



THE WINTER PANTRY

Tonight our family spent the evening putting summer food away for the winter. The boys were busy cutting up damaged red potatoes and filling quart jars. When that set of jars were all filled, they were on to pushing tomato soup that we had been cooking all day in the pack shed through the tomato saucer. Then it was a several more hours of tending the pressure canning process as there were several batches to get through.

There are easier ways to eat potatoes in the winter. When you consider that we can hold potatoes in storage without any extra processing until at least April and also the price on grocery store potatoes, it might seem a waste to can spuds. But if you work on our farm and see five or ten pounds of potatoes get thrown away each week as seconds, you might also want to rescue them from the compost pile and put them to use. But the real reward comes when you are preparing a meal in a hurry and want to simply open a jar of fully prepared potatoes and quickly mash them for supper or slice them to fry with your morning eggs. We learned a few years ago that going against recommended practice and maintaining the skins gives them an amazing earthy, almost smokey flavor we love. Keeping ugly food from the compost heap is a huge factor in determining what's in our canning cupboard come winter.

Canning foods has been around a very long time. The heating and sealing process was first researched and utilized widespread in the early 1800's for use by troops. The impacts of canning were huge for a civilization that didn't have the luxury of modern refrigeration.

A few weeks ago, we had an excess of cucumbers that did not sell at market. Our friends Tom and Linda offered to come make two big batches of sweet dill pickles with us in exchange for half. Many hands made light work and we each have another shelf on our pantry filled. Every time we reach into our storage cupboard, there is a huge sense of pride packed in every perfectly packed and sealed jar. Memories of a time and place when that food was grown and made. And flavor that you can't buy in a store.

Growing for you,

eric + rebecca

IN THE BAG

Purple Haze Carrots
 Red Potatoes
 Onions
 Cantaloupe
 Radishes
 Garlic Bulb
 Green Peppers
 Mixed Tomatoes
 Swiss Chard
 Lettuce
 Sweet Basil
 Green Cabbage (*larges*)
 Zucchini (*larges*)

PUMPKIN EVENT

The past two seasons we had enough pumpkins to host a pumpkin pick for all farm members in October. Thank you everyone who took advantage of this. Unfortunately this season we do not have a large enough crop to hold this event. Please cross this off your calendars and accept our sincere apologies for the inconvenience!

I THINK PICKLES ARE CUCUMBERS THAT SOLD OUT. THEY SOLD THEIR SOUL TO THE DEVIL - AND THE DEVIL WAS DILL. - Mitch Hedberg

SUPPLY REUSE

With proper sanitation, we can reuse these items: plastic greenhouse flats (generally 10x20") webbed or solid with dividers, mid-size transplant pots (3-3.5"), plastic and paper grocery bags, abandoned garden tools, and mason jars.

Please do NOT save us 3 or 4 cell packs for transplants, no plant id tags, no grocery bags that are dirty, no old mayo jars, and no eggs cartons until our chickens pick up the pace.

SWEET BASIL

The holy grail of herbs, basil is the key ingredient in many Italian dishes. There are many cultivars of basil. You have a green leaf variety called Eleanor Sweet Basil and also a purple leaf variety called Red Rubin.

Known for its intense fragrance, basil is best used fresh but can also be dried. If you have not tried basil pesto over pasta or blackened chicken, you should give it a try. Basil pesto can be whipped up quickly in a small chopper by blending basil, garlic, nuts, cheese, a little salt and olive oil. Test your flavor combination on some crusty bread or crackers. Basil pesto can be frozen in ice cube sized pieces and stored in the freezer for use in the off-season.

Please note that fresh basil can not handle cold temps and will develop black spots on its leaves if not kept in the warmest spot in your fridge, which is generally the crisper drawer.

food with flavor

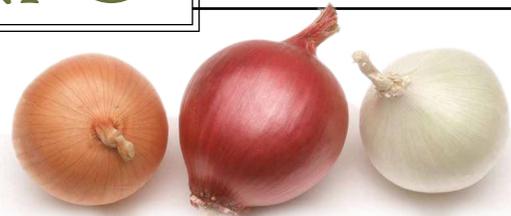
PURPLE HAZE



Purple haze carrots that is. This is actually a different variety of purple carrot than you received in your first few shares of rainbow carrots. Purple haze is slower growing, so we have only begun harvesting it two weeks ago. Also the purple pigment is darker and goes deeper into the center of the root. We find the purple haze to be a bit sweeter than the other varieties we are currently harvesting. Please do a taste test and let us know what you think.

So what's all the fuss about purple carrots? You've certainly heard the phrase "**eat the rainbow**" by now, but what does it mean and why? Skittles don't count by the way.

To put it simply, eating more variety means you are getting a better balance of nutrition. By spreading your food choices across the color spectrum you are covering all the bases for the biological functions your body does every day. Yellow/orange is your carotenoids, vitamin A and lutein. Green is loaded with phytochemicals and folate. Red means lycopene, a powerful antioxidant. Whites/browns have the allicin and potassium. Purples/blues have the mighty plant pigment anthocyanin, known for reducing heart disease, cancer and stroke. You get anthocyanin in both blueberries and purple haze carrots.



ONIONS

As we near the end of the season, you will continue to get a random variety of onions from our storage crop. It might consciously be a different variety than the week before or simply what we have cleaned up and ready from the drying shed. At this point all but only a few rows have been harvested and dried. If you have specific onion needs, please don't hesitate to let us know.

YELLOW ONIONS If a recipe doesn't specify what type of onion to use, your safest bet is a yellow onion. The yellows hold up extremely well over that process of caramelizing because it is a long, slow heat.

SWEET ONIONS include Vidalias, Walla Wallas, Maui and more. These well-known varieties have pale yellow skin and bright white flesh. If you're looking for an onion that tastes amazing raw in salads, relishes or as a garnish, go for sweet onions.

RED ONIONS are ubiquitous on salads, sandwiches and other raw preparations partly because of their appealing deep-purple color. Reddin warns, however, "Red onions have a peppery, spicy flavor to them. This variety is sweetest from March to September. Red onions pair well with equally strong-flavored greens such as kale or arugula. Red onions are recommended for roasting, grilling and pickling.

WHITE ONIONS are commonly found in prepared salads (potato and macaroni salads, for instance) and traditionally in Mexican cuisine. White onions can be strong but they tend to have less aftertaste. Their slightly sweet taste adds to fresh salsas, guacamole, ceviche and tacos. They're also commonly served up in barbecue establishments with a plate of meat, pickle and sides.

SWISS CHARD

Don't let rainbow Swiss chard get stuck in the bottom of your crisper drawer. Compared to lettuce, it is the heavy-weight of vitamins and nutrients. Chard/beet lovers know it makes a great side dish simply sautéed with butter and garlic or even added to a lettuce salad. But for those of who aren't so willing, utilizing chard in a recipe where it doesn't steal the spotlight makes it delicious. We shared some exciting recipes in this week's farm email. Please check them out for some ideas: Chickpeas and chard with poached eggs, sausage, greens, and beans pasta, shelled bean and Swiss chard panzanella, Swiss chard and mushroom galette, bucatini with Swiss chard and more.