

# GRINNELL HERITAGE FARM

## CSA NEWSLETTER

November 3rd, 2009  
Volume 2, Issue 25



Address: Grinnell Heritage Farm Inc., 1933 Penrose St, Grinnell, Iowa 50112  
Email: GrinnellHeritageFarm@gmail.com Phone: 641-236-4374

## Our First Winter Share

This is the first November newsletter I've ever written. I must admit it seems strange to be preparing to pack boxes without our summer help on the farm. Thomas, Allie, and Jordan finished their seasons here on the farm last week so the only hired help we currently have is our neighbor, Wes, who comes in after school and power washes nearly every evening. This week has been pretty hectic because we feel short staffed; tomorrow we'll be packing boxes with just three of us and a baby when we would usually have five to do the job. It is humbling at the end of the year to be on the receiving end of all the unwanted jobs that I get to foist off on others the rest of the season. For that reason alone I am grateful to be extending the season into December.

The share this week looks great. I am going to repeat the carrot soup recipe that we put in the last regular season newsletter because we will have quite a few carrots in each of the boxes. We are renting a refrigerated semi trailer for temporary cold storage and it is currently half-full of carrots. The potatoes and beets are storage varieties that we had during the regular season as well. If you are skeptical about eating rutabaga give these a try in a chicken soup; as a fresh vegetable rutabaga is almost unknown and these are so good that here in Iowa we should be eating many of them. The daikon is the large white cylindrical vegetable. It can be eaten raw, made into slaw or pickled, or it can be cooked in many different Japanese soup recipes. Both the spinach and lettuce were grown outdoors. The spinach leaves are a bit ragged in places but it tastes great and the lettuce is some that bounced back after the freeze. Cabbage and collards are both great cooking greens. The Romanesco cauliflower was a great surprise to me in the field. The heads that were too small to harvest two weeks ago sized up nicely and are making an unexpected winter appearance so enjoy! The onions, garlic, and squash are all versatile winter veggies.

Some vegetables coming in future boxes: turnips, Brussel sprouts, beauty heart radishes, leeks, parsnips, sweet potatoes, head lettuce, arugula, kale, and celeriac. Many of the items from this week will make repeat appearances. Until next time, have a great week!

### THIS WEEK'S SHARE

Russet (mostly) Potatoes	4 lbs.
Bolero Carrots	3-4 lbs.
Red Ace Beets	3-4 lbs.
Rutabaga	1 or 2
Daikon Radish	1
Spinach	1 bunch
Loose Leaf Lettuce	1 bag
German Extra Hardy Garlic	1 bulb
Cabbage	1 head
Collard Greens	1 bunch
Thelma Sanders or Kabocha Squash	1
Onions	a few
Romanesco Cauliflower	1 large or 2 small

## News from the Farm

### SPECIAL PROJECTS:

I sold the herd bull today at the sale barn. The second greenhouse was covered last week.

### WEATHER:

After a mid-October killing freeze the weather has been at times wet and seasonal. The rains from the last few weeks have filled the irrigation pond and saturated soils enough to delay hauling manure.



*The "odd" stuff:  
Romanesco  
Cauliflower (left),  
Collard Greens  
(top back),  
Bunched Spinach  
(right), Rutabaga  
(center), Daikon  
Radish (bottom)*



## Puree of Carrots a la Crecy

This recipe is getting lots of newsletter space this season and is a great way to use many carrots at a time. Again, the source of the recipe is an 1846 cookbook called The Modern Cookbook.

### INGREDIENT LIST:

- 4 ½ cups roughly chopped carrots
- 1 small chopped celeriac or 2 celery stalks, chopped
- 2 medium onions, chopped
- 1 ½ tsp. sugar
- ¼ cup flour
- ½ tsp. nutmeg
- 9–10 cups chicken stock
- 1 tsp. salt
- 4 Tbsp. butter
- ½ tsp. pepper
- ¼ tsp. allspice

### RECIPE DIRECTIONS:

Sauté onions and celeriac/celery in butter until tender. Add carrots, cook slowly for a few minutes. Add flour and seasonings, and then add chicken stock. Simmer until the vegetables are tender. Puree the soup in a blender or with an immersion blender. Return to pan. You can sprinkle with chopped parsley before serving.

## Russian Winter Vegetable Salad

Try this with baked potatoes and rye bread. This recipe is from The Roasted Vegetable by Andrea Chesman.

### INGREDIENT LIST:

- 4–6 medium beets, about 1 ½ lbs.
- 1 small head green cabbage, quartered, cored and cut into ½-inch wide strips
- 1 onion, halved and thinly sliced
- 3 Tbsp. walnut or peanut oil
- 2 tsp. dill seeds
- 1 ½ cups sour cream
- ¼ cup cider vinegar
- Salt and pepper to taste

### RECIPE DIRECTIONS:

Preheat oven to 425 degrees. Lightly oil a roasting pan. Place the beets on a large sheet of aluminum foil and wrap to form a well sealed packet. In a large bowl, combine cabbage, onion, oil, and dill seeds. Toss to coat and arrange in the roasting pan. Place the beets and cabbage side by side in the oven. Roast cabbage for 20–25 minutes until lightly browned and tender, stirring occasionally for even cooking. Do not let the cabbage burn or it will taste bitter. Roast the beets for about an hour, until the largest beet is easily pierced with a fork. When the beets cool, peel if desired and cut into wedges. Combine the beets and cabbage in a serving bowl. Add sour cream and vinegar, season with salt and pepper. Toss to coat and serve at room temperature.



*Carrots have been great for my new tooth!*

## **STORAGE TIPS FOR THIS WEEK'S SHARE**

**Potatoes, Carrots, Beets, Rutabaga, Daikon, Spinach, Lettuce, Cabbage, Collards, and Romanesco:** store in a plastic bag in the crisper drawer. The potatoes can be stored at room temperature if you wish.

**Garlic, Squash, Onions:** store on the kitchen counter.

# GRINNELL HERITAGE FARM

## CSA NEWSLETTER

November 18th, 2009  
Volume 2, Issue 26



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## A Thanksgiving Box

Thanksgiving is just around the corner and this share has been planned with a Thanksgiving meal in mind. All of the produce in the box this week will keep until next week for a celebratory meal if stored properly; if needed, look to the storage tips on page two for storage instructions.

A sprocket on the barrel washer broke last week, so I washed all of the wholesale orders and most of the roots for the share without it this week. The barrel washer spins and sprays water allowing roots to tumble against one another to knock off most mud before power washing. Without it, carrots take quite a long time to wash and celeriac roots seem to grab the soil in their roots. I will be happy to receive the replacement parts later this week.

Broken equipment aside, packing this share has been a joy. Many veggies in the box will be familiar so I will just make a few comments about some of the produce. We did a squash clearing and packed out a number of different varieties. If it looks like it could be a squash it is a squash and can be cooked like any other squash. We still have Kabocha and butternut squashes for the final two boxes. This is the last of our sweet potato crop; actually it is most of our crop this season. The cool summer months made for poor sweet potato weather, let's hope next season they get to be the size we would like, though they still taste great. The Brussel sprouts will keep until Thanksgiving and are fantastic as they have gone through the frosts in the field as spouts should. The white roots that look like green shouldered rutabagas are actually the Gilfeather turnips (white on the inside), not to be confused with the beauty heart radishes (red on the inside) that look like green shouldered turnips; if in doubt, cut one open a bit to see what color it is and taste it raw (both are excellent). Both heads of lettuce are out of the greenhouse. Barring a terrible cold snap we will have wonderful greens out of the greenhouses for both of the last two boxes, so plan on lettuces, spinach, and possibly arugula. Our lacinato kale comes from the outdoors. Discard the brownish stems—I simply snapped off the tops of the plants to do a quick harvest. Until next time, have a great Thanksgiving!

### THIS WEEK'S SHARE

Squash (assorted varieties)	one or two
Sweet Potatoes	a few small potatoes
Yukon Gold Potatoes	2 lbs.
Bolero Carrots	2-3 lbs.
Brussel Sprouts	2 lbs.
Gilfeather Turnips	2 or 3
Beauty Heart Radishes	2-3
Red Leaf Lettuce	1 head
Red Butter Lettuce	1 head
German Extra Hardy Garlic	2 bulbs
Cabbage	1 head
Lacinato Kale	1 bunch
Onions	a few
Celeriac	2-3

## News from the Farm

### SPECIAL PROJECTS:

Nearly all of the manure has been hauled in the past week and we are pasturing the cows and calves in the hayfield because we did not take a third cutting.

### WEATHER:

The last two weeks have been unseasonably warm and sunny. It looks as though we may have some cooler weather in store for the foreseeable future.



*The "odd" stuff:  
Beauty Heart  
Radish (left - 2),  
Gilfeather Turnip  
(top back),  
Celeriac (right)*



## Mashed Gilfeather Turnips and Potatoes

If you are in charge of the potatoes for Thanksgiving, feel free to give this recipe a try. The Yukon Golds in this week's box have a nice yellowish color (except where they are green from sunburn—if you see that peel it off and discard the green bits) and make a nice mash with the Gilfeather turnips. I have eaten mashed potatoes with many variations, so stick to the preparation method of your choice; following is a very simple potato/turnip mash recipe that will serve 8.

### INGREDIENT LIST:

2 lbs. Yukon Gold potatoes, scrubbed with peels on  
2 lbs. Gilfeather turnips, peeled and diced  
Salt and pepper to taste  
4–8 Tbsp. butter  
1 ½ cups milk

### RECIPE DIRECTIONS:

Boil the potatoes and turnips in a pot of salted water until tender, 15 to 30 minutes. If you don't want the potato peels you may remove them after boiling; the peel makes the mash taste better. Mash with a potato masher and incorporate the butter, then add the milk until the mixture becomes smooth. Season with salt and pepper and serve hot. You can also add roasted garlic or nutmeg to this recipe.

## Brussel Sprouts in Garlic Mustard Butter

If you cannot eat all of the sprouts in this week's share they can be frozen if you blanch them in boiling water for two to three minutes, then plunge in cold water to stop the cooking process, and then freeze after patting dry. If serving sprouts at the holiday the following recipe from Deborah Madison will feed 8–12.

### INGREDIENT LIST:

2 lbs. Brussel sprouts  
Salt and pepper to taste  
8 Tbsp. butter  
2–4 cloves garlic, pressed  
2 Tbsp. Dijon mustard  
2 tsp. capers, rinsed and drained

### RECIPE DIRECTIONS:

Trim the ends of the sprouts and take off any yellow or spotted leaves. You may cut them in half or cut an 'X' in the bottom of each sprout if you wish. Salt a pot of boiling water, add the sprouts and cook until tender, about 6–10 minutes. Drain the water then toss with the butter, garlic, mustard, capers and season with salt and pepper. Serve hot. You can substitute crushed celery or caraway seeds for the capers.

## STORAGE TIPS FOR THIS WEEK'S SHARE

**Potatoes, Carrots, Gilfeather Turnip, Beauty Heart Radish, Lettuce, Cabbage, Kale, and Celeriac:** store in a plastic bag in the crisper drawer. The potatoes can be stored at room temperature if you wish.  
**Garlic, Squash, Onions, Sweet Potatoes:** store on the kitchen counter.



*What were you for Halloween? Melissa was a giant carrot at the last Des Moines Farmer's Market. Oh what we'll do to sell produce!*

# GRINNELL HERITAGE FARM

## CSA NEWSLETTER

December 2nd, 2009  
Volume 2, Issue 27



Address: Grinnell Heritage Farm Inc., 1933 Penrose St, Grinnell, Iowa 50112  
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## Fresh Greens in December!

It seems as though our run of warm weather will be coming to an end tomorrow. After a cool October and a mild November I suppose it is time to have a seasonal December. We had a great Thanksgiving at Melissa's dad's house in Wisconsin. Melissa and I did most of the cooking with Grinnell Heritage Farm ingredients; we had our own chickens stuffed with apples and draped in local bacon, a local ham slowly heated with pineapple, garlic mashed potatoes, roasted beets, a veggie platter with beauty heart radishes and carrots, stuffing, and sweet corn. Melissa's grandmother made the pumpkin pies and provided wonderful homemade pickles. We ate for three straight days and I managed to put on a fair bit of the weight I lost over the summer. Thanksgiving is a holiday for organic farmers. The share this week is a good one for greens. The winterbor kale is very sweet. If you're getting backlogged on cabbage, try it in a stir-fry, a salad, coleslaw, ravioli, or any number of other great cabbage dishes. Our arugula is fantastic this week; it is tender so use it as soon as you can for highest quality. The honey does not have our logo on it but it is from this farm. Ron Grier has hives here by the pond and he tends to them. We are going to add more hives next year and will most likely market GHF honey. Ron will continue to tend the bees though, as I am mildly allergic to bee stings.

Until next time, have a great week!

### THIS WEEK'S SHARE

Kabocha Squash	1
Superior Potatoes	4-5 lbs.
Bolero Carrots	3 lbs.
Gilfeather Turnips	1 or 2
Red Leaf Lettuce	1 head
Red Butter Lettuce	1 head
Arugula	1 bag
Siberian Garlic	1 bulb
Storage #4 Cabbage	1 -2
Winterbor Kale	2 plant tops
Onions	a few
Honey	1 bear
Beets	2-3 lbs.

## News from the Farm

### SPECIAL PROJECTS:

The greenhouse has been patched up for the winter and we are preparing for next season's seed order.

### WEATHER:

November was for the most part a beautiful month. We did get a lot of rain right before Thanksgiving and about half an inch of hail on top of over two inches, but at least it was small.



*The year of the Carrot!*



## Carrot Cake with Cream Cheese–Lemon Zest Frosting

This recipe from the website Epicurious by Sarah Magrid is a great way to use up some of those GHF carrots!

### INGREDIENT LIST:

#### **CAKE:**

- 1/3 cup dried shredded unsweetened coconut
- 1 pound carrots, peeled and cut into 2–inch Lengths (3 cups)
- 1 cup chopped pineapple
- 1 ½ cup all–purpose flour
- ½ cup whole wheat pastry flour
- 1 ½ cup cane sugar
- 2 teaspoons baking soda
- 2 ¼ teaspoons ground cinnamon
- Pinch of grated nutmeg
- 1 teaspoon salt
- ½ cup dark–brown sugar
- ¾ cup canola oil
- 1 tablespoon vanilla extract
- 3 eggs

#### **FROSTING:**

- Three 8–ounce packages cream cheese, softened
- 2 sticks (1 cup) unsalted butter, softened
- 1 teaspoon grated lemon zest
- 1 ½ tablespoons fresh lemon juice
- 1 tablespoon vanilla extract
- 2 ¾ cups powdered sugar

## **STORAGE TIPS FOR THIS WEEK'S SHARE**

**Potatoes, Carrots, Gilfeather Turnip, Beets, Lettuce, Cabbage, Kale, and Arugula:** store in a plastic bag in the crisper drawer. The potatoes can be stored at room temperature if you wish.  
**Garlic, Squash, Onions, and Honey:** store on the kitchen counter.

### DIRECTIONS:

Preheat the oven to 350°F. Butter and flour two 8–inch round cake pans and line the bottoms with parchment paper (to ensure that the cake will not stick), or place liners in 2 muffin pans for 24 cupcakes. Set aside. Place the dried coconut in a cup of warm water to soften and set it aside for 15 minutes. Place the carrots in a food processor and pulse on and off for 1 minute. Then add the pineapple and pulse until the carrots are cut into very small pieces and the pineapple is pureed, 1 to 2 minutes. In a large bowl, sift together the dry ingredients. Add the brown sugar and use a whisk to break up any lumps. Drain the coconut and place it in a medium bowl. Add the oil, vanilla extract, eggs, and carrot–pineapple mixture, and whisk to combine. Add the wet ingredients into the dry, mixing with a rubber spatula to incorporate but not over mix. When the batter is almost mixed, stir in the additions, if using. Pour the batter into the prepared pans. Bake for 55 minutes, or until the tops are a very golden brown and a tester inserted in the center comes out clean. (It may look as if the cake is too well done, but it takes a while to bake because it's so dense.) For cupcakes, the baking time is 35 to 40 minutes. Let the cakes cool in the pans for 10 minutes. Then invert them onto a wire rack and let them cool completely. Fill and frost the cake with the cream cheese–lemon zest frosting (for added oomph, add 1/2 tablespoon minced fresh ginger to the frosting).

#### **FROSTING:**

In a standing mixer fitted with the whisk attachment, whip the cream cheese and butter on medium–high speed until combined and airy, about 2 minutes. Mix in the lemon zest, lemon juice, and vanilla. Sift the powdered sugar onto a piece of parchment or wax paper. With the mixer on low speed, slowly pour the sifted powdered sugar into the frosting (use both hands to bend the paper so the sugar pours slowly into the bowl). Scrape down the sides of the bowl with a rubber spatula. If the frosting seems too soft to spread, allow it to chill for 15 minutes in the refrigerator.

# GRINNELL HERITAGE FARM

## CSA NEWSLETTER

December 16th, 2009  
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## Close of the 2009 Season!

It is hard to believe that the 2009 season is finally coming to a close. I must admit that my body is telling me it is time to take some time to relax and recharge, but that is normal for this time of year. The unexpected, but not totally out of season, cold snap and snow put a damper on outdoor harvest activities. We had some Brussels sprouts, kale, and parsnips in the field that will have to stay there. I found out that Brussels sprouts stems make for a fine snow fence; we now have a four foot drift in that field. Even though we are without those crops, we do have quite a nice share for mid-December. The squash are mostly butternut, though a few other stray varieties may find their ways into boxes. Everyone will get at least one butternut, though. The potatoes, carrots, garlic, beets, cabbage, beauty heart radishes, rutabaga, and celeriac are all from storage. Yukon Gold potatoes are great mashed; if you find green spots it is because of sunburn in the field, just trim that off and the rest of the spud should be fine. Your spinach this week is unwashed, so wash it well, and comes from our cold frame. Melissa and Janet picked nearly all of it in some very cold conditions Sunday and Monday. I would have preferred to have washed it, but the weather was too cold and it would have frozen in the packing shed. The lettuce is from the greenhouse and was picked just before the terrible freeze last week. Don't let it sit too long as the shelf life will only be a week or so. The last item in the box, dried heirloom tomatoes, is one to be treasured. We dried tomatoes for weeks on end over the summer (all with blemishes which prevented them from being packed into boxes) and have 4 ounces for you to enjoy. To preserve for an extended period put them into a freezer bag and freeze. Until spring time, have a great winter!

### THIS WEEK'S SHARE

Butternut and Kabocha Squash	1-2
Yukon Gold Potatoes	4-5 lbs.
Nectar Carrots	4 lbs.
Garlic - Assorted Heirloom	2 Heads
Red Leaf Lettuce	1 head
Red Butter Lettuce	1 head
Baby Spinach - Unwashed	1 bag
Beets	3-4 lbs.
Storage #4 Cabbage	2
Dried Heirloom Tomatoes	4 ounces
Beauty Heart Radish	1
Rutabaga	2-3
Celeriac	1-2

## News from the Farm

### SPECIAL PROJECTS:

Next year's organic certification paperwork, field mapping, and updating all of our planting and harvest data into the master spreadsheet will be on the docket soon.

### WEATHER:

Cold! Cutting spinach and head lettuce this week was interesting.



*Thank you for a wonderful 2009 - Our family hopes you have a safe and wonderful holiday season!*



## Ukrainian Red Borscht Soup

This recipe from the website Allrecipes by Patti.

### INGREDIENT LIST:

- 1 (16 ounce) package pork sausage
- 3 medium beets, peeled and cubed
- 3 carrots, cubed
- 3 medium baking potatoes, peeled and cubed
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (6 ounce) can tomato paste
- 3/4 cup water
- 1/2 medium head cabbage, cored and shredded
- 1 (8 ounce) can diced tomatoes, drained
- 3 cloves garlic, minced
- 1 dried tomato to add sweetness
- 1/2 cup sour cream, for topping
- 1 tablespoon chopped fresh parsley or dill
- Salt and pepper to taste

### DIRECTIONS:

1. Crumble the sausage into a skillet over medium-high heat. Cook and stir until no longer pink. Remove from the heat and set aside.
2. Fill a large pot halfway with water (about 2 quarts), and bring to a boil. Add the sausage, and cover the pot. Return to a boil. Add the beets, carrots, potatoes, and dried tomato cook until tender, about 15 minutes. Add the cabbage, and the can of diced tomatoes.
3. Heat the oil in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended. Transfer to the pot. Add the raw garlic to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with salt, pepper.
4. Ladle into serving bowls, and garnish with sour cream and fresh parsley.

## Spinach Lasagna

This recipe from the book *Animal, Vegetable, Miracle* by Barbara Kingsolver. The book is an excellent source of information about local agriculture; it was recommend by CSA Shareholder Bridget Marcus from Des Moines.

### INGREDIENT LIST:

- 1 pound whole-grain lasagna noodles
- 4 cups of chopped spinach
- 16 ounces tomato sauce
- 2 cups fresh ricotta
- 2 cups mozzarella
- 1 medium onion, chopped
- 3 cloves garlic

### DIRECTIONS:

1. Prepare lasagna noodles as directed on package
2. Steam spinach for 2–3 minutes, let excess water drain
3. Spread a think layer of tomato sauce on the bottom of a large casserole dish. Cover surface with a layer of noodles, 1/2 of the ricotta, 1/2 of the spinach, 1/3 of the remaining sauce, and 1/3 of the mozzarella. Lay down another layer of noodles, the rest of the ricotta, the rest of the spinach, 1/3 of the sauce, and 1/3 of the mozzarella. Spread a final layer of noodles, the remainder of the sauce and mozzarella; bake uncovered at 350 for 40 minutes.

## **STORAGE TIPS FOR THIS WEEK'S SHARE**

**Potatoes, Carrots, Rutabaga, Beets, Lettuce, Cabbage, Celeric, Radishes, and Spinach:** store in a plastic bag in the crisper drawer. The potatoes can be stored at room temperature if you wish.

**Garlic and Squash:** store on the kitchen counter.

**Dried Heirloom Tomatoes:** store in a freezer bag in the freezer