



BLOOMING GLEN FARM

October 9  
Newsletter  
Issue #11

# BloomingNow!

## Features Fresh from the Farm

Community  
Supported  
Agriculture

## From the field...

Things are slowing down here at the farm as our season winds down. We have yet to get our first frost, though the thermometer read 38° on the farm Sunday morning.

Amazingly the strawberries are enjoying the warm days and cool nights, so we will potentially give them out again this week. The ever-bearing variety has been a successful experiment—each share has received 9 pints this season.

We have five more weeks of distribution—our last pick-up days will be Tuesday, November 7 and Friday, November 10. Our fields are still sopping wet, keeping us from planting our cover crops and making beds for the garlic. Hopefully things will dry out soon. The wet season has made us appreci-

ate our greenhouses more than ever. So we will be putting up one or two more small ones for next season. A local nursery is going out of business so the used frames are available at a very affordable cost—making it a great deal. The hard part is pounding in all the ground posts to anchor the bows. (This is another work opportunity for the physically hardy). We will begin to distribute more of our root vegetables—parsnips, rutabagas, and celeriac, that have been growing for almost the entire season. Celeriac was one of the earliest things we seeded in the greenhouse, along with the onions, and transplanted to the fields in the spring. The parsnips were direct seeded in the field, also in the early

spring. It's amazing how long they have been in the ground, soaking up the elements all spring and summer, to be harvested in the fall.

The rutabagas get better with frost so we'll wait as long as we can to give them out. Unfortunately our crop of winter squash did not fare well in the damp conditions, and our yield was sizably smaller than expected. I heard that PA and NJ lost over 70% of its pumpkin crop this year. Well, that's the great thing about farming... there's always next year, the chance to do it all again! Hope to see you all at the harvest festival this weekend -  
Tricia and Tom



## Harvest Festival This Saturday

Harvest Festival Potluck  
Saturday October 14  
from 2-6 pm

\*As with past potlucks, bring a dish to share, a beverage, your plates, and silverware.

### Schedule of events

- Relay Races, 2-3pm all ages. Potato Spoon Balance, Potato Sac Race, dress-up like a farmer sprint
- Vendor Booths Open, 2-5pm. Support your local artisans. Check out homemade soaps and essential oils, local honey and a bee-keeping exhibit, free reiki sessions, Paula's Pouches, free-trade coffee and chocolate, local breads and cheeses
- Children's Crafts, 2-5pm Pumpkin Decorating, Scarecrow making, wee ones fabric pumpkins, face painting

- Musical Performance by members of the Grave Cowboys: Ian Vos, bass and Ben Purscell, vocals and guitar— not to be missed! 3pm
- Hayride with Henry, 3:30, Take in the beautiful view of Blooming Glen Farm and Tussock Sedge Farm
- Dowsing for Kids, 4:15 Susan and Scott Anderson, from Seeds for Change Wellness will present a short demonstration introducing the ancient art of dowsing to kids. In today's world of technology, dowsing is a non-electric technique showing kids a fun way to look for answers to their questions by tapping into their inner abilities. Through the use of two dowsing tools— the pendulum and L-rods, they will be shown how to use these tools, followed by a few hands-on activities to practice what they have learned. Each

child will be given a simple string pendulum to keep. Sets of L-rods will be available for purchase if your child is interested.

Ages: Kids 6-12, Time: 1/2 hour

- Farm and Meal Blessing, 5:15 with Susan Anderson. Give thanks for a great season!

- Potluck Dinner, after blessing
- Raffle Drawing and Winners Announced, 6 pm

Raffle tickets \$5, on sale this week at distribution, and at the Festival. Lots of fun prizes from some great local businesses like Harmony Clean, Peace Valley Lavender Farm, Boxwood Design Studios, Pasqualina's Italian Deli, Queen's Health Center— to name a few.

- Post-dinner entertainment and storytelling by Rockland Tour, aka Denny Kozak... experience the fun for yourself!

## News and Notes:

- Coming Soon to the share: pac choi, fall head lettuce varieties, celeriac, parsnips.
- We are looking for used children's clothing and hats for our scarecrow making at this weekend's festival. Leave it in the box in the distribution center, or bring your own to the event.
- Anyone interested in helping out this Saturday during the festival, please let us know. We are looking for people to help man our raffle ticket booth, as well as help with crafts. It's also not too late to participate as an artisan vendor, display info about your business, or share a talent you have. Call us!
- Volunteer work hours are cancelled as our season winds down. We will let you know of any opportunities as need occurs in the next few weeks.
- Garlic planting is tentatively planned for Saturday, October 21, weather depending. We will alert you of more details as the date approaches.
- For those of you eager to hold your spot for next season: information on registering for next year will be in our last newsletter in November. Thanks!

## Chicken and Parsnip Salad with Roasted Shallot Dressing

\*Parsnips are underrated in the U.S. but are very popular in other countries. Parsnips have a sweet nutty flavor. They are noted most for mineral content and are high in potassium. They rival carrots for vitamin C and potatoes for carb and vegetable protein. Great baked, roasted or grilled with other root vegetables. Roasting enhances sweetness.

3/4 pound parsnips  
 1 pound potatoes  
 3 small shallots (unpeeled)  
 1/4 C plus 1 T olive oil, plus more for roasting  
 Salt and ground black pepper  
 Meat from one roasted chicken or scraps of leftover chicken, torn into bite size pieces  
 2 T red wine vinegar  
 1 tsp Dijon mustard  
 1 T chopped mixed herbs, such as parsley, tarragon, thyme and chervil  
 1 bunch lettuce, cored and torn into pieces  
 1 handful arugula

1. Preheat oven to 400°. Peel parsnips and quarter lengthwise. Cut parsnips into pieces about size of long French fries. Place in a bowl. Cut unpeeled potatoes into 1-inch chunks, and add to bowl. Add shallots and enough olive oil to coat (about 1 T) and sprinkle generously with salt and pepper.
2. Spread on a baking sheet and roast until soft, about 35 min., turning once midway through roasting. Be careful not to over cook, removing shallots when very soft and smaller pieces of parsnips as soon as they are browned and tender. Set shallots aside. Combine parsnips, potatoes and chicken in a bowl.
3. Peel shallots and chop very finely. Transfer to a bowl and combine with olive oil, vinegar, mustard and herbs. Season with salt and pepper to taste.
4. Toss chicken and parsnip mixture with about half the dressing. Toss greens with remaining dressing. Arrange greens on plates with chicken mixture on top and serve.

## Celeriac and Sweet Potato Soup

2 T butter or vegetable oil  
 1 large leek, washed thoroughly and sliced thin, or 1 large onion, chopped  
 1 large celeriac, peeled and cut into 1-inch cubes  
 1 1/2 pounds sweet potatoes, peeled and cut into 1-inch cubes  
 1 1/2 tsp. salt  
 1/2 tsp. ground allspice or nutmeg  
 4 C water or unsalted vegetable broth  
 1 C apple cider  
 1 C light cream or milk (optional)  
 Salt and pepper to taste  
 1/4 C toasted pecans or almonds, chopped coarsely

1. Heat the butter or oil in a large saucepan over med-low heat. Sauté the onions, stirring occasionally, for about 10 min., or until lightly browned. Add the celeriac, sweet potatoes, and salt. Cover and cook, tossing a few times, for about 10 min., or until lightly

browned. Add the allspice or nutmeg and stir for another minute. Pour in the water and apple cider. Increase the heat and bring to a gentle boil. Decrease the heat and simmer the vegetables for about 30 to 40 min., until very tender. Cool to lukewarm.

2. Puree the soup in a blender or food processor and return it to the pot. Stir in the cream or milk. If not using the milk, you may want to add a little more cider for a thinner consistency. Salt and pepper to taste.
3. Reheat the soup (be careful not to boil the soup if milk has been added). Ladle into bowls and top with nuts.

From The Genesis Farm Cookbook

\*Apples are in season now locally. Check out Penn Vermont Farm off of Rt. 113 in Bedminster for local apples, pears, and fresh pressed apple cider.

## What is celeriac?

Celeriac, or celery root as it is often referred to in recipes, is a globe shaped root vegetable, with, you guessed it, a celery like flavor. To use, peel or cut off the tough, stringy skin. Then slice, dice or shred. Raw celeriac makes an excellent base for coleslaw-like salads. Use to season soups and stews. Puree cooked celeriac with cooked potatoes or other root vegetables and serve in place of mashed potatoes. High in vitamins B6, C, K; calcium, phosphorus, potassium and fiber.

## Maple Glazed Parsnips

2 Cups parsnips (peeled, cut into 1/2 -inch rounds)  
 Oil a baking pan. Place the parsnip rounds in a single layer on pan and spray lightly with oil (or toss with oil in a bowl first). Sprinkle with salt. Bake in a preheated oven at 400° until soft, 30 minutes.

1 T maple syrup  
 1/2 tsp butter (melted)  
 2 T walnuts (chopped and toasted)  
 Combine maple syrup and butter and pour over the cooked parsnips. Top with walnuts and serve.

## Swiss Chard with Apples and Pine Nuts

1/2 medium apple, peeled and diced small  
 2 cloves garlic, minced  
 1/3 C apple juice or cider  
 1 pound Swiss Chard or Kale, roughly chopped (use stems and leaves of Chard)  
 2 T pine nuts  
 Salt and pepper to taste

1. In a large skillet cook the apple, garlic, and juice or cider over med. heat until softened. Add the Swiss Chard or Kale and cook until wilted and the volume is reduced by half (about 5 min.) Kale takes longer than Chard to cook.
2. Add the pine nuts, salt and pepper. Cook for another minute.