

The Farm of Plenty



Winter CSA Week 6

February 21-23

Hello from the farm! Thank you to all who have signed up for 2012 shares. Our spring share is now sold out and the other shares (summer, Thanksgiving, and winter) are about half full. So please sign up soon! We have placed most of our seed orders and have been sorting through all the wonderful heirloom seeds. So far we have over 50 different heirloom tomatoes to plant for the summer! Check out this website (http://store.tomatofest.com/Heirloom_Tomato_Seeds_s/1.htm) to see how many different tomato varieties exist. Basically none of these tomatoes can be bought in stores anymore! Crop biodiversity is essential in maintaining a well rounded food supply and to keep alive a part of history as seeds have been passed down for centuries. Enjoy the rest of February....spring is right around the corner!

Eat well, be well, Farmers Al, Laura and Jim

REMINDERS: Please remember to bring your waxed vegetable box to your pick up site every delivery week. Last delivery week we only got back less than half. Also, pasture raised chickens and turkeys are available for order!! Simply log in to your farm account and you can order them at the online farm store. Let us know if you have any

Why seed saving is important:

- Connects you to crop heritage and helps maintain diversity in the food supply
- Cost efficient
- Save seeds from most successful and tastiest crops, leads to more successful, tasty crops that are adapted to your environment
- Creation of new varieties
- Plus it is very fun to see all the different seeds that are out there, like our beans!

Your Share Includes...

Beets

Spinach

Wild Rice

Winter Squash

Potatoes

Lettuce

Carrots

Mediterranean Oregano

Kale

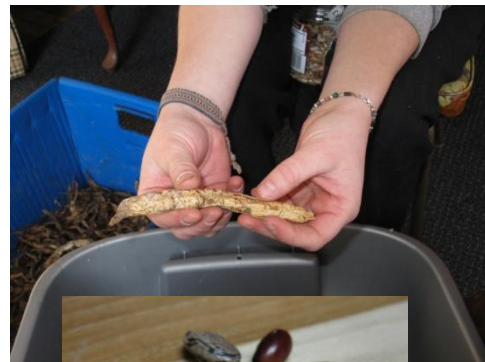
Popeye Bread

Eggs



Okra

Beans



Recipes

Beet and Potato Roesti (Pancake)

Ingredients:

- 4-6 medium beets, about ½ cup when grated
- 2 small potatoes, scrubbed
- Salt and pepper
- 4 scallions, chopped
- ½ cup flour
- 2 tablespoons butter (or olive oil)

Directions:

- 1) Trim and scrub the beets then peel them. Grate them into a medium bowl. Start preheating a large (12") skillet over medium heat. Working fast, so they don't discolour, grate the potatoes into the same bowl as well. Add the salt, pepper, and scallions and combine well. Then add the flour a few tablespoons at a time until well combined.
- 2) Melt the butter into the skillet until it foams. Put the mixture into the middle of the pan and flatten out with a spatula. It should be a centimeter or thinner. Cook for 8-10 minutes until nice and crispy.

3) You will need to flip it over. To do this place a large plate over top and flip the frying pan over then slide the roesti back into the pan. Cook until the other side is crispy about another 8 -10 minutes.

4) Serve hot or at room temperature with green onions on top. Add a dollop some sour cream or plain yogurt on each slice.

Whole Wheat Blueberry Beet Muffins

Ingredients:

- 2 1/2 cups whole wheat flour
- 1 1/2 cups rolled oats
- 1 tablespoon baking powder
- 2 1/2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1 cup canola oil
- 2 cups applesauce
- 1 cup white sugar
- 2 eggs
- 1/2 cup water
- 1 cup fresh blueberries
- 1 cup shredded peeled beets

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease 24 muffin cups.
2. Mix the whole wheat flour, rolled oats, baking powder, baking soda, cinnamon, and salt in a large bowl. In a separate bowl, mix the canola oil, applesauce, sugar, eggs, and water. Pour the applesauce mixture into the dry ingredients, and stir to combine. Gently fold in the blueberries and shredded beets. Spoon the batter into the prepared muffin cups.
3. Bake in the preheated oven until browned and a toothpick inserted into the center of a muffin comes out clean, 25 to 30 minutes.

Winter Vegetable Hash

Ingredients:

- 3 tablespoons olive oil
- 2 tablespoons butter
- 1 pound potatoes, diced
- 1/2 pound fresh shiitake mushrooms, diced
- 1 red bell pepper, diced
- 1 small acorn squash, diced
- 1 shallot, finely chopped
- 2 teaspoons garlic powder
- 1 pinch salt
- 1 pinch ground black pepper
- 1 cup chopped kale
- 4 sprigs fresh sage

Directions:

1. Place oil and butter in a large skillet over medium heat. Melt butter and mix in potatoes, mushrooms, pepper, squash, and shallot. Season with garlic powder, salt, and pepper. Cook 25 minutes, stirring occasionally, until potatoes are tender.
2. Mix kale and sage into skillet. Continue cooking 5 minutes, until kale is wilted. Serve and enjoy!