at least twice. You might just find that you're more of a winter box spinach eater than a year round lover of the green.

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

#### Brassicas

**Broccoli Florettes\***- this is very tasty broccoli

**Kohlrabi\***-the leaves are delicious too

**Cabbage\***-likely, Grandpa Nolden likes it!

**Brussels Sprouts\***-unlikely, but very likely next week

#### Alliums

**Garlic**

#### Salad Greens

**Lettuce**-maybe; they may have some slight frost damage

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

#### Root Crops

**Potatoes**

**Beets**-likely, always good for beet burgers

#### Cooking Greens

**Spinach\***-super sweet

**Arugula\***-bagged; a combo of sweet & peppery flavors

**Kale\***-*Red Russian*; bagged; even better than last week. *Try it--*

**Kale\***-*Winterbor* tops - maybe *you'll like it!*

#### Fruiting Crops

**Winter Squash** - *delicata* &/or *butternut*

**Popcorn** - see week 18 newsletter for popping instructions

*old newsletters are available at [AngelicOrganics.com/nl](http://AngelicOrganics.com/nl)*

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### Bob writes...

I don't have much more new to report this week. The fact that this isn't a fruit week helps make things go better. The weather has been mostly co-operative although at the moment it is windier than I like. We are now beginning season wind-up projects like putting straw mulch on top of next year's garlic, removing the buried drip-tape irrigation lines, removing the overhead irrigation lines, winterizing tractors and trucks, and more. Primo and Juan just completed a temporary patch repair to the western side of our barn roof (with a silver tarp). Also, they will soon finish resurfacing our greenhouse floor. Each day we are usually completing a final harvest for a given crop or two. We have been particularly pleased with the broccoli florette/side shoot yields due to the warm late September and October.

On a personal note, with Halloween on Wednesday, All-Saints Day on Thursday, and All-Souls Day on Friday, I continued to work with Lora's passing. On Wednesday, I was fortunate to be able to meet with a woman, Linda Bergh, from Minneapolis, who lead a Biography Workshop in August which Lora attended and who, herself, has experienced notable passings. She was in town for a *Living Into Dying* workshop in Milwaukee (see [www.LindaBergh.org](http://www.LindaBergh.org)). On Thursday, I popped some popcorn for Lora (one of her favorites), shared it with her, and participated in a small remembrance ceremony. And on Friday evening, I attended an All Soul's Ritual Celebration at the Prairie Hill Waldorf School. The week was solemn but appropriately so. I continue to have my good moments and bad moments. Once again, I am appreciative of everyone's support and positive wishes. One exciting bit of news, though, in May of 2008, Gunther Hauk, the renowned Biodynamic Beekeeper of the Spikenard Farm and Apiary in Central Illinois ([www.spikenardfarm.org](http://www.spikenardfarm.org)), will be giving a Beekeeping workshop on our farm in conjunction with the Angelic Organics Learning Center and in honor of our favorite beekeeper, Lora Krogman. Look for further details in 2008.

# Cooking Greens

Supplement

## Spinach or Tetragonia and Coconut Banana Curry

The pairing of banana and spinach in the same recipe may seem peculiar at first, but the ingredients in this dip are the disparate ingredients of a sweet curry dish—and while their texture may become homogenized, their flavors don't. Serve this dip with raw or slightly blanched vegetables, crackers, or chips, or with rice for a delightful side dish. To prepare the curry faster, you can use a 6-ounce can of green lentils (drained) instead of dried lentils. *Friend of the Farm.*

Makes about 2 cups

- 1/2 cup dried green lentils
- 1 1/2 teaspoons salt
- 3/4 pound spinach leaves, trimmed, chopped (about 2 cups)
- 2 small ripe bananas, broken into chunks (about 1 cup)
- 1 cup canned coconut milk
- 6 ounces cream cheese, softened
- 2 eggs, hard-cooked
- 1 small or medium red onion, cut into wedges
- 1 clove garlic, peeled
- 2 tablespoons butter, softened
- 1 tablespoon curry powder
- 1 teaspoon freshly ground black pepper

1. Put the lentils in a medium skillet and cover with water. Bring to a boil over high heat, add the salt, cover, and reduce heat. Cook at a steady simmer until the lentils are soft, about 45 minutes. Add more water if it starts to dry up. Drain.
2. Combine the cooked lentils with the remaining ingredients in a food processor and purée until smooth.
3. Transfer the mixture to a bowl; cover and refrigerate for at least 1 hour. Serve cold or at room temperature.

### Overheard

Customer at a Chinese Restaurant: I went to a health food restaurant. That's a place where they serve food that's good for you, all natural. I had alfalfa sprouts and avocado on my sandwich. Avocado is green and kind of gooey and creamy. It's high in fat, but the things at this health food restaurant weren't necessarily low in fat. They were just good for you. They made a spinach lasagna that was so delicious. It tasted like it had meat in it.



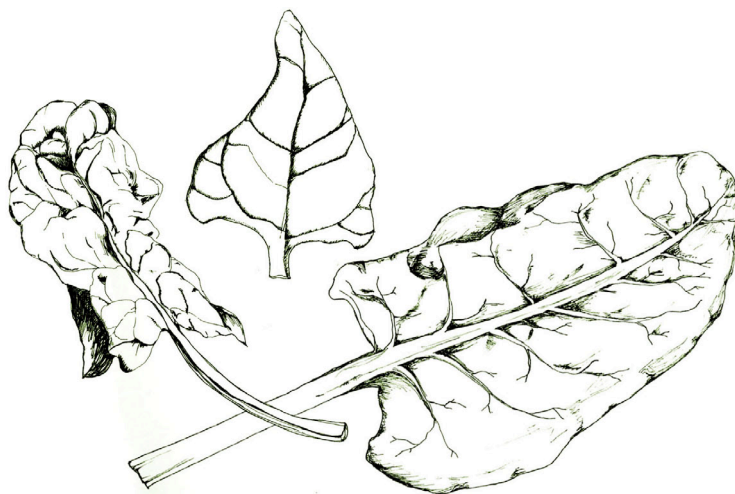
## Simple Cooked Greens

Cooking greens in oil or butter over high heat until they are just wilted is a great way to give them an added richness while preserving their fresh taste and delicate texture. Wilted greens mix well with almost anything. They add sophistication to cooked grain or pasta. Topped with grated cheese, a cream sauce, or toasted nuts, they make a complete side dish; dressed with a vinaigrette they become a delicious warm salad. Wilted greens also make a great bed for any meat. They are also wonderful served on their own, simple and elegant, as in this recipe. If you are using greens with hearty stems, such as Swiss chard, cut out the stems, chop them, and sauté them before cooking the leaves to give them enough time to cook. *Angelic Organics Kitchen.*

Serves 4

- 3 tablespoons butter or olive oil
- 1 teaspoon minced garlic (about 2 medium cloves) (optional)
- 1 pound greens, rinsed, torn or chopped into bite-size pieces
- salt
- freshly ground black pepper
- extra virgin olive oil

1. Heat the butter or olive oil in a large skillet or pot over medium heat. Add the garlic; sauté for 1 minute.
2. Add the greens immediately after rinsing them, with the water still clinging to the leaves. Cover; cook for 1 minute. (If you are using heartier greens, such as kale or collard greens, add a cup of water to the skillet. Cover; cook for 5 minutes.)
3. Uncover the skillet, add salt to taste (this will ensure the greens stay a bright green), and give the greens a good flip and stir. Cover the skillet again and continue cooking the greens until they are bright green, tender, and wilted to your taste. (For spinach this will be only another minute or two, for Swiss chard 3 to 5 minutes, and for kale or collard greens, depending on their maturity, this could be up to 20 minutes. Be sure to add more water if it boils away.) Season with pepper and olive oil to taste.



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).

