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Newsletter

Issue #32

# BloomingNow!

Features Fresh from the Farm

Community

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Agriculture

## From the field...

The first big frost hit the farm this past weekend, blackening the tomatoes and eggplants, the flowers, and yes, even the weeds. We picked the last of the summer crops and tucked some plants in with row covers. But admittedly, we are always happy to see the first big frost as it means the end of another successful growing season is coming to a close. It has certainly flown by this year! Our garlic crop for 2009 is in the ground and mulched – a 1/2 an acre. A couple late nights were spent popping the individual cloves apart. Not so easy on the hands, but the aromatherapy was an added benefit!

The Harvest Festival was fantastic – hard to believe it was so hot just two weeks ago, and now a wintry wind is nipping at our heels. We had a great turn out, indicated by the crowd of scarecrows dancing around our lawn the week after! The raffle was wonderful – thank you so, so much to everyone who contributed the wonderful assortment of prizes, and to those who bought tickets and supported the event in that way. Thanks also to all the vendors who came out to share their talents with us, our live musicians, and the other various people who volunteered their time and energy! It was much appreciated!

As we wrap up our season, our new friend and intern, Wilmer, will be heading off at the end of this month. He will be finishing his year of sustainable agriculture training in the U.S. on a farm in Kona, Hawaii – growing coffee, avocados and pineapples. Needless to say we are all a bit green with envy! After 4 months in Hawaii he will return to Peru, where he hopes his new farm experiences and English language skills will help him land a good job assisting indigenous agricultural communities. It's been a special experience for all of us having him here and we wish him the best of luck! – Farmer Tricia

## News and Notes:

- **Whole chicken sale!** Stock up for the winter and help us clean out our freezers. For sale at **\$3.50 a pound!** Chickens are from Green Haven Farm, free-range! Help us to continue to offer the local food source to our CSA members. Thanks!!!
- **Last CSA pick-ups are Tues. Nov. 4th and Fri. Nov. 7th.**
- **We will have our regularly scheduled pick-up on October 31st, Halloween,** so for all you trick-or-treaters, if you need to switch to Tuesday of that week, let us know! Otherwise, see you Friday!
- We have the **2008 Blooming Glen Farm CSA Survey** available. It only takes about 10-15 min. to do. We appreciate your feedback, so please take the time to fill it out. You can access it from our website, or from the following link: <http://survey.constantcontact.com/survey/a07e2dvq4d3fmxamvm/start>
- If you're wondering about next season, we will email you the **2009 Registration form** for returning members after Thanksgiving. You will then have until Jan. 1st to get a deposit to us to hold your space (please do not give us a deposit until we send out the 2009 registration forms). After Jan. 1st we will open up any remaining spaces to our waiting list, and then to the general public. So set aside that deposit, as we all know how crazy the holidays can be! If you know for sure you won't be coming back next season, please let us know as soon as possible. Thanks!!

## Be sure to get your flu shot....! by D. Andrew Neville, N. D.

Now that I've got your attention, let's talk about why it's likely that none of us need the flu shot, beside the fact that the research shows it doesn't work. Our bodies are perfectly designed to utilize all of the wondrous bounty supplied to us by our local farmers to strengthen our immune systems in preparation for the change of seasons which enables us to effectively and efficiently fight off infection.

The unfortunate reality is that we are not even *allowed* to get sick anymore in this society. This doctrine is more economically motivated than it is health motivated, but that's a discussion for another day. It begins with immunizations for diseases that are only life-threatening to the most severely compro-

mised of us, and extends to the use of fever-reducing modalities, both synthetic and natural, that suppressed the very tool that our immune system is using to fight off the invaders in the first place. The fever is actually the answer, not the problem. These practices ultimately weaken our immune systems over the long term, thus making us more susceptible to a myriad of diseases.

So how should we defend ourselves against the "ravages" of a flu? First, eat liberally all of the fruits and vegetables in every color of the rainbow, since the very chemicals that give these foods their glorious color also perform specific immune supportive functions. Second, eat liberally of animal proteins from the best source that you can find. These will

provide the much-needed natural sources of the fat-soluble vitamins A and D, that are vital to immune function. Third, fall and winter is the time for soups, broths and stews. Don't forget the legendary, and now scientifically validated, electrolyte-balancing, immune-enhancing power of Grandma's chicken soup. Throw some garlic, onion, or ginger in their for added antimicrobial benefit.

Finally, if and when you do begin to run a fever... rejoice! Thank your immune system since it is now working hard for you just as it is designed to do. So call in sick, bundle up, put on some soup, pop in a movie and rest... it's likely you deserve it.

D. Andrew Neville, N.D.  
Clymer Healing Center

## Island Kale and Sweet Potato Soup

- 2 tablespoons cooking oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 jalapeño pepper, seeds and ribs removed, sliced thin
- 3/4 pound kale, tough stems removed, leaves washed well and shredded (about 1 quart)
- 1 1/2 pounds sweet potatoes (about 3), peeled and cut into 3/4-inch cubes
- 1 1/2 quarts canned low-sodium chicken broth or homemade stock
- 1 1/2 teaspoons salt
- 1 cup canned unsweetened coconut milk
- 1 cup long-grain rice

In a large saucepan, heat the oil over moderately low heat. Add the onion and cook,

stirring occasionally, until translucent, about 5 minutes. Stir in the garlic and jalapeño and cook, stirring, until fragrant, about 30 seconds.

Stir in the kale, sweet potatoes, broth, and salt and bring to a boil. Reduce the heat and simmer, partially covered, until the potatoes are tender, about 20 minutes. Add the coconut milk and just heat through.

Meanwhile, bring a medium pot of salted water to a boil. Stir in the rice and boil until just done, 10 to 12 minutes. Drain. Put a mound of rice in the center of each bowl. Ladle the soup around the rice.

*Note:* Crinkly kale leaves are wonderfully sturdy and flavorful, making them especially well-suited to soups. Inspired by Caribbean callaloo, this tropical, coconut-milk-spiked soup can be mildly or wildly spicy, according to your taste.

Source: [foodandwine.com](http://foodandwine.com)

## Leek-Celery Root Stuffing

- 1 loaf best-quality bread (1 pound), crust on, cut into 3/4-inch cubes
- 1 celeriac ("celery root")-about 2 pounds-peeled and cut into 1/2-inch pieces
- 1 tablespoon extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 6 ounces (1 1/2 sticks) unsalted butter, plus more for baking dish
- 2 garlic cloves, finely chopped
- 3 large leeks, white and pale-green parts only, thinly sliced and rinsed well
- 3 tablespoons finely chopped fresh sage
- 3/4 cup chopped fresh flat-leaf parsley
- 5 cups turkey or chicken stock
- 5 1/4 ounces toasted walnuts, coarsely chopped (1 1/2 cups)

Arrange bread on a single layer on a baking sheet, and let stand, uncovered, at room temperature overnight. (Alternately, bake bread in a 300° oven until dry but not browned, about 15 min.)

Preheat oven to 425°. Toss celeriac and oil in a medium bowl. Season with salt and

pepper. Arrange in a single layer on a rimmed baking sheet, and roast, stirring once, until the celeriac is tender and edges are golden brown, about 40 min.

Melt 1 stick butter in a medium saucepan over medium heat. Add garlic and leeks, and cook, stirring often, until soft, about 8 min. Add the celery root, sage, parsley, and 4 cups stock, stirring to combine. Season with salt and pepper. Remove from heat.

Toss bread with vegetable mixture in a large bowl. Fold in walnuts. Season with salt and pepper.

Cook some stuffing in turkey, or separately as follows. Stir in remaining 1 cup stock, spoon into a buttered 9-by-13 inch baking pan, and dot with remaining 1/2 stick butter. Cover with parchment, then foil, and bake in 375° oven for 25 min. Uncover, and continue to bake until golden brown, 15-20 min.

Source: *Martha Stewart Living*, November 2008.

## Butternut Squash Pancakes

- 1 small butternut squash
- 1 egg
- 1 egg white
- 1/2 cup milk or water
- 2 cups whole-wheat pastry flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1 tablespoon vegetable oil

Preheat the oven to 350°. Bake the squash until tender when pierced with a fork, about 40 minutes. Peel, seed and mash the squash. Let cool. In a bowl, combine the

squash with the egg, egg white and milk or water. In a separate bowl, stir together the flour, baking powder, salt, ground cinnamon and cloves. Add the dry ingredients to the squash mixture, mixing well.

Heat the oil over medium-high heat in a non-stick skillet. Pour 1/4 cup batter per pancake and press down to flatten. Cook until lightly browned, about 3 minutes more. Repeat with the remaining batter.

Makes 12.

Source: *Vegetarian Times Complete Cookbook*

**Cote & Co. and Phillips Fine Wine are hosting a Wine & Cheese Tasting Thursday, November 6, 7:30 pm.** \$30.00 per person. Please join us for an evening of our favorite cheeses complimented by delicious wines. We will explain the origins and unique characteristics of the cheese and selection process of the wine pairings. Registration for the Wine & Cheese Tasting is confirmed with payment at Cote & Co. Specialty Foods. Visit the store or mail check to: Attn: Wine & Cheese, Cote & Co., 800 North Easton Road, Doylestown, PA 18902. Space is limited.

**The Cook's Book Club at Cote & Co. Tuesday, November 18, 7:30pm.**

*Heat, An Amateurs Adventures as Kitchen Slave, Line Cook, Pasta-Maker and Apprentice to a Dante-Quoting Butcher in Tuscany* by Bill Buford. Join us for a lively discussion of reactions to the book and sharing our own "chef" experiences. B.Y.O.B. This is the first meeting of The Cook's Book Club and we will feature a new culinary read every other month. 10% off retail price of the featured book at Doylestown Bookshop and Cote & Co. Register at the store or by emailing [kristin.perry@mac.com](mailto:kristin.perry@mac.com).

## Collard Greens with Lemon

- 1 ounce (2 tablespoons) unsalted butter
- 1 garlic clove, smashed
- 2 small bunches collard greens (about 1 1/2 pounds), stems removed, leaves cut crosswise into 1/2-inch strips
- 3/4 cup chicken stock
- Coarse salt and freshly ground pepper
- 1 1/2 teaspoons finely grated lemon zest
- 2 teaspoons fresh lemon juice
- Lemon wedges, for serving

Heat 1 tablespoon butter and the garlic in a large pot over medium-high heat. Add greens, and cook, stirring often, until wilted, about 3 minutes. Stir in stock, 3/4 teaspoons salt, 1/8 teaspoon pepper, and the zest, and cover. Reduce heat to medium, and cook until tender, 8-10 minutes. Add lemon juice and remaining tablespoon of butter. Stir until butter melts. Season with salt and pepper, and serve immediately with lemon wedges.

Source: *Martha Stewart Living* November 2008

## Garlic Confit

- 2 heads garlic, broken into cloves (remove any excess papery skins, but do not peel)
- 5 bay leaves
- 1 teaspoon black peppercorns
- Extra-virgin olive oil

Preheat oven to 325°. In a small ovenproof dish, combine garlic cloves, bay leaves and peppercorns. Cover completely with oil, tightly cover pot with lid or foil, and bake for 1 hour or longer, until cloves are very soft. Let cool. Strain oil into a jar, peel garlic cloves and place in oil. Use immediately or refrigerate up to 1 week; bring to room temp before using. Source: [nytimes.com](http://nytimes.com)