

# NEWSLETTERS

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SEPTEMBER 21 2013 NEWSLETTER

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Friday September 20, 2013

Greetings CSA Members,

Fortunately, we dodged the frost the other night. But soon Jack Frost's icy fingers will reach out and touch the leaves and stems in our fields. Until then, we will finish picking the tomatoes and then start hauling in the winter squash and beets, carrots and potatoes, and sweet potatoes to be stored for the winter. As promised, here is Part 2 of *So God Made An Organic Farmer*. Enjoy the sunshine and crisp Fall air. See you here on Sunday for the Pot Luck from 3:00 – 6:00.

Have a great week – Justine

Part 2:

Beware

There are those who call themselves farmers  
Who destroy my precious living soil  
Who pollute my waters  
And fall prey to the false words  
Of those promising to make their lives easier  
And richer  
For less work.  
And in the bottomless pit of their craving for more  
Will cause animals to suffer greatly, and destroy my fertility

And make children sick and sad

Out of ignorance and greed.

Forgive them anyway

For they know not what they do.

They are part of my flock

Who have gone astray.

But you, organic farmer,

Must not give up.

You will find them

And bring them home safely,

Because to you I have given

The wisdom of my secrets

That I am alive

And fragile

And desiring of your love

And protection.

You will see my happiness and joy

In each butterfly and bee,

Each blossom and autumn bounty,

Each clear and beautiful sky,  
Each healthy laughing child who runs barefoot in my garden  
And eats straight from my hands.  
Organic farmer,  
With your care  
I am healed and happy  
And in return  
Will protect you and provide for you  
Till the end of my days..."

So in the lonely dawn light  
Organic farmers wake up each day  
And begin again  
To grow, to protect, to nurture, to heal,  
To love the animals and respect the soil,  
To feed the birds and the children and the hungry with  
Safe and healthy food  
And to help other organic farmers  
And share their bounty with family and friends  
So that the number of organic farmers  
Can be fruitful  
And multiply  
With the knowledge that God is everywhere  
And in everything, not to be dominated  
And controlled  
And destroyed  
But to be loved  
And only loved.

**\*\* Remember the CSA Pot-luck is Sunday September 22 from 3-6:00. \*\***

**This week in your share, you will most likely receive:**

**Mesclun**  
**Arugula**  
**Carrots**  
**Dill**  
**Broccoli Raab**  
**Butternut Squash**  
**Fennel**  
**Tomatillos**  
**Scallions**

#### **Week 16 at Denison Farm CSA**

##### **Step 1: Triage**

Short Life: Mesclun, Arugula, Scallions

Medium Life: Broccoli Raab, Fennel, Tomatillos

Long Life: Carrots, Butternut Squash

The time of long lived, long storing vegetables has arrived. I love the connection to the seasonal eating that comes this time of year. Our 1932 house has a cold cellar and I imagine what it must have been like putting the vegetables away for the winter months. What will preserve? How will we preserve it? In this batch, the long-lived root vegetables and squashes are arriving. Be it in a cold cellar or in a cold dry place in your pantry, the arrival of vegetables is a sure sign that Fall is arriving.

##### **Step 2: Divide and Conquer**

Not much dividing happens this week. Fennel stalks should be removed, as they serve more as good seasoning than good eating. Try placing them under roasting protein and let them add their flavor. The fennel bulb itself is quartered and cored, much like a cabbage. This can be sautéed with onion or eaten raw alone. My favorite place to put fennel is sautéed, then added to a gratin with potatoes. It is rich and a perfect dish for these early fall days

carry on guys.

### Potato-Fennel Gratin

*Adapted From The Barefoot Contessa*

2 small fennel bulbs  
1 yellow onion, thinly sliced  
2 T olive oil  
1 T unsalted butter  
2 lbs russet potatoes (4 large potatoes)  
2 cups plus 2 T heavy cream  
2 1/2 cups grated Gruyere cheese (1/2 lb/8 oz) *Note: A sharp cheddar also works well with this dish*  
1 tsp kosher salt  
1/2 tsp freshly ground black pepper

1. Preheat oven to 350. Butter the inside of a 9 x13 or larger baking dish (original recipe calls for a 10 by 15 by 2 inch)
2. Remove the stalks from the fennel and cut the bulbs in half lengthwise. Remove the cores and thinly slice the bulbs crosswise, making approximately 4 cups of slice fennel. Sauté the fennel and onions in the olive oil and butter on medium low heat for 15 minutes, until tender.
3. Peel potatoes, then thinly slice them by hand or with a mandoline. Mix the slice potatoes in a large bowl with 2 cups of cream, 2 cups of Gruyere, salt, and pepper. Add the sautéed fennel and onion and mix well.
4. Pour the potatoes into the baking dish. Press down to smooth the potatoes. Combine the remaining 2 T of cream and 1/2 cup of Gruyere and sprinkle on the top. Bake for 1 1/2 hours, until the potatoes are very tender and the top is browned and bubbly. Allow to set for 10 minutes and serve.

### Step 3: Everything in its Place

Winter squash is easy to cook. Once cooked, most anything can be done with it from a mash to a drizzle of olive oil and maple syrup. At its most basic, halve the squash, scoop out the seeds, turn upside down over aluminum foil on a baking sheet and bake at 350 until fork tender, about 45 minutes. It can also be sliced, peeled or not into long strips and placed under chicken. Roast it all together with salt and pepper at 375 until the chicken is cooked through and the squash is tender.

### Step 4: Storage

The following items can be blanched and frozen: Broccoli raab  
The following items will keep forever in the dry and dark: Carrots, Butternut Squash  
The following item can be hung to dry: Dill

This week's pickle: **Pickled Carrots with Dill**

1 lb carrots, sliced into 4 inch sticks  
1/4 cup minced dill leaves or 2 whole dill sprigs  
3 large garlic cloves, coarsely chopped  
1 to 2 red jalapeno peppers, seeded and sliced *Note: Optional, have successfully made without*  
1/2 tsp whole black peppercorns, crushed  
1 1/2 tsp pickling salt  
1 cup white wine vinegar *Note: Have successfully used cider vinegar*  
1 cup water  
1/4 cup sugar

1. Blanch the carrots in boiling water, or steam them, for 2 minutes or until they are barely tender. Immerse them in cold water until they are cool.
2. Pack the carrots and dill into a quart jar. In a saucepan, bring the remaining ingredients to a boil. Cover the carrots with the liquid. Cap the jar and let it cool to room temperature.
3. Refrigerate the jar for 2 days or longer before eating the carrots. Refrigerated, they will keep for at least two months.

Until next week, Leah the Nosh

And a sweet recipe for those carrots!

And a sweet recipe for those carrots!

### Coconut-Carrot Morning Glory Muffins

1 cup whole-wheat or white whole-wheat flour  
1/2 cup old-fashioned rolled oats, plus 2 tablespoons for garnish  
2 teaspoons baking powder  
2 teaspoons ground cinnamon  
1/2 teaspoon salt  
1/4 teaspoon ground allspice  
2 large eggs  
1 cup unsweetened applesauce  
1/3 cup honey  
2 teaspoons vanilla extract  
1/4 cup coconut oil, melted if necessary (see Tip)  
2 cups shredded carrots  
1/2 cup unsweetened shredded coconut, plus 2 tablespoons for garnish  
1/2 cup raisins

Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray.

Whisk whole-wheat flour, 1/2 cup oats, baking powder, cinnamon, salt and allspice in a medium bowl.

Whisk eggs, applesauce, honey and vanilla in a large bowl. Whisk in coconut oil. Gently stir in the flour mixture just until moistened. Fold in carrots, 1/2 cup coconut and raisins.

Divide the batter among the muffin cups. Sprinkle with the remaining 2 tablespoons each oats and coconut.

Bake the muffins until they spring back when lightly touched and a toothpick inserted in the center comes out with only moist crumbs attached, 30 to 35 minutes. Let stand in the pan for 10 minutes before turning out onto a wire rack. Serve warm or at room temperature.

**Make Ahead Tip:** Individually wrap in plastic and store at room temperature for up to 3 days or freeze for up to 3 months. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

Equipment: Muffin tin with 12 (1/2-cup) cups

**Tip:** Coconut oil is solid at temperatures below 76°F. To melt solidified coconut oil, remove the lid and place the container in a bowl of very hot water; stir frequently until melted.

### Roasted Fennel, Carrots, and Shallots

3 3- to 4-inch-diameter fennel bulbs, tops trimmed, fronds reserved  
4 tablespoons extra-virgin olive oil, divided  
8 carrots, peeled, cut on deep diagonal into 1/4-inch-thick ovals  
12 1- to 1 1/2-inch-diameter shallots, blanched 1 minute, peeled,  
cut in half through root end  
Chopped fresh Italian parsley

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 425°F. Brush 2 large rimmed baking sheets with oil; warm sheets in oven 10 minutes.

Quarter fennel bulbs through core. Cut each quarter into 3 wedges; place in large bowl. Add 2 tablespoons oil, sprinkle with salt and pepper, and toss fennel to coat.

Combine carrots and shallots in another large bowl. Add 2 tablespoons oil, sprinkle with salt and pepper, and toss to coat. Spread fennel on 1 hot baking sheet and carrot-shallot mixture on second sheet. Return sheets to oven; roast vegetables 10 minutes. Reverse sheets. Roast vegetables 20 minutes. Turn vegetables over. Roast until tender, 10 to 15 minutes longer.

Arrange vegetables on platter. Sprinkle with parsley. Garnish with fennel fronds.

### Quinoa with Roasted Butternut Squash, Arugula and Toasted Pecans

2-lb butternut squash, trimmed, peeled and chopped into 1/2-inch cubes  
2 tablespoon extra-virgin olive oil, divided  
1 1/2 teaspoons salt, plus more for seasoning

1/4 t. ground cinnamon  
1/4 t. paprika  
1/4 t. cayenne pepper (optional)  
1 cup red, buff or black quinoa, well rinsed  
1 1/2 cups water or chicken broth  
1 large shallot, chopped  
2 cups arugula  
Freshly ground pepper  
1/3 cup pecan halves, toasted and roughly chopped

Pre-heat oven to 450 F degrees. Line a baking sheet with aluminum foil and set aside.

Place butternut squash in a large mixing bowl and toss with 1 tablespoon olive oil, 1 teaspoon salt, cinnamon, paprika and cayenne pepper (if using) until well coated. Pour out onto the prepared baking sheet in a single layer. Place in the middle rack of the preheated oven and roast until tender, about 20 minutes. Remove from oven and set aside.

In the meantime, combine the quinoa, water (or broth) and 1/2 teaspoon of salt in a medium pot. Bring to a simmer then reduce the heat to low. Cover and cook undisturbed until the water has evaporated and the quinoa is tender, about 15 minutes. Remove from heat and leave covered an additional 5 minutes then fluff with a fork.

In a large shallow skillet, heat the remaining tablespoon of olive oil over medium heat. Add the shallots and sauté until they begin to soften, adjusting the heat so that they don't brown, about 3 to 4 minutes. Add the cooked quinoa and roasted butternut squash to the skillet. Toss in the arugula and continue to cook until it just begins to wilt, about 1 to 2 minutes. Remove from heat and season with salt and freshly ground pepper to taste. Top with chopped pecans and serve.





You received this email because you are a member of the Denison Farm CSA.

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*Community Supported Agriculture (CSA) is a unique collaboration connecting people to a local farm and farmer. When you become a CSA member, you agree to support the costs of running the farm in exchange for a share of the harvest.*

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