

Dharma Ridge Farm

CSA newsletter

Week 19

October 15, 2008

Radishes*turnips*carrots*red onions*leeks*chard*kale*arugula*mizuna*Austrian Crescent potatoes*Tomatoes

Hello from the farm!

I hope you all will consider taking a few minutes to fill out the survey I have tucked into your box. The completed surveys can be dropped off with us at your last pickup or mailed to the farm; you can also drop it by our booth at the farmers market. Your input will be crucial in helping us plan our next season and we will surely take any suggestions to heart.

We have been busy here on the farm, digging the last six rows of the potatoes on Monday. Our neighbors came down and helped and it went very well. You are getting some of the fingerling potatoes, a variety called Austrian Crescent. We bought the seed from Lazy J farm a few years ago and have been replanting from our own saved seed. Our peat soil grows some huge potatoes, and some of these guys resemble more of a foot than a finger. Try them roasted along with some carrots and leeks mmmmm..

It has been very cold in our neck of the woods. We have had many hard frosts now and the tomatoes are at the end, some may have a mealy texture and would be better in soups and sauces. The days of fat tomato slices are over. We now trade tomatoes in for TURNIPS! Don't cry, it will be ok, turnips aren't so bad, and some people love them. If you don't remember liking them, please give them a try again. Turnips are great mashed in with potatoes adding their slightly spicy flair. Now is a great time to keep a kettle bubbling on the stove and all of the fall and winter veggies lend themselves nicely to soups and stews. I picked out a few delicious recipes for you this week as well as the carrot salad recipe which comes from one of our wonderful members. Enjoy!!!!!!!!!!!!

Braised turnips with browned onions and hazelnuts yields 4 side servings from: Whole

Gourmet natural cooking

1 T Olive oil	¼ cup white wine
½ red onion, diced	juice of ½ lemon
¼ cup chopped hazelnuts	1T honey
¼-1/2 teaspoon salt	2 turnips peeled and sliced into 1/4 "wedges
Dash red chili flakes	
Dash black pepper	3 T chopped cilantro (optional)

Heat olive oil in a medium skillet over medium heat. Add the onion, hazelnuts, salt, pepper and chili flakes; sauté 5-7 minutes till slightly browned and fragrant. Remove to a plate. In the same skillet add the wine, lemon juice and honey, stir to mix, add the turnips and cook 4-5 minutes till crisp and tender. Add the onions and hazelnuts back into the pan w/ the turnips, stir to combine, add the optional cilantro right at the end. Adjust taste for salt, pepper and sweetness. Serve hot.

More on back.....

Mustard-Crusted Tofu with Kale & Sweet Potato Serves 4 from: Bon Appétit

(Chicken can be substituted for tofu)

1 14- ounce package firm tofu

½ half cup whole grain Dijon mustard

4 Tablespoons vegetable oil, divided

½ medium onion sliced

1 Tablespoon minced peeled fresh ginger

1 bunch kale, stem cut from each leaf, leaves thinly sliced crosswise

1 small red skinned sweet potato, peeled, halved lengthwise, thinly sliced crosswise

2 Tablespoons fresh lime juice

Preparation:

Cut tofu into eight ½ inch thick slices. Arrange on paper towels; drain 10 minutes. Spread both sides of each slice with mustard.

Heat 2 T oil in a large nonstick skillet over medium- high heat. Add onion and ginger, sauté' 1 minute. Add kale, sweet potato and lime juice. Cover, reduce heat and cook till potato is tender and kale is wilted, about 12 minutes. Meanwhile heat remaining 2 T oil in another large nonstick skillet over medium heat. Add tofu; cover and cook until heated through and crisp, about 2 minutes per side (some mustard seeds may fall off tofu).

Arrange kale and sweet potato mixture on a plate overlap tofu slices atop vegetables and serve.

Ginger Carrot Salad From the kitchen of Cheryl Merrill

Shred: 3-4 carrots, 1 red apple, 2 T or so fresh ginger

Toss with: chopped walnuts, about ¼ cup dried coconut, 2T orange juice, slight drizzle olive oil.

Recipe can be increased or decreased and requires a bit of eyeballing to get the consistency desired. *This salad may be delicious over mizuna!!