

Fair Fields News

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On the Farm

First, my apologies for the negligent author... We did not get around to writing the newsletter last cycle. Something about taking 4.5 days vacation and struggling to come back to reality...

With the exception of a mild early frost we have been quite blessed this month with beautiful late summer weather. It allowed a large flush of peppers, eggplant and tomatoes to mature. Our squash also sized up a bit and began to cure. Perhaps the greatest benefit has been to the raspberries, which are in great abundance and delicious right now. If anyone has time to come to the farm over

the next couple of Saturdays, please help yourselves to as many as you can pick!

Despite the warm weather we are transitioning to fall vegetables. We have harvested all of our squash, pumpkins, potatoes and onions. The rest of the root and leaf vegetables, we will harvest weekly until the CSA ends.

This week we are going to plant next year's garlic, one of the last big field tasks of the year and a time to think about next season. Garlic can be planted in the fall or early spring, but we always plant in the fall. Individual

cloves are planted about 6" apart in rows 1' apart. The shoots will emerge this fall and then go dormant over winter, shooting back to life first thing next spring.

Next week is the week before Thanksgiving. As it is probably the most pertinent celebration for agriculture, we tend to make a big deal of Thanksgiving. As in previous years we will be giving a very large share, some of which we hope will find its way into a feast with loved ones. We have had many ups and downs this season with production and yet are again grateful for the abundance of food-

This Week's Harvest

- ◆ **Beets**
- ◆ **Carrots**
- ◆ **Cabbage**
- ◆ **Chard**
- ◆ **Flowers**
- ◆ **Garlic**
- ◆ **Herbs**
- ◆ **Kale**
- ◆ **Lettuce**
- ◆ **Leeks**
- ◆ **Onions**
- ◆ **Parsnips**
- ◆ **Potatoes**
- ◆ **Pumpkin**
- ◆ **Rutabaga**
- ◆ **Squash**

Pumpkin Pie Puree

Use pie pumpkin puree for pies and other homemade desserts. You can use the puree immediately or roast a couple at a time to store in the freezer. Use throughout the winter and spring.

Pre-heat the oven to 350 degrees. Cut the pie pumpkin in half and scrape out the seeds. Leave the skin on and cut in half again. Place flesh-down in a roasting pan and add 1 cup of water to the pan.

You do not need to cover. Bake until flesh is tender when pierced with a fork. This takes approximately 60-90 minutes depending how big the pumpkin is. Once it is cool enough to handle, scrape out the flesh. Puree in a food processor. Add a little water if it seems too dry.

Some dessert ideas: pumpkin muffins, cake, pie, cheesecake, stuffed homemade ravioli, pancakes, pumpkin ice-cream.



Ottolenghi's Roasted Butternut Squash

1 butternut squash (2 1/4 lb),
cut into 3/4 by 2 1/2-inch
wedges
2 red onions, cut into 1 1/4-
inch wedges
3 1/2 tbsp olive oil
3 1/2 tbsp light tahini paste
1 1/2 tbsp lemon juice
2 tbsp water
1 small clove garlic, crushed
3 1/2 tbsp pine nuts
1 tbsp za'atar
1 tbsp coarsely chopped flat-
leaf parsley
Salt and freshly black pepper

Preheat oven to 475° F.

Put squash and onion in a large mixing bowl, add 3 table-
spoons oil, 1 teaspoon salt,
some black pepper and toss
well. Spread on a baking sheet
with the skin facing down and
roast in the oven for 30 to 40
minutes, until the vegetables
have taken on some color and
are cooked through. The on-
ions might cook faster than the
squash and need to be re-
moved earlier. Remove from
the oven and leave to cool.

To make the sauce, place the
tahini in a small bowl along
with lemon juice, water, garlic,
and 1/4 teaspoon salt. Whisk
until the sauce is the consis-
tency of honey, adding more wa-
ter or tahini if necessary.

Pour remaining 1 1/2 tea-
spoons oil into a small frying
pan and place over medium-
low heat. Add pine nuts and
1/2 teaspoon salt and cook for
2 minutes, stirring often, until
the nuts are golden brown.
Remove from the heat and
transfer the nuts and oil to a
small bowl to stop the cooking.

To serve, spread the vegeta-
bles out on a large serving
platter and drizzle over the ta-
hini. Sprinkle the pine nuts and
their oil on top, followed by the
za'atar and parsley.

Note: Za'atar is a middle east-
ern spice and is available at
specialty spice shops and mid-
dle eastern stores. You can
substitute a mix of thyme and
oregano.

Last CSA Pickups

We have had many questions about the dates for the last pickups. Believe it or not we still have a month of pickups to go. The last CSA pickups will be:

In Guelph — Wednesday October 29

At the Farm — Saturday November 1

Looking for Local Veg for the Winter?

For those of you looking to con-
tinue buying local produce this
winter we suggest finding a
winter CSA. Winter CSAs are
much like summer CSAs, provid-
ing seasonal produce from late
fall through early spring. The
pickups usually happen bi-
weekly as the produce is less
perishable. Greens and fall
and winter root vegetables
make up most of the share,
though some winter CSAs will
also offer treats like dried herbs
and chilies.



We know several winter CSAs in
the area, but only know of
one that has space still — Green
Being Farm. Owned and operat-
ed by Tarrah Young and Nathan

Carey, Green Being provides
a winter CSA, a variety of
pastured meats, and has
recently started breeding
the Kune pig, a rare breed
from New Zealand. We en-
courage those interested to
find out more by contacting
them at:

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