

# Featherstone Fruits and Vegetables



The week of October 5, 2009

## October Crops

**Carrots**  
**Turnips**  
**Rutabagas**  
**Leeks**  
**Onions** (storage)  
**Garlic** (storage)  
**Celeriac**  
**Parsnips**  
**Daikon Radish**

## POSSIBLE Box Contents

**Sugar Loaf & Sweet Dumpling**  
(Winter Squash)  
**Carrots**  
**Arugula**  
**Mixed Sweet Peppers**  
**Fennel**  
**Storage Red Onions**  
**Red Cabbage**  
**Red Radish or White Diakon**  
**Red Beets**  
**Braising Mix**  
(Choi, Tatsoi, Mizuna, Chard)  
**Salad Mix w/ Spinach or Spinach**

Please note: This list is only a guess. Weather and other conditions are very unpredictable.

### Fall and Winter Roots

My wife Jenni has always been a fan of the Little House on the Prairie books, but as the parents of three sons, we've often gravitated to one of the last in the series, Farmer Boy. Several weeks ago I picked this one up again for our 5 year old, Jasper, but the middle fellow (Oscar, age 10) happened to be around and showed a keen interest in listening. It took only a few minutes to determine that Oscar's favorite passages in the story (by far, descriptions he remembered years after hearing them last) were the accounts of the fantastic winter meals. Laid out on a farm table in upstate New York 150 years ago, these meals worked the farmer boy, Almonzo, into an almost unbearable state of anticipation, as he sat in his seat eyeing the dishes arrayed before him.

There was ham and fresh bread and lots of pie in these meals, but there were also lots of storage vegetables- parsnips and rutabagas and turnips and squashes. They were served mashed or roasted or candied in syrup, and they were good eating. Thinking of those accounts even now makes my mouth water. It really is memorable writing, and I recommend it to you and your sons (and daughters...).

This is all to say that we need not fear for good things to eat as we descend into the darkness of the Minnesota winter. There will still be a couple of weeks of fresh salad crops and brassicas (broccoli, cauliflower etc) to look forward to in October- after all, it is still only early autumn. But even after these are gone, there is still plenty of *good* eating out there in the vegetable world, as Almanzo well understood.

At Featherstone Farm we grow a number of storage roots, all harvested this time of year and stored well into the spring. In addition to the obvious carrots and beets, there are turnips (purple top and white Asian), rutabagas, parsnips (possibly the sweetest single crop we can grow in Minnesota) and winter radishes (also known as daikons, long white and round red). All of these can be stored in your refrigerator, wrapped in plastic, for months on end without losing quality. Along with canning, freezing and dehydrating, they are the answer to issues of local food sourcing year round in the upper Midwest.

Some of you will receive a single large white daikon radish in this week's boxes. If you don't, look for one next week. Remember that these roots do not need to be stewed in a cream sauce to be good eating. Like turnips, kohlrabis and carrots, the daikon can be enjoyed thin sliced with a light dip, or grated over a salad. Use a little bit at a time if you wish, returning the unused part to the 'fridge for next time.

Jack  
Featherstone Farmer



Kitchen with Root Vegetables  
The McHugh-Hedin Family  
circa Winter 2008-2009

## Bounty for the Winter



Purple top Turnips



Asian white Turnips



Rutabaga



Parsnips



Red Daikon Radish



White Daikon Radish



Red Beets



Carrots

### 2010 versus Winter Share Dropsites and Delivery Days

Many of you have had questions about dropsite locations and times for the 2010 Regular Season shares. We're in the process of starting to set those now and should have a complete list by the end of January. If you don't see your 2009 dropsite on the Winter Share list, don't worry - we have fewer dropsites in the winter than in the regular season, so it doesn't mean that we won't have your pickup location back again next year! Also, the delivery days are very limited for the Winter Shares, that doesn't mean the delivery days will necessarily change for the 2010 season. If you have any questions, please email me at [csa@featherstonefarm.com](mailto:csa@featherstonefarm.com) or call 507-459-5209. Thanks.

Margaret Marshall, CSA Program Manager

# Meet Featherstone's Workers

## Lupe Garcia Gasca



Comparing this year's growing season at Featherstone to last year, Lupe says that things are much better now than they were his first season at the farm. He attributed this improvement to the new facilities, which provide more space for working, making everything easier and more efficient.

During the months of July and August, in addition to doing general fieldwork, Lupe was one of the main people involved in sorting all the different heirloom tomatoes that came in from the field. This principal job involved evaluating and sorting each tomato based on quality, species, ripeness, destination and amount of time before arrival. Having worked previously growing tomatillos in Guanajuato, Mexico where he is from, he said that working with tomatoes in general is a job he enjoys.

One of his favorite memories from the season is harvesting in the squash field, standing in long chains of people, "en cadena", throwing and catching down the line to move the fruit from piles in the field to bins on the truck to be brought back to the warehouse and packed into CSA boxes or shipped to local stores. Lupe's favorite fruit grown at Featherstone is yellow watermelon (sandia amarilla), which he thinks is just a bit sweeter than the pink fruit.



*Peggy Hanson is a food writer, local food advocate and aspiring food coach who lives in Lanesboro, Minnesota. This column originally appeared in the Fillmore County Journal in Fall 2007*

*Peggy welcomes your questions and comments.*

*Contact her at [mjhanson50@gmail.com](mailto:mjhanson50@gmail.com).*

## REAL FOOD - Rutabagas

The rutabaga is making a comeback. This may come as a surprise to many of you in Fillmore County, where rutabagas never went out of style in the first place.

It was inevitable that humble rutabagas – also known as Swedes – would regain status in the wider vegetable world. They are not needy and demanding. They do not scream at you, “Cook me now. Cook me TODAY or I’ll go slimy on you.” Rather, they are sturdy and patient, versatile and satisfying. They have substance. They thrive in cold climates and exposure to freezing weather makes them even sweeter. They are always there when you need them. If you could marry a vegetable, this would be a good one to consider. And just because you can’t marry them doesn’t mean you can’t love them

A few years ago the Washington Post interviewed one enthusiastic chef, Patrick O’Connell, who said “You must erase your childhood memories. Rutabagas are fabulous, with terrific color and a flavor that no one can quite place. Buy a 100-pound bag of rutabagas. You’ll never regret it.”



Many people – especially those not hailing from the Heartland - do not even know a rutabaga when they see one. About the same time Chef O’Connell was interviewed, the Post also conducted an informal survey of a dozen people at a Whole Foods store in Washington, D.C. Only one could identify a rutabaga. Whether this was evidence of rutabaga’s obscurity or Washington’s distance from reality, I cannot say.

Fresh rutabagas are widely available year around in our area groceries, but they are best in fall and winter. Store them in the refrigerator. Smaller (less than 5 inches diameter) means sweeter. Look for a fairly smooth surface and yellowish tan color with a bright purple band of color at the top. Commercially sold rutabagas are usually coated in wax to help retain moisture. They are great added to beef stew or mashed with butter, salt and pepper and mixed with mashed potatoes – about a one to one ratio of potato to rutabaga. I also recommend cream of rutabaga soup, especially seasoned with a dash of nutmeg and garnished with some toasted black walnuts.

It only takes a few minutes to peel and cut up a raw rutabaga. This is not a waste of time, especially if you learn to multi task. You can help a child with spelling homework, listen to the news on the radio or do breathing exercises, for instance. You will need a good sharp knife and a cutting board. First slice off about an inch on the root and stem ends. Those can go into the compost along with the peels. Then cut in half lengthwise. Lay each half flat side down and slice each half crosswise into desired widths. Peel the slices and then cut them into desired size. This can be done ahead. The pieces keep for several days in the refrigerator, covered with water.

Oven Roasted Rutabagas – serves about 4-6, may be doubled

Mix together in large bowl:

5 cups fresh raw rutabaga, cut into 3/4 inch dice - about 2 medium rutabagas (carrots and potatoes may be substituted for up to half of the rutabagas)

1 T. real maple syrup or substitute brown sugar and 1 T. water or orange juice

1 t. salt

1 – 2 T. olive or vegetable oil

1 t. dried or 2 t. fresh thyme leaves ( or 1 t. herbes de provence – very tasty)

Spread out vegetables on a heavy baking sheet or pan in one layer.

Bake at 350 degrees about 45 minutes, or until lightly browned and tender. Stir once or twice during cooking to minimize sticking.

# MACROBIOTICS 101

By Melinda Feucht

“I’ve been reading about this new thing called macrobiotics,” I commented upon sharing this week’s newsletter idea with Mary Benson. “New?!” she replied instantly. Her intonation quickly made me see that it had a history I was unaware of.

I became obsessed. I asked all my 5 vegetarian coworkers about it. “You can’t eat cheese,” one said. “Not every vegetable is allowed,” said the other. “No coffee, wine, or beer!” (*Can’t. Allowed. No. – All words I hate when it comes to language about nourishing ourselves.*) I didn’t want to believe it was as painful as they made it sound.

I research vigorously, as though this philosophy was an unopened treasure. Spending a chilly, fall evening in bed with sweet potato soup, this very laptop, and some warm socks brought me further into its past.

Soon I find out that not only did the flower power/hippie/peace-love/whatever-you-like-to-call-them generation of the 60s and 70s adopt this way of life, but people were practicing it all the way back to the ancient days of Hippocrates.

Translated from Greek, macrobiotic means “large life.” Hippocrates used the term to classify people who were healthy and long-lived. Aristotle used the word to describe a lifestyle that composed of a simple diet that promoted health and longevity.

The idea is that since the beginning of agriculture (nearly 12,000 years ago), humans have eaten a diet that is made up of whole grains, vegetables, beans, and very limited animal fats. The modern diet eventually changed to include an unnatural amount of dairy and meat, taking the place of proteins we got from beans, complex carbohydrates, and vegetables.

The nuts and bolts of the macrobiotic way of eating is as follows: 50% grains, 30% vegetables, 10% soups, and 10% beans and sea vegetables. Dairy, alcohol, caffeine, and white sugars/flours are heavily discouraged and exercise is minimal – a series of 7 daily, yoga-like stretches is suggested. Walking helps.

Macrobiotics attempts to revive an original, simple way of eating. Carbohydrates, given in the form of whole grains, together with the beans, provide the 8 amino acids our body doesn’t produce naturally. You only eat until you’re full (and believe me, with legumes and hearty grains, this happens fast!) The greens provide the roughage of nutrients that your body needs and doesn’t receive from daily vitamins. Staying away from animal fats keeps your diet from high amounts of saturated fat and high costs. Foods are eaten in their most natural state, with minimal manipulation or processing. I would even go so far as to say it’s great for a non-cook because they don’t encourage fussing with dressings, sauces, or preparation too much.

More than a ‘diet’ (another word I don’t like), macrobiotics is a way of life. It’s about balancing yin foods (beans, root vegetables, seeds, leafy round vegetables, milk) with yang foods (fish, buckwheat, beef, poultry, yang), and finding the right balance of foods for your body and lifestyle. Physical and mental balance arises once the body is freed from cravings and impulses for sugar, fat, and alcohol.

If CSAs were more popular around 1987, when Michio Kushi wrote the fundamental book ‘The Macrobiotic Way’, there no doubt would be a section written about them as vegetables are very highly esteemed

In Latin, ‘vegetable’ translates into ‘full of life.’ The idea behind the inclusion of vegetables is that they provide a variety of shapes, colors, and tastes to match with various whole grains, adding freshness and lightness to the dish. The health benefits are endless. Here are some vegetable ideas for macrobiotic eating:

## Mixture Ideas

Millet and squash

Lentils and caramelized onions

Broccoli and buckwheat

Quinoa and carrots

Kasha and cabbage

Barley and beets

## The High Rankers of Macrobiotics

**Vegetables:** broccoli, vegetable tops  
(think carrots, Daikons, turnips),  
scallions, kale, leeks

**Beans:** garbanzo, green lentils,  
adzuki,

**Grains:** barley, brown rice,  
buckwheat, millet, whole oats

..... and yes, pickles are heavily encouraged!

### *Two Recipes from Michio Kushi's 'The Macrobiotic Way'*

#### **Broccoli Pickles**

2 cups small broccoli florets

$\frac{3}{4}$  cup water

$\frac{1}{4}$  cup tamari

2 slices fresh ginger

Place all ingredients in a pickle press or jar. Apply just enough pressure to hold the broccoli under the tamari-water solution. If you use a jar, take a smaller jar or a cup that fits inside and press the pickles by setting a weight in that cup. Let sit for 2/3 days. If pickles are too salty, rinse with cold water before eating. These pickles will keep for about 1 week in a cool place.

#### **Sauerkraut**

5 pounds cabbage

$\frac{1}{3}$  cup sea salt

Wash and finely shred cabbage. Place in a wooden keg or ceramic crock and mix sea salt in very well. Place several clean rocks on top of a plate to press the cabbage. Cover with a piece of clean cheesecloth to keep dust out. Within 10 hours, the water level in the keg will rise up to or above the plate. If the level is above the plate, remove some of the weight to make the water recede. Keep sauerkraut in a cool, dark place for 1.5-2 weeks. Check it every day to make sure all is going well. If mold begins to form on top, remove and discard it immediately. When sauerkraut is ready, rinse it with cold water and place in a serving dish.

As always, questions or comments can be directed [here](#).

# Recipes

## ARUGULA Pesto

from [Farmer John's Cookbook](#)

### Ingredients

1/4 cup pine nuts  
2 cups mature arugula  
1/2 cup freshly grated Asiago cheese (about 1 1/2 oz)  
1/2 cup extra virgin olive oil  
1 clove garlic, smashed  
salt & freshly ground black pepper

### Instructions

Preheat oven to 350 degrees F.  
Toast the pine nuts in a dry heavy skillet over high heat until they start to brown in spots & become fragrant. Transfer the nuts to a bowl to cool.

Combine the arugula, Asiago cheese, oil, garlic, and line nuts in a blender or food processor; process until thoroughly combined and smooth. Season with salt and pepper to taste. Makes about 1 1/2 cups.

## DIAKON in Plum Sauce

from [Farmer John's Cookbook](#)

### Ingredients

3 Tablespoons soy sauce  
2 Tablespoons rice vinegar  
1 teaspoon cornstarch  
2 Tablespoons plum sauce  
1 Tablespoon minced scallion  
3 Tablespoons peanut oil  
1 daikon radish, peeled & cut into matchstick-sized strips  
2 Tablespoons water

### Instructions

Combine the soy sauce, vinegar, and cornstarch in a small bowl; stir until cornstarch dissolves. Stir in the plum sauce and scallions.

Heat the oil in a wok or large skillet over high heat. Swirl the oil around the wok so that it covers the cooking area, then add the diakon; cook, stirring constantly, for 30 seconds.

Add the water and cover. Cook until the diakon is tender, 1 to 2 minutes.

Add the soy sauce mixture and continue cooking, stirring vigorously, until the sauce has thickened, 2 to 3 minutes.

Serves 3 to 4.

## Penne with Braised SQUASH & Greens

adapted from [eatingwell.com](#)

### Ingredients

2 teaspoons extra-virgin olive oil  
4 ounces cubed smoked tofu  
1 medium onion, chopped  
3 cloves garlic, minced  
Pinch of crushed red pepper  
1 1/2 cups vegetable broth  
1 pound butternut squash (or other winter squash), peeled and cut into 3/4-inch cubes (3 cups)  
1 small bunch Swiss chard, stems removed, leaves cut into 1-inch pieces (or other cooking greens)  
8 ounces whole-wheat penne, rigatoni or fusilli  
1/2 cup freshly grated Parmesan cheese (optional)  
1/4 teaspoon salt, or to taste  
Freshly ground pepper, to taste

### Instructions

Put a large pot of water on to boil for cooking pasta.

Heat oil in a large nonstick skillet over medium heat. Add tofu and cook, stirring, until lightly browned, 3 to 5 minutes. Transfer to a plate. Add onion to the pan; cook, stirring often, until softened and golden, 2 to 3 minutes. Add garlic and crushed red pepper; cook, stirring, for 30 seconds. Return the tofu to the pan and add broth and squash; bring to a simmer. Cover and cook for 10 minutes. Add chard and stir to immerse. Cover and cook until the squash and chard are tender, about 5 minutes.

Meanwhile, cook pasta until just tender, 8 to 10 mins. or according to package directions. Drain and return to the pot. Add the squash mixture, Parmesan, salt and pepper; toss to coat. Serves 4.

## Mashed Maple SQUASH

from [eatingwell.com](#)

### Ingredients

1 acorn squash (or other winter squash), (1 1/4 pounds), halved and seeded  
2 tablespoons pure maple syrup  
1 teaspoon butter  
1/4 teaspoon ground cinnamon  
1/4 teaspoon salt

### Instructions

Preheat oven to 400°F. Grease a 9-by-13-inch baking pan.

Place squash halves cut-side down in the prepared pan. Bake until soft, about 50 minutes. Let cool for 10 mins.

Scrape the soft squash flesh into a medium bowl. Stir in syrup, butter, cinnamon and salt with a fork, mashing the squash until somewhat smooth. Serves 2.

# Recipes

## Baked FENNEL

adapted from [allrecipes.com](http://allrecipes.com)

### Ingredients

1 large fennel bulb  
1 tablespoon butter  
1/2 cup half-and-half cream  
1/2 cup creme fraiche  
1/4 cup grated Parmesan cheese

### Instructions

Preheat the oven to 400 degrees F (200 degrees C). Trim and cut the base off of the fennel bulb. Slice the fennel vertically (upright) into 1/4 inch thick slices.

Melt the butter in a large skillet over medium heat. Add the fennel, and fry for about 5 minutes. Stir in the half-and-half and creme fraiche until well blended. Transfer to a shallow baking dish. Sprinkle Parmesan cheese over the top.

Bake for 30 minutes in the preheated oven, or until the top is golden brown and the fennel is tender enough to pierce with a fork.

Serves 2 to 3

## Sweet & Sour RED CABBAGE

from [allrecipes.com](http://allrecipes.com)

### Ingredients

3/4 cup water  
1 small head red cabbage, finely shredded  
3 apples - peeled, cored and chopped  
1/4 cup packed brown sugar  
1 cup distilled white vinegar  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground allspice  
1/4 teaspoon ground cloves  
2 tablespoons butter, divided

### Instructions

Place water in a large saucepan, and stir in cabbage, apples, brown sugar, vinegar, cinnamon, allspice, cloves, and 1 tablespoon butter. Bring to a boil. Reduce heat, and cover. Simmer 45 minutes, stirring occasionally, until cabbage is tender. Stir in remaining butter before serving.

Serves 6.

## FENNEL and Potato Gratin

from [Farmer John's Cookbook](#)

### Ingredients

butter for greasing the baking dish  
1 medium fennel bulb, cut crosswise into 1/8-inch slices (about 2 cups)  
2 cups thinly sliced Yukon gold potatoes (about 2 large potatoes)  
salt  
freshly ground black pepper  
2 cups half-and-half  
2 tablespoons butter

### Instructions

Preheat the oven to 350° F. Lightly coat a shallow 2-quart baking dish with butter.

Cover the bottom of the baking dish with a layer of fennel slices. Cover with half of the potato slices. Sprinkle with salt and pepper to taste. Repeat layers until you've used up all your slices.

Bring the half-and-half to a gentle boil in a medium pan over medium-high heat. Pour it over the fennel and potato.

Using a large spatula, press down on the top layer to submerge it. Dot with butter. Bake until potatoes are tender and the top is golden brown, about 1 hour.

Serves 4 to 6.

## Shredded CABBAGE Soup

from [southernfood.about.com](http://southernfood.about.com)

### Ingredients

2 medium onions, thinly sliced  
3 tablespoon butter  
2 cans (10 1/2 oz each) condensed beef broth  
1 small head cabbage, coarsely shredded  
2 carrots, sliced  
2 medium potatoes, peeled & cubed  
1 stalk celery (including leaves), sliced  
2 tomatoes, chopped  
1/2 to 1 teaspoon dried dill weed  
1 tsp salt  
Pinch of freshly ground pepper

### Instructions

Cook and stir onions in Dutch oven until tender. Add beef broth, cabbage, carrots, potatoes, celery and tomatoes. Add enough water to thoroughly cover all ingredients by 1 inch. Bring to a boil, then reduce heat and add seasonings. Simmer for 2 hours.

# Recipes

## Baked BEET-and-CARROT Burgers with Brown Rice, Sunflower Seeds, and Cheddar Cheese

from [Farmer John's Cookbook](#)

### Ingredients

butter for greasing the baking sheet  
1/2 cup sesame seeds  
1 cup sunflower seeds  
2 cups peeled, grated beets (1–2 medium beets)  
2 cups grated carrots (about 4 carrots)  
1/2 cup minced onion (about 1 medium onion)  
2 eggs, lightly beaten  
1 cup cooked brown rice  
1 cup grated Cheddar cheese  
1/2 cup vegetable oil  
1/2 cup finely chopped fresh parsley  
3 tablespoons flour  
2 tablespoons soy sauce or tamari  
1 clove garlic, minced or pressed (about 1/2 teaspoon)  
1/8–1/4 teaspoon cayenne pepper

### Instructions

Preheat the oven to 350°F. Lightly coat a baking sheet with butter.

Place a small, heavy skillet over medium heat. Add the sesame seeds and stir them on the dry skillet just until lightly browned and fragrant, 3 to 5 minutes, watching closely to avoid burning them. Immediately remove from heat and transfer the toasted seeds to a dish to cool.

Return the skillet to the heat. Add the sunflower seeds and stir them on the dry skillet just until lightly browned and fragrant, 3 to 5 minutes, watching closely to avoid burning them. Immediately transfer them to the dish with the sesame seeds.

Combine the beets, carrots, and onion in a large bowl. Stir in the toasted sunflower and sesame seeds, eggs, rice, Cheddar cheese, oil, flour, parsley, soy sauce or tamari, and garlic (your hands work best here). Add cayenne (use 1/4 teaspoon for spicier burgers) and mix until thoroughly combined.

Using your hands, shape the mixture into 12 patties and arrange them in rows on the baking sheet.

Bake the patties until brown around the edges, about 20 minutes. Unless they are very large and thick, it should not be necessary to turn them. Serve alone or on buns.

## Quick BRAISING MIX Pasta

from [nesfp.nutrition.tufts.edu](#)

### Ingredients

5 cloves garlic, chopped  
Olive oil  
braising mix  
red wine vinegar  
cooked pasta

### Instructions

Sauté five cloves of garlic in olive oil until they soften; turn the heat to high and toss in the braising mix until it wilts. Sprinkle with red wine vinegar and stir until it disappears. Serve over pasta.

To vary, add a handful of pinenuts and raisins or 2 tsp. honey 1 T Dijon mustard and some chopped walnuts or pecans.

## BRAISED GREENS

from [nesfp.nutrition.tufts.edu](#)

### Ingredients

1 tbsp olive oil  
2-3 carrots, sliced  
1/4 cup onion, coarsely chopped  
1/2-3/4 cup braising liquid (wine, water, broth)  
1/2 lbs braising mix

### Instructions

Heat the oil over in a large saute pan over medium heat. Add the carrots and onion. Cook 3 minutes. Add the braising mix, and 1/2 c. liquid. Cover the pan and cook just until the greens start to wilt, adding more liquid if necessary. Add the tomatoes, toss. Serve immediately.

## Pear Salad

from Ed Holahan, Featherstone CSA shareholder

### Ingredients

4 pears, peeled & cored, sectioned into eighths  
2/3 cup walnuts or pecans, toasted  
1/2 cup blue cheese, crumbled (optional)  
fresh dill to taste, minced (optional)  
lettuce, torn into medium sized pieces

### Simple Vinaigrette

1/2 cup olive oil  
1T Lemon juice  
1/3 cup wine vinegar  
salt & pepper to taste

### Instructions

Mix vinaigrette vigorously. Spread serving platter with lettuce pieces. Distribute pears evenly on lettuce. Top with toasted nuts and light pinches of dill. Drizzle with vinaigrette, lightly. Crumble blue cheese on top. Serves 4 to 6.

## Stop and Turn the Compost

OK I'm a city kid at the core or at least I was. There are times when my roots pop up in the least expected places. I'll be waxing poetic (don't you love that phrase?) on the joys of a life bucolic and then those garbage flies that swarm the rotting pears in our compost bucket will get me all bent out of shape. I start swatting aimlessly at a creature, or a thousand creatures, who weigh less than nothing in a vain attempt at ridding our kitchen of the little buggers. The only effect I have is to stir them up, like a smoothie, whipping them into the air only to have them land later in precisely the same places from whence they arose. What do they do exactly? Why are they here?

Veronica is the queen of all things friendly to the earth. We recycle everything that is recyclable and we keep trying to recycle things that aren't. We compost plant and vegetable matter and what remains as trash fills only a tiny bag every week to be taken to the drop-off. I am completely and utterly in favor of such behavior. It is the right thing to do. There is however the occasional down side.

I am a clean refrigerator guy. I like to see where things are, right away. I am doubly afflicted with the standard male ailment known as "Honey, where's the...." I do not like picking through a wall of greenish leafeteria to find the mustard. I am not a fan of leftovers but I am trying, I really am. My adjustment is made infinitely more difficult if I have to climb through greenery on my way to what was interesting last night. The next new taste is what attracts me. What we ate yesterday is so... yesterday. But I am learning. Stew really is better the next day. Soups, generally improve with age. I guess it's the uncooked fresh things that lose me. Why can't everything be like Braunschweiger? Always good and always as fresh as it ever was.

I think we may be the only couple to wash more plastic bags than Ziploc makes. Is that possible? I have found plastic bags full of plastic bags in so many places around our domain. They are all waiting to be taken to a vast holding pen from whence they shall be delivered to a remaker of things plastic to begin their progress all over again. We have bags full of bags in the car, in the basement, in the cupboard and in the closets. Veronica treats old bags the way other folks treat their dainties, hand washed and line dried. I looked out the other morning on a gorgeous sunrise all dappled and promising only to have my gaze interrupted by our clotheslines full of fluttering poly bags, like jellyfish under clothespins.

All of this grouching is fine and dandy and it makes me feel good to get a few things off my chest. But the truth remains that we discard so much more than we need to, that we are still in the mindset of disposable pens and diapers and razors and juice boxes and well, you know what I mean. It's not good for the planet when we use and pitch. Tons of this stuff washes up on the Atlantic Coast every day. It is far better that I should put up with a little inconvenience, a little aesthetic discomfort. The world would be much better off with a few million Veronicas riding herd on our excesses, with a few million more angels of aftermath.

I just have to remind myself that, on my way to a greener planet, I should stop and turn the compost.

Ed Holahan  
Featherstone Friend (and veggie eater)

Editor's note: You can read Ed's weekly rantings in the  
Houston Banner or go to: [EdHolahanWrites.com](http://EdHolahanWrites.com)

# 2009 Winter CSA Shares and 2010 Regular Season Shares

## It's time to sign up for winter shares from Featherstone!

As we near the end of the 2009 regular season of produce, we're looking forward to the 2<sup>nd</sup> year of our winter share season and hope you will join us for the bounty it provides!

Winter shares are scheduled to be delivered every other week in November and December for a total of 4 boxes. Each box is much larger than those of the regular season, and they provide generous quantities of storage crops like root vegetables and winter squash, and varying amounts of greenhouse crops like cauliflower, broccoli, and salad greens.

## Discounted prices are available to members signing up for winter and 2010 shares together

2009 Winter Share only (one size only) - \$220  
2010 Regular Season Chica (After Dec. 15) - \$490  
2010 Regular Season Grande (After Dec. 15) - \$640

Current Members signing up for Winter Share and renewing early\* for 2010: \$190 for Winter Share and \$20 off your 2010 regular season share (Chica or Grande)

New Members signing up for Winter Share and 2010 early\*: \$200 for Winter Share and \$20 off your 2010 regular season share (Chica or Grande)

\*Early 2010 signups and renewals must be confirmed with a deposit of 50% of the share price by Dec. 15, 2009 and paid in full by Feb. 15, 2010.

All winter shares must be paid in full by Nov. 1, 2009.

To sign up for 2009 Winter Shares or 2010 Regular Season Shares, please contact Margaret Marshall:

[csa@featherstonefarm.com](mailto:csa@featherstonefarm.com) • cell:507-459-5209  
[www.featherstonefarm.com](http://www.featherstonefarm.com)



Last year's winter shares were abundant (last year's week 3 box is shown above) and this year we plan for even more variety of greenhouse crops like broccoli and cauliflower.

## A few words from last year's winter shareholders:

- "this is a great opportunity to stretch the season a little bit more and to have fresh, locally grown produce into December. What a treat!" – Jennifer S.
- "At first I was a little shocked to see how much you could fit in those boxes and wondered how we'd ever eat it all, but everything stores so well" – Anonymous
- "I LOVED the greens: especially lettuce, mizuna, and spinach. Winter spinach is the best spinach EVER!" – Anonymous
- "we loved having the extended season and all the yummy soups that I made with the boxes!" – Anonymous



# Featherstone

## Fruits & Vegetables

Locally and Organically-grown produce

### 2009 Winter Share & Early 2010 Regular Season Sign-up Form

Thanks for your interest in the Winter Share of the Featherstone CSA Program. Please complete the form, print it out and send it with your check to the address listed at the bottom of this form. If you have any questions about the CSA or this form, please email [csa@featherstonefarm.com](mailto:csa@featherstonefarm.com) or call Margaret Marshall at 507-459-5209.

Primary First Name(s) \_\_\_\_\_ Primary Last Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email(s) \_\_\_\_\_

Cell/Day Phone(s) \_\_\_\_\_ Evening Phone(s) \_\_\_\_\_

Are you sharing your box?      **Y**                      **N**                      If yes, please provide the person's info you're sharing with:

Secondary First Name(s) \_\_\_\_\_ Secondary Last Name(s) \_\_\_\_\_

Email(s) \_\_\_\_\_

Cell/Day Phone(s) \_\_\_\_\_ Evening Phone(s) \_\_\_\_\_

#### Winter and 2010 Regular Season Pricing:

Share Type	Winter Price	2010 Price
<b>Early Sign-up* Pricing:</b>		
<input type="checkbox"/> 2009 Winter Share Only	\$220	
<input type="checkbox"/> 2010 Chica Share		\$470
<input type="checkbox"/> 2010 Grande Share		\$620
<b>For New Shareholders:</b>		
<input type="checkbox"/> 2009 Winter and 2010 Chica	\$200	\$470
<input type="checkbox"/> 2009 Winter and 2010 Grande	\$200	\$620
<b>For Renewing Shareholders:</b>		
<input type="checkbox"/> 2009 Winter and 2010 Chica	\$190	\$470
<input type="checkbox"/> 2009 Winter and 2010 Grande	\$190	\$620

After December 15, Regular Season Shares for 2010 will increase to \$490 for a Chica and \$640 for a Grande. Sign-up as soon as possible to receive Early Pricing.

\*Early 2010 signups must be confirmed with a deposit of 50% of the share price by Dec. 15, 2009 and paid in full by Feb. 15, 2010. All Winter Shares must be paid in full by Nov. 1, 2009.

#### Drop Sites:

Indicate your top choices in order by entering "1" in the box next to your first choice and "2" next to your second choice.

Tuesday Deliveries – Twin Cities Only	Friday Deliveries - Winona	Friday Deliveries – Twin Cities
<input type="checkbox"/> Hampden Park Co-op (St Paul)	<input type="checkbox"/> Bluff Country Co-op	<input type="checkbox"/> Valley Natural Foods( Burnsville)
<input type="checkbox"/> Eastside Co-op (Mpls)	<b>Friday Deliveries - Rochester</b>	<input type="checkbox"/> Lakewinds Co-op(Chanhassen)
<input type="checkbox"/> Member Home (West St Paul)	<input type="checkbox"/> Good Food Store	<input type="checkbox"/> Lakewinds Co-op( Minnetonka)
<input type="checkbox"/> Seward Co-op (Mpls)	<input type="checkbox"/> Rochester Produce	<input type="checkbox"/> Clancey's Meats & Fish( Mpls)
	<b>Friday Pick-up - Rushford</b>	<input type="checkbox"/> French Meadow Café( Mpls)
	<input type="checkbox"/> Featherstone Farm	<input type="checkbox"/> HealthPartners( Blmgtn, Employees Only)
		<input type="checkbox"/> Hennepin County Government Center(Mpls)

# Seeking Your Recipes and Stories for the 2nd Edition of the Featherstone Farm Cookbook!

Hello!

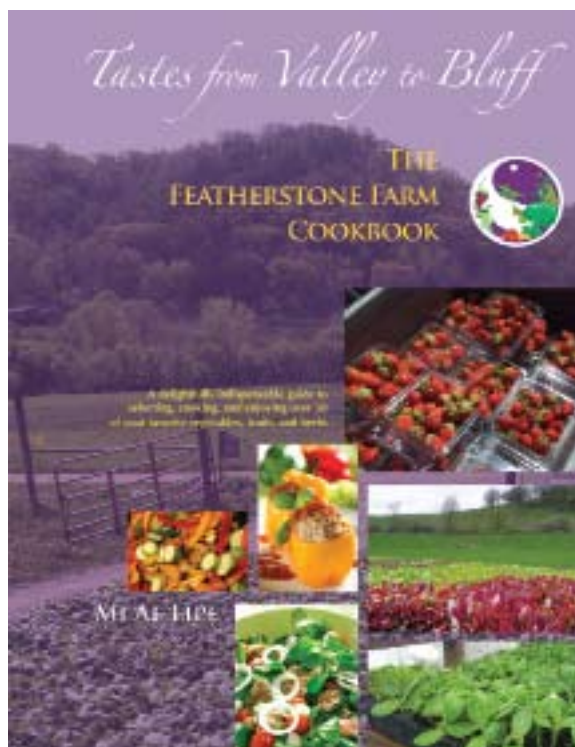
This is Mi Ae Lipe, the author of Featherstone's own cookbook, *Tastes from Valley to Bluff*. As you may already know, it is both a cookbook and a resource guide to over 50 different fruits, vegetables, and herbs that Featherstone grows. The current book contains nearly 300 recipes and is truly an indispensable reference for those who love to cook and eat with fresh produce. For more information about the book and see some sample pages, visit my website at [www.whatnowdesign.com/cookbook](http://www.whatnowdesign.com/cookbook).

This winter I plan to heavily revise the cookbook and publish the 2nd edition in mid-May 2010. The new book will feature 20 percent more vegetables (and recipes!), as well as updated history on Featherstone's transformation following the flooding of 2008.

**I would love to include your input and favorite recipes for the new book!**

In particular, I am looking for—

- **Recipes that include Brussels sprouts, carrots, fennel, sage, chervil, celery, parsnips, rutabagas, shallots, and sweet potatoes. These recipes should preferably be your own and not directly from other cookbooks (although I will consider adaptations as long as I get a source to credit). Am also looking for gluten-free and raw foods recipes.**
- **If you are a CSA subscriber, your thoughts on cooking, eating, agriculture, farmers markets, locavores, organic farming, sustainable living, and dietary issues. These can be a few sentences to short essays (maximum 500 words) on just about anything along these lines, from the qualities of the most sublime leek quiche to what supporting a CSA means to you.**
- **If you work or live on the farm, I would love to hear any reflections on what this lifestyle means to you, or the experiences you've had.**
- **Any photos you may have taken at the farm or during its celebrations like the Strawberry Social, SquashFest, or Harvest Supper.**
- **Photos of the new warehouse during construction, after the move, and the new fields and their crops.**
- **If you have favorite recipes that you have made from the previous edition of the cookbook, tell us which ones you enjoy most! And if you happen to**



**make one and want to snap a picture of it to share with us, we'll be happy to publish it in the new book!**

- **If you have been a user of the first cookbook and you have suggestions, comments, or testimony, I welcome them all!**

Best of all, if your submission is published in the new book, you will get credit and a free complimentary copy when it is published next year (a terrific value!)

## How to reach me?

You can email me your comments, recipes, and high-res digital photos to [miae@whatnowdesign.com](mailto:miae@whatnowdesign.com) or snail-mail to my mailing address:

Mi Ae Lipe  
4125 150th St SE  
Mill Creek, WA 98012

I can also be reached by cell phone at 206-349-2038.

**The deadline date for submissions is December 31, 2009.**

I look forward to hearing from you and thank you!

Mi Ae