



BLOOMING GLEN FARM

October 23

Newsletter

Issue #12

BloomingNow!

Features Fresh from the Farm

Community

Supported

Agriculture

From the field...

We spent a beautiful sunny Thursday in the mud planting four beds of garlic, thanks to some wonderful helpers. Their positive energy was a great start to the long journey to harvest that the garlic will take. We planted a number of different varieties: Kilarney Red, German White, Susquehanna Red, and Bogatyr. They are all stiff neck varieties—large cloves, easy to peel, great flavor, but without the storage length of the soft neck varieties you typically find in a grocery store. You plant the same cloves that you eat, making garlic seed an expensive crop to plant. Most farmers save a portion of their crop each year to replant, building up their seed supply over the course of a few

years, which we will also do. As you do this, the garlic varieties will begin to adapt to our little bioregion here at the farm. As I write this, the wind outside is howling and a chill is in the air as the Blooming Glen Gusts return to the farm. A serious wind storm blew the last of the warm weather out, toppling over the children's garden teepee, but thankfully leaving the greenhouses in tact. A few frosts have hit the farm since the last newsletter, sweetening all those root veggies. What a great time for stews and soups— we had the most wonderful roasted root vegetables with our dinner last night. It tasted like fall. Yummmmm! Blooming Glen Farm's first annual Harvest Festi-

val was a huge success. Thank you to everyone who helped make it happen, and for those of you who came out and participated. This farm is about so much more than just fresh local organic veggies. It's about relationships, with each other and the land; it's about community, and the festival was a great reminder of that, and a wonderful opportunity to get out of our daily routines, meet some new people, and have some fun. Enjoy the veggies—T ricia and Tom



Let's get to the Root of it!

You may be looking at your share this week wondering what the heck your farmers are up to. Big white carrots?! Nope, it is actually a long white Oriental radish, called Daikon in Japan. The daikon radish is used for pickles, cooking, salads, and grated, with or without ginger and soy sauce, as a condiment. It has a full flavor that mellows with cooking. It is rich in vitamin C, potassium, folate, and magne-

sium. The edible leaves contain beta-carotene, calcium, iron, and vitamin C. Sauté the greens in a stir-fry, or add to soups and stews. From the ayurvedic perspective, daikon is a cleansing vegetable that also fortifies the liver and enhances digestion. The "watermelon" radish, harvested at a larger size than a spring radish, has an ordinary white skin with green shoulders. Slice it open, and

it has a hot pink interior with a green rind, just like a watermelon. It has a spicy sweet, delicious taste. Unlike many other radishes, the intensity of flavor decreases as the radish matures. And no worries, this is not some genetically enhanced radish, it is actually an heirloom Chinese daikon variety. Because of its beauty, it makes a great garnish and has earned increased popularity because of this.

News and Notes:

- Coming up in the share over the last three weeks: daikon radish, watermelon radish, purple top turnips, cauliflower, spinach, arugula, and the return of carrots and beets.
- We are planning on switching from dial up internet service to verizon high speed in the coming weeks (Finally!), so please stay tuned for a possible email address change for the farm. If you're in doubt just give us a call.
- Last pick-up's will be Tuesday Nov. 7 and Friday Nov. 10. Mark your calendar's now to avoid confusion.
- There will be a few more random work opportunities that we will send emails about, but for the most part, our season is over. If you have not completed your work requirement or discussed your individual situation with the farmers, we ask that you make a monetary contribution of \$40 (\$10 per work hour). We appreciate everyone's unique situations and schedules, and feel this is the best way to keep things equitable amongst farm members. Feel free to contact us with any questions. Thanks!

Butternut Squash Soup with Parsnips and Apples

2 T butter
 1/4 pound shallots, about 1/2 C,
 finely chopped
 1 celeriac
 3 pounds butternut squash, peeled,
 seeded, and cut into 1-inch
 chunks
 1 pound parsnips, peeled and cut into
 1-inch chunks
 1 pound apples (about 3 medium),
 peeled, cored, and cut into 1-
 inch chunks
 2 tsp. chopped fresh thyme leaves
 1 tsp. salt
 1/4 tsp. ground black pepper
 7 cups chicken broth

In a large saucepan, melt butter
 over med. heat. Add shallots and
 celeriac; cover and cook about 5
 min. or until softened, stirring oc-
 casionally. Stir in squash, pars-
 nips, apples, thyme, salt, and pep-
 per. Add 1/2 of broth; cover and
 heat to boiling over high heat. Re-
 duce heat to low and simmer, cov-
 ered, about 20 min. or until vege-
 tables are very tender.

In batches, puree mixture. Return
 to pot, stir in remaining broth.
 Heat through. Garnish with a swirl
 of yogurt if desired.

From Good Housekeeping.com

Rutabaga Potato Layer

3 garlic cloves, unpeeled
 1 tsp. olive oil
 6 T butter
 1 large rutabaga, or 2 pounds, peeled
 and very thinly sliced
 Coarse salt and fresh ground pepper
 1 1/2 tsp. fresh thyme
 1 1/2 pounds potato, peeled and very
 thinly sliced

Preheat oven to 450°. Put garlic in a
 baking dish and drizzle with oil.
 Roast garlic until light brown and
 tender, about 20 min. Let stand until
 cool enough to handle. Peel garlic,
 cut into thin slices, and set aside.
 Reduce oven temp. to 425°.

Melt 2 T butter in a 10-inch nonstick
 ovenproof skillet, swirling skillet to
 coat bottom and sides. Remove from
 heat. Starting at sides, arrange about
 half of the rutabaga slices, slightly
 overlapping, in a circular pattern,

covering bottom; press. Sprinkle
 with 1/2 tsp. salt, a pinch of pep-
 per, 1/2 tsp. thyme, and a third of
 the roasted garlic; dot with 1 T
 butter. Repeat process with potato
 slices, and then remaining ruta-
 baga slices, for 2 more layers (do
 not sprinkle thyme on top layer).

Butter a piece of foil with remain-
 ing tablespoon butter. Cover skillet
 tightly with foil, buttered side
 down. Place another skillet on top
 to weigh down. Bake until vegeta-
 bles are tender, 50-60 minutes.

Transfer to a wire rack; let cool 15
 min. Remove foil and invert care-
 fully onto a serving dish. Sprinkle
 with remaining 1/2 tsp. thyme.
 Serve immediately.

From Martha Stewart Living, Nov.
 2006.

Beijing Radish Salad

1 bunch watermelon radishes or
 one medium daikon radish
 2 tablespoons rice or balsamic
 vinegar (or a combination)
 1 tablespoon soy sauce
 1 teaspoon sugar
 2 teaspoons sesame oil
 2 garlic cloves, finely chopped

Wash and julienne radishes, or



grate them. Mix together the rest
 of the ingredients and dress the
 radishes with the dressing. Save
 your radish tops for other uses.

Roasted Winter Root Vegetables

6-8 C winter vegetables: potatoes,
 sweet potatoes, carrots,
 turnips, parsnips,
 rutabagas, beets, and
 winter squash, peeled and
 cut in 1-inch pieces.

2 T oil
 1 T dried or 3 T fresh herbs such as
 rosemary, thyme, parsley,
 oregano

Toss ingredients together. Spread
 in a single layer on a greased bak-
 ing pan. Roast in a preheated oven
 at 425° until tender, 30-45 min.,
 stirring occasionally. Season with
 salt and pepper.

From Simply in Season



Parsnip Patties

2 medium parsnips
 1 small onion, or some scallions
 1 bunch parsley- optional
 1/2 tsp salt
 Ground black pepper
 2 T flour
 1 egg
 1 T milk, or light cream

Coarsely grate the parsnips. Finely
 chop the onion or scallions and the
 parsley and mix all the ingredients
 together thoroughly. Heat plenty of
 oil in a skillet. Place spoonfuls of
 the mixture into the oil and fry
 each side until browned.

From Organic and Wholefoods:
 Naturally Delicious Cuisine