



BLOOMING GLEN FARM

October 5, 2007

Newsletter

Issue #18

# BloomingNow!

## Features Fresh from the Farm

Community

Supported

Agriculture

## From the field...

I have neglected the newsletter, as my records show its been over a month since the last. But what a busy month! Tom and I are now happily married after a magical farm wedding last weekend. We had so many people help us make it a special day, I want to shamelessly thank them all. We had perfect weather and a spiritual ceremony led by Rev. Susan Anderson also of Seeds of Change Wellness center; fabulous farm food courtesy of chef Andy Brown from the White Dog Café; beautiful farm flowers arranged by local organic grower Lyn from Harmony Hill Gardens; and gorgeous table linens and mine and Kota's dream dresses by farm member Franca of Boxwood Linens (words could not even do justice to this woman's efforts and sewing skills!). Thanks also to Linda and Andre and Sam

for their impeccable assistance at the reception. And thanks to my parents for helping me pull it all together in about 6 weeks, and for all their daily support in making this farm a success!

As for the farm, our wedding weekend on Sept. 22 also marked the change of the seasons, with the fall equinox. Despite the summer-like heat and the fact that we got only a 1/2" of rain in the last month, things are growing beautifully. You are beginning to enjoy those fall crops in the share, like the dark leafy greens, sweet potatoes, radishes, broccoli, arugula and bok choy ("pac choi"). The pace around here is a lot less frantic, nothing like the insanity of July and August. Now we plant cover crop seeds, breath a sigh of relief as the last of the fall beets, carrots, radishes and turnips are thinned

(Nic- we promise, that's it!), and start cleaning up the tomato, eggplant and pepper trellising, planting the greenhouses for late fall greens, and sorting the garlic to plant. You may be wondering why the garlic you have received is so small and not much of it. We are saving all the big beautiful garlic to plant this fall (I know, it's painful to do, but garlic seed is essentially the separated cloves of garlic heads), and planting three times as much as last year. The only way to build up our seed stock, instead of paying the high prices it commands, is to plant what we grew. A lesson in sustainable farming! This time of year we are also working on additions and updates to the website, an end of the year survey, and of course we daydream about winter vacations and postponed honeymoons! Happy fall!- T ricia

## News and Notes:

- Coming up in the share: arugula, spinach, winter radishes (daikon and watermelon radish), turnips, celeriac, parsnips, and more beets and carrots!
- The next and last farm potluck is Saturday, October 13 at 5:30 pm. Come out and celebrate a great season! Jeanne Scanlon is also planning a wedding shower for the farmers as part of the potluck. Contact her at 610-941-1136, or jeannescanlon@hotmail.com if you plan on attending.
- Due to all the press and publicity Blooming Glen Farm received this year, and for all those of you who talk up our wonderful produce to your friends (thanks!), we are already getting flooded with requests for information about signing up for next year. For those of you who are new CSA members this year and anyone who needs a reminder, here is how it works. We will get next season's registration form and information to you via email (unless you request it by snail mail) in early November, at which point you will have until Jan. 7th to get your registration form and a deposit to us of \$250 to hold your spot for next season. On Jan. 15th we will open up registration to the public for any remaining spaces by posting the new registration form on our website. At that point it will be first come first serve for the remaining spaces. As always, space is limited, so if you know you want to come back next season, you'll want to reserve your spot with a deposit. Hope this is helpful!

## Reflections on My Season on an Organic Farm.....by Nic Koontz

Q:What have you learned from your season interning on an organic farm?

A: Farming is truly the thankless work of the world, being done by people who love what they are doing and would be doing nothing else. I have learned so much this season that it could fill a textbook. My perspective on food in general has changed from just seeing the price to actually seeing the story behind the food, I am now finding value in many other aspects than just a good deal per pound.

Q:Will you pursue a career in farming? Why or why not?

A: I won't be going into farming- it just isn't for me, although I very much love growing food and will always have a large garden. I will take with me tons of knowledge about growing good healthy food and most of all a deep appreciation for what all the small sustainable farmers out there are trying to do. They are going against the very strong tide of modern agriculture and where that is taking us all. They are putting value back into community,

good work, and healthy great tasting food. My hat is off to them. Thank you.

Q: If you could tell the CSA members something about your experience what would it be?

A: Whatever you are paying for your membership is a steal! Truly there is so much hard work and passion that goes into growing your food that you should see it as something more than just a food product, more like a work of art.

Continued on page 2

## Baked Shells with Winter Squash

Butter, for baking dish  
 4 tablespoons olive oil  
 2 large onions, halved and thinly sliced  
 Coarse salt and ground pepper  
 2 teaspoons chopped fresh rosemary 1  
 pound small pasta shells  
 1 winter squash, roasted and puréed  
 (see note at end)  
 1 cup grated Parmesan cheese  
 3 slices crusty baguette, cut into 1/4-inch  
 cubes (1 1/2 cups)

Directions (Serves 6):

1. Preheat oven to 400 degrees. Butter a 9-by-13-inch baking dish. Heat 3 table-  
 spoons oil in a large skillet over medium-low  
 heat. Add onions; season with salt and pep-  
 per. Cover; cook until onions are soft and  
 release liquid, 15 minutes. Uncover; raise  
 heat to medium. Cook, stirring, until onions  
 are browned, 20 to 25 minutes. Stir in 1  
 teaspoon rosemary.

2. Meanwhile, cook pasta in large pot of  
 boiling salted water 2 minutes less than  
 package instructions suggest. Drain, reserv-

ing 1 1/2 cups cooking water. Return  
 pasta to pot.

3. Stir squash and reserved pasta water  
 into onions; simmer 2 minutes. Toss  
 squash mixture and 1/2 cup Parmesan  
 with pasta. Transfer to prepared dish.

4. Combine bread cubes with remaining  
 Parmesan, rosemary, and oil; season with  
 salt and pepper. Top pasta with bread  
 cubes; bake until golden brown, 10 to 15  
 minutes.

Roasted Squash: Roast whole winter  
 squash on a rimmed baking sheet, turn-  
 ing occasionally, until very tender when  
 pierced with a knife, about 1 hour, de-  
 pending on the size of the squash. When  
 cool enough to handle, halve the squash  
 lengthwise and scrape the flesh into a  
 food processor (discard the skin and  
 seeds). Purée until smooth. You will need  
 2 cups (from about 1/4 pound squash).  
 From "Everyday Food - Great Food Fast"  
 Submitted by Elizabeth May

## Restaurant-Style Zuppa Toscana

1 (16 ounce) package smoked sausage  
 2 potatoes, cut into 1/4-inch slices  
 3/4 cup chopped onion  
 6 slices bacon  
 1 1/2 teaspoons minced garlic  
 2 cups kale - washed, dried, and shred-  
 ded  
 2 tablespoons chicken soup base  
 1 quart water  
 1/3 cup heavy whipping cream

Directions:

Preheat oven to 300° F. Place sausage  
 links onto a sheet pan and bake for 25

min., or until done. Cut links in half  
 lengthwise, then cut at an angle into  
 1/2-inch slices.

Place onions and bacon slices in a large  
 saucepan and cook over medium heat  
 until onions are almost clear. Remove  
 bacon and crumble. Set aside.

Add garlic to the onions and cook an  
 additional 1 minute. Add chicken soup  
 base, water and potatoes, simmer 15  
 min.

Add crumbled bacon, sausage, kale  
 and cream. Simmer 4 minutes and  
 serve.

From allrecipes.com, submitted by Wendy  
 Ormsby and John Penny

## Turnip Soup

1 1/2 -2 pounds young sweet turnips  
 Turnip greens plus additional spinach to  
 equal 3 cups packed (or use  
 swiss chard)  
 5 T butter  
 Salt  
 1/2 tsp sugar  
 6 Cups chicken or vegetable stock  
 1/4 Cup rice  
 Freshly ground pepper  
 Thyme  
 1 Cup milk or light cream (optional)

Peel and slice turnips. Wash and trim  
 greens, dry and chop. Melt 3 T butter in a  
 sauté pan, add turnips, 1 tsp salt, and  
 sugar, and cook gently over low heat to  
 wilt without browning. Empty in a large  
 saucepan and add stock. Add rice; bring  
 to boil, reduce heat, and simmer 12-15  
 min. or until turnips and rice are tender.  
 In the meantime, melt remaining 2 T but-  
 ter in sauté pan. Add greens and sauté  
 stirring until wilted, 2-3 minutes; set  
 aside, then add to turnips the last 5 min.  
 of cooking. Puree mixture. Season with  
 salt, pepper and thyme. Thin with milk or  
 cream if desired. (Serves 6)

From the Victory Garden Cookbook, sub-  
 mitted by Susan Roseman.

## What is celeriac?

Coming up in your share is an unusual  
 looking vegetable that for many of us has  
 become a staple of our fall diet. Celeriac,  
 also known as celery root, has edible  
 stalks and foliage similar to celery, but it  
 is grown for its bulbous root crown.  
 Check out the farm copy in the distribu-  
 tion center of the cookbook "From As-  
 paragus to Zucchini" which has 4 pages  
 devoted to this wonderful veggie (recipes,  
 cooking and storage tips). Interesting to  
 note- celeriac is very popular in Europe,  
 particularly Germany and France, where  
 our commonly known stalk-type celery is  
 rarely used. Celeriac was not uncommon  
 in American cooking in the 1800s. But as  
 long term storage became less important  
 and eye appeal mattered more to the  
 American consumer, celeriac fell out of  
 favor. Though making a strong comeback,  
 celeriac is still largely unknown here in  
 the U.S.

Cooking Tips:

- ◆ Slice off stalks at the root crown.  
 Soak the root in warm water to  
 loosen dirt in the crevices, then scrub  
 thoroughly with a stiff vegetable  
 brush. If exterior is too tough, peel  
 with a sharp knife.
- ◆ For extra celery flavor, use instead of  
 common celery in soups, casseroles,  
 stir-fries, etc.
- ◆ Raw celeriac is also excellent. Try  
 celeriac sticks tossed in your favorite  
 creamy dressing, or use for dipping.  
 Grate it raw into a tossed salad.

## My season on an organic farm

...by Nic Koontz, continued from page 1

Q: What would you tell someone interested  
 in being a farmer?

A: Go intern on a farm for a whole sea-  
 son. If you are still there by the end then  
 you are probably a gardener, but if your  
 heart starts racing at the thought of next  
 season and you can't wait for the seed  
 catalogs to arrive, then you might just be  
 a farmer. There are so many opportuni-  
 ties out there to get some great hands-on  
 experience in sustainable agriculture,  
 just find a farm and farmers that match  
 you. You will find out for sure if it some-  
 thing you want to pursue further or not.

Thank you Nic Koontz for all your incredibly  
 hard work and efforts: in the rain, the heat and  
 humidity, early morning harvests, long days  
 (long weeks!), the endless rows of carrots to  
 thin- on the good days, and bad- you saw it  
 through and we appreciate it!! Thanks for help-  
 ing our farm grow, and we wish you all the luck  
 on your adventures! Keep us posted! TnTnD