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Newsletter

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BloomingNow!

Features Fresh from the Farm

Community

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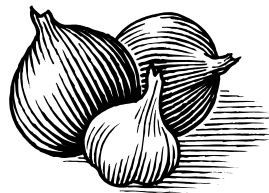
From the field...

Fall is in the air— the cool nights are a refreshing change, bringing thoughts of warm soups and roasted vegetables. We are keeping our fingers crossed that some hot days still to come will keep our tomato harvest going. The last planting of eggplants is pretty amazing. Hopefully you aren't totally tired of them yet— they'll be gone soon enough. We still have a few plantings of beans to go, and we move into Delicata squash in the next week, then butternuts.

The total of five inches of rain last week ruined a few plantings of spinach. It just doesn't like heavy rains, especially because of our clay soil— it really prefers sand. It's been a discouraging year for spinach overall— lots of effort goes into seeding, germinating and cultivating the sprouts, only to see them shriveled and yellowed after the rain. We seem to have much better luck with greens like broccoli raab, arugula, chard and kale. For those of you who don't know, raab is not at all similar to broccoli in taste — it is more of a bitter mustard flavor— one I absolutely love— I could eat piles of it! It is well loved in Italian cuisine.

Our farm crew took an exciting field trip this week, due to the connections of a CSA member— thanks Valerie!! We had the pleasure of meeting local celebrity seed saver and food historian William

Woy Weaver, author of the engrossing book "Heirloom Vegetable Gardening", and regular contributor to Mother Earth News. All the plants in his lush garden in Devon have a story, many of them unique to this region. Will defines heirlooms as being at least 50 years old. Most of his plants genetics are hundreds of years old. Everything



was unusual, and to us vegetable geeks, so charming and fascinating! The whippoorwill cow pea, with its brown speckled seed, that was grown in Pennsylvania as a crop for hog pastures and as hay for dairy cattle; a deep purple carrot; the South American tuber oca; a white velvet okra; beets in their more natural cylindrical shape before consumers expected roundness; a webbed hot pepper from Macedonia whose name in their language means "knitted", and when grilled tastes like bacon!; a sorrel that doesn't bolt and is aptly named Profusion; tiny green climbing melons and a gigantic orange one; pink winter squash covered in warts; white sweet potatoes; and stories of ceremonial corn seeds saved by Native Americans, with no one left

to keep growing them out. Many of Will's varieties can be found in the Seed Saver Exchange catalog. We were certainly inspired to try a few, and so thankful that there is someone like Will, dedicated to the history of food, and in particular, foods of this region. On page two of this newsletter there is a description of the heirloom hot pepper, Fish, and Delicata squash. It is hard to believe we only have

seven or eight more weeks of distributions to go— our target last pickups are the beginning of November. 24 weeks of distribution will bring us to the week of Nov. 4th. Please mark your calendar's for the harvest festival on October 11th, from 2 until dark. Henry Rosenberger will be giving wagon rides, we will have live music, scarecrow making, and pumpkin decorating as well as some good old fashioned games like potato sac races and potato spoon races— these are for little kids and "big kids" alike, and so much fun!! If you are an artisan and want to set up a table, or have a business that you'd like to share info about, please let us know. We are also looking for donations for a raffle to help offset any costs of the festival. The festival will end with the last potluck of the season. Come out and celebrate a fantastic farm season and a community brought together by a shared love of food! — Farmer Tricia

News and Notes:

- **The Harvest Celebration is Saturday, October 11, from 2 until dark, concluding with a potluck at the end of the day (yummm— I can smell the warm cider and taste the soups already!). If you are interested in being involved in the festival there are sign up sheets in the distribution center. We can use your help! We are also looking for donations of children sized clothing and hats for scarecrow making— there will be a box for them in the distribution room.**
- **Just to give everyone a heads up— if you're wondering about next season already, we will post the 2009 Registration form for returning members after Thanksgiving. You will then have until Jan. 1st to get a deposit to us to hold your space (please do not give us a deposit until we send out the 2009 registration forms). After Jan. 1st we will open up any remaining spaces to our waiting list, and then to the general public. So set aside that deposit, as we all know how crazy the holidays can be!**
- **Sorry folks— work opportunities for this season are winding down. Get involved with the festival if you are interested, or keep an eye on emails for any last work days. Thanks!**
- **Found a great recipe using veggies from your share? Send it to us to put in the newsletter!**

Swiss Chard Almond Loaf

1/2 pound swiss chard
 1 med onion, chopped
 1 clove garlic, minced
 1/4 cup oil
 2 Cups ground almonds or walnuts
 1 Cup whole grain dried bread crumbs
 1/2 Cup wheat germ
 1 egg, beaten
 2 tbsp. chopped parsley
 1 tsp. oregano
 1/2 tsp. cumin
 1/2 Cup catsup
 1 tsp. tamari soy sauce

Preheat oven to 350 degrees. Wash, chop and steam greens for 5 minutes, using

only the amount of water which clings to them after being washed. Saute onion and garlic in oil. Grind almonds in blender. Combine almonds, crumbs, wheat germ, egg, greens, sautéed onions and garlic. Add remaining ingredients. Mix well. Pack into well-oiled 9x5x3 inch loaf pan. Bake in preheated oven for 30 minutes. Serve either hot or cold.

From Cooks.com. Submitted by CSA members Melissa and Brent Camilleri. The Camilleris also sautéed the chard stems into the recipe, and reported great results.

The story of the Fish Hot Pepper

"The Fish pepper was an African-American heirloom that began as a mutation of a common Serrano pepper sometime during the 1870s. Over time it became a fixed variety but it was never sold commercially. Seed was acquired by my grandfather from Horace Pippin, who said the variety originated near Baltimore. By 1900, throughout the region stretching from Washington to Philadelphia, Fish Peppers were raised almost exclusively in the black community for use in oyster and crab houses, and especially for dishes using terrapin. It was one of those "secret" ingredients favored by cooks and caterers to spike a recipe with invisible heat, for the Fish Pepper was used primarily when it was white, and it could be dried to retain that color. This feature was a culinary plus in the days when cream sauces reigned supreme. H. Franklyn Hall, chef at Boothby's Hotel in Philadelphia at the turn of this century, was a great admirer of the Fish Pepper. His 300 Ways to Cook and Serve Shell Fish, Terrapin, Green Turtle (1901) is now considered a classic by food historians. But the pepper was not difficult to find, at least not

years ago, because many fish markets carried it in conjunction with their other foods, even pickled with clams. Today this pepper is almost forgotten, although it is available through Seed Savers Exchange."

-Excerpted from Heirloom Vegetable Gardening, by William Woys Weaver. Though this book is out of print, you can find it used and it is available on CD-rom thru the Mother Earth News website, where you can also find many of the archived articles written by Weaver. You can also find his other books on amazon.com like 100 Vegetables and Where They Came From and Pennsylvania Trail of History Cookbook and A Quaker Woman's Cookbook.

You'll find the Fish Pepper on the Sharing Table in the distribution center, with all the other colorful hot pepper varieties we grow. It is distinguishable by its stripes, going from white with green stripes, to orange with brown stripes, to red, as it matures. Give it a try and tell us what you think!

What to do with all that eggplant? Babaganoush!

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 Show: Healthy Appetite with Ellie Krieger;
 Episode: Thrill of the Grill.

1 large eggplant (about 1 pound)
 1 glove garlic, minced
 1/4 teaspoon salt
 1/4 cup finely chopped fresh flat-leaf parsley, plus more for garnish
 2 tablespoons tahini
 2 tablespoons lemon juice

Preheat oven to 450 degrees F.

Prick eggplant with a fork and place on a cookie sheet lined with foil. Bake the eggplant until it is soft inside, about 20 minutes. Alternatively, grill the eggplant over a gas grill, rotating it around until the skin is completely charred, about 10 minutes. Let the eggplant cool. Cut the eggplant in half

lengthwise, drain off the liquid, and scoop the pulp into a food processor. Process the eggplant until smooth and transfer to a medium bowl.

On a cutting board, work garlic and 1/4 teaspoon salt together with the flat side of a knife, until it forms a paste. Add the garlic-salt mixture to the eggplant. Stir in the parsley, tahini, and lemon juice. Season with more salt, to taste. Garnish with additional parsley. Freeze for the winter if desired!

Excerpted from the recipe section of the Farm to Philly website. Read CSA member Mikaela's journey of discovery from eggplant "ughs" to eggplant love! Also scroll down the page for a great Tofu Scramble!

<http://farmtophilly.com/index.php/site/C5/>

Passionate about local food?

FarmToPhilly.com, a one-of-a-kind, collaborative website dedicated solely to finding, discussing and eating locally grown and produced food in Philadelphia, its surrounding suburbs and South Jersey, is on the hunt for volunteer writers! Launched last year, the site includes recipes, restaurant reviews, farmers' market and CSA reports, gardening tips, preservation methods and more, all posted by local residents. "By pooling our resources in a central place, local food aficionados can spend less time researching where to find locally grown oats, and those wondering what the 'buy local buzz' is all about can learn more in just a few clicks," says site developer, Nicole Wolverton.

Want to get involved?

FarmToPhilly.com contributors must meet two simple requirements:

1. Show a passion for local food; whether you consider yourself a Locavore, an adherent to the 100 Mile Diet, a Slow Food-er, or just someone who likes to visit the farmers' markets on the weekends.
2. Commit to posting once per month to the website, on any local food topic of your choosing.

If you're interested in becoming a contributor or learning more, contact Nicole at nicole@farmtophilly.com.

Delicata Squash

Delicata squash was introduced in 1894. It also went by the names Bohemian, Sweet Potato and Ward's Individual. It has a very sweet orange yellow flesh, and the skin is edible, which is unusual for a winter squash. Cut in half lengthwise, this squash is fantastic baked or stuffed. Our favorite way to eat it? Cut into rings about an 1/2 inch thick, scooping the seeds out of each ring. Mix toasted sesame oil and tamari soy sauce in a bowl and dip the rings in the mixture. Bake on a cookie sheet at 375° for 20 min., flipping the rings half way through and watching so they brown, and don't burn. Makes a fabulous side dish to any meal. Or give the following recipe a try:

Stuffed Delicata Squash, from *Five Seasons*, by Delphino Cornali. Serves 2

3 delicata squash
 2 tbsp. olive oil
 6 shallots
 1 golden delicious apple
 1/2 C finely chopped parsley
 1 tbsp. fresh tarragon
 2 tbsp shoyu [or soy sauce]
 1/2 C chopped walnuts
 1 tsp. dark sesame oil

Preheat your oven to 350 degrees F. Split the squash lengthwise almost all the way through, so that the halves of the squash open like a book. Remove the seeds. Rub the skin of the squash with the sesame oil. Mince the shallots, apple, parsley, walnut pieces and fresh tarragon together. In a bowl, mix the minced ingredients with the olive oil and shoyu. Fill the cavities of the squash evenly to the top of the squash. Then, with toothpicks, skewers or a straightened paper clip, fasten the two halves together. Wedge the squashes cheek-to-jowl in the baking sheet. Add 1/4 C of water to the bottom of the baking dish. Bake for 50 minutes.