



In the Share

Onions- 5 pieces
Garlic- 1 piece
Carnival squash- 1 piece
Leeks- 4 pieces
Ristra- 1 awesome string
Brussels sprouts- 1 lb.
Carrots- 1 lb.
Beets- 3 pieces
Sweet Peppers- 5 pieces, 4 green
and 1 red
Greens choice- kale or collards
Rutabaga- 1 piece
Lettuce- 1 head

Sad to see it End

Intern debra here.... I love this time of year, the cool crisp air, the geese flying overhead, the beautiful colors bursting from the trees, and even the new warm additions to my wardrobe that I forgot I owned. The part I don't like this year is the end of the season at the farm. As an intern I've immensely enjoyed working in the fields with my fellow interns and farmers. I've been able to enjoy more vegetables than I thought I'd ever be able to eat, and have come to appreciate them so much more now knowing all the work that goes into producing them. I've also learned more than any book could have taught me under the close watch of Jake and Julie, I'm forever grateful. – Thank you!

From the Farmer

Cold Hands and Tasty Brussels

It's intern solo week! Hurray! This is Annali writing in for Jake.

While harvesting brussels sprouts on Monday, I had a brief and vivid recollection of one day earlier this summer. It was a perfect day, 70's and sunny with a slight breeze. The birds were singing over in the prairie. I think it was in July but there were so many perfect days this summer that it is hard to tell. I remembered working in that same section weeding and exclaiming to fellow interns how if everyday were this amazing, everyone would be a farmer. In fact, why weren't more people flocking to farms, begging them for a chance to work in the field?

This week was my answer to that question. With temperatures in the 20's at night and barely warming to the low 40's by the time we finished our workday, it's been a rough week. Most of your vegetables get washed, so factor in dunking everything in water and using a hose to spray it down afterwards when you think of the hands that packed the veggies. Today, we had to be extra careful with how long we let the lettuce sit in the water. Because the water was so cold, some of the lettuce began to freeze and suffer cell damage. I wondered if my fingers might follow the same path. Our intern crew has dwindled due to school and new work schedules and many of our worker shares were sick or injured this week. So our crew was a whopping 4 today, with 84 shares to wash, pack and organize.

But enough complaining: what I'm mostly trying to say is that I am really proud of the group this week. We got a lot done and feel excited about your share despite the cold. I'm especially excited about the brussels sprouts, because this cold snap has made them super sweet and irresistible!

The week is going really well and the cold weather means a long, restful and cozy winter is ahead. It is also a reminder to me of why I love farming. While the perfect picture of the sun rising over the kale on a warm summer day might have initially lured me into farming, that is not why I farm anymore. If it was, I would have left a long time ago. It is a mix between enjoying growing tasty food for people, liking the challenge of daily problem solving, feeling good physically using my body, being able to watch the start and end of a task, loving the people all along the way, a strong feeling that this is somehow a positive contribution to the world, and simply because I like playing in the dirt.

Recipe

Spiced Storage Vegetable Soup

by Sarah Hau, Troy farm intern

Here is a fall time soup that I like to make because it accommodates additions and substitutions well. For instance, if you still have celeriac or rutabaga, toss them in! This recipe offers you a way to use many of your storage vegetables. The coconut milk is an enriching touch to make it stick to your ribs, and the seasonings will warm you from within.

2 T olive oil
2 cloves garlic minced
1 leek chopped
32 oz carton veg broth
4 c water
1 can coconut milk
1 c lentils (dry, rinsed)
8 - 10 carrots sliced thick
1 winter squash (butternut) cubed
2 potatoes cubed
2 T ginger minced
pepper to taste
1 tsp celery salt
1 tsp curry or masala
1/2 tsp cayenne (optional, spicy)

Heat olive oil in large pot. Add garlic and leeks. Cook 4 minutes on medium heat. Add broth and water and bring to a boil. Add lentils, squash, carrots, potatoes and ginger. Add seasonings.

Reduce heat to medium low, and cook until vegetables are soft, but not mushy (about 25 minutes). Stir in coconut milk. Leave it to stand 5 minutes and serve.

(continued "from the farmer")

If we over-idealize farming, we run the risk of quickly becoming disenchanted and giving up when faced with reality. Instead, like all parts of life, there are easy and hard days. The question I have to ask myself is really less about how I feel at any one individual moment, but does this work feed my soul and make other people's lives more fulfilling? Can I find joy even on the hard days? Today, I (and I think I can safely say the rest of the crew) did. Julie brought us a still steaming homemade apple pie for our lunch that we finished inside Jake's warm kitchen. ☺

(continued from "in the share")

One of my favorite vegetables of the season is the beloved pumpkin. Everyone has his or her favorite recipe of this wonderful squash. The one I like is a dairy and gluten free pumpkin pie. It's packed with coconut oil, coconut milk, sweetened with honey, and easy to make!

Dairy and Gluten Free Pumpkin Pie

Crust: ¾ cup rice flour, ¼ cup tapioca flour, ¼ tsp salt, 1/3 cup coconut oil, 1 egg, 1 tbs. honey

Filling: 15oz pumpkin puree or 1¾ - 2 cups baked pumpkin/squash or sweet potato, 1 2/3 cup coconut milk, 2 eggs, ½ cup honey, ¼ tsp salt, ½ tsp. nutmeg, ½ tsp. ginger, 1 tsp. cinnamon, 1 tsp. vanilla (optional)

Preheat oven to 350 degrees. Mix crust ingredients in the food processor. This makes a very soft crust, but bakes into an excellent texture. Use a spatula to spread the crust into the pie dish. Mix all the filling ingredients in the food processor till smooth. Pour into the pie shell and bake at 350 for 50-60 minutes. Chill in the refrigerator completely before serving. Enjoy!