

## THIS WEEK'S HARVEST

- Arugula
- Broccoli
- Bell/Sweet Peppers
- Carrots
- Cucumbers
- Fingerling Potatoes
- Garlic
- Leeks
- Parsley
- Red Cabbage
- Rosemary
- Yellow Onions

Pasture Raised Pork will soon be available again from the farm. Reserve your ½ or whole hog soon! Available in October. \$3.25/lb on the hang wt. Please call, e-mail, or otherwise let us know if you are interested.



## Red Pepper and Garlic Spread

Source: Peppers!

*This garlicky spread can go on crackers, chips, crisp slices of cucumber or zucchini, or rounds of rye bread. But it's best on crostini - thin slices of crusty French bread (or ciabatta) that you brush on both sides with olive oil and then bake in a hot oven (400 degrees) for 10 minutes or less.*

3 sweet peppers, roasted and peeled  
1/2 cup extra virgin olive oil  
1/4 cup pitted and chopped black olives  
6 garlic cloves, minced or crushed  
2 Tbsp capers  
1 Tbsp minced fresh parsley  
2 tsp lemon juice  
Salt and freshly ground black pepper

- Roast the peppers under the broiler until they are partly charred; place in a plastic bag for 10 minutes. Then peel and dice them.
- Start with the olive oil, and then add the peppers, olives, garlic, capers, parsley, and lemon juice into a blender or food processor and process for a short time. The mixture should be coarse, not puréed.
- Let stand a room temperature for at least 1 hour before serving to allow flavors to blend. Add salt and pepper to taste. Yields 2 cups



**Fingerling Potatoes:** If you like the purple potatoes we've provided you with, get ready for these lovely fingerlings! Their color is best described as salmon or pink, with a creamy interior. Their oblong shape varies in size from marble to 3 or 4 inches and they do not require peeling. At this point in the season, the potatoes are no longer new, so their skins are less prone to rubbing off. This means that they will store better and longer, so long as you put them in a dark cool place such as a cupboard or pantry. Do not refrigerate potatoes, as this makes their starches convert to sugars, which unpleasantly alters the flavor and causes them to darken when cooked. You may consider placing them in a small brown paper bag until needed.

**Arugula:** With fall just around the corner, leafy greens are making a comeback in the field. Though the peppery, succulent taste of arugula is not for everyone, we feel compelled to include it in your box nonetheless. A light dressing of equal parts honey and olive with a quarter as much lemon juice makes good use of those leaves in a side salad. Add in some crumbled feta for well-balanced flavor, or spread the leaves on a sandwich with cheese or cooked beets. Bagged arugula is washed and ready to eat and will hold for one week in the refrigerator.

**Parsley:** The flavor stands out most when it is cooked as little as possible or not at all. Fresh herbs generally are best added at the end, whereas dried herbs should be added to dishes at the beginning. **Parsley will hold well in the refrigerator for one week.**



CARROT WASHING CREW  
ROCK'N THE BIKE-POWERED  
BARREL WASHER

**Carrots:** They are getting larger, so now is the time for grating, juicing, roasting and soups. Size will not affect the raw "eat ability" of your carrots, but unless you are looking for a BIG snack, you may want to chop into sticks. Kids will enjoy finding colorful carrot sticks in their lunch. Proof of this lies in a quote from a first grader who was sampling the product at the Green Lake Farmer's Market recently. As she chewed and pondered she suddenly piped up and exclaimed to her buddies "Now, this is a REAL carrot!". That says it all! Anyway you slice it, they're delicious:)

**Rosemary:** This savory herb is perfect with roasted potatoes or added to tomato sauce. To use, peel leave from the stem and chop or mince into pieces. To roast with vegetables, toss roots in olive oil, then add the chopped rosemary and toss in incorporate. Spread on a baking sheet, sprinkle with coarse salt and fresh ground pepper and roast at 400 degrees for 40-50 minutes until crisp/tender. Shake the pan 2-3 times during roasting to keep veggies from sticking.

### Rich Roasted Vegetable Stock

Source: The Vegetable Butcher

Makes 3 to 4 quarts

*This stock will come in handy with soup season just ahead. Using your own stock is always the best! If you don't have everything that the recipe calls for, substitutions and omissions are okay. Stock is relatively flexible and forgiving!*

Preheat the oven to 400 degrees. Cut **1 large onion**, **2 carrots**, **1 parsnip**, and **1 fennel bulb** into 2-inch pieces (reserve the trimmings). If you like, also add **1 leek**, halved and cut into 2 inch pieces; **1 red bell pepper**, stemmed, seeded, and cut into large strips; and/or **1 turnip**, cut into 1 inch pieces. Spread the vegetable's and **5 to 8 unpeeled garlic cloves** out on a parchment lined baking sheet. Drizzle them with **olive oil** just to coat, lightly season them with fine sea salt, and toss gently (it's fine if they overlap).

Roast, stirring halfway through, until the vegetables are lightly browned and tender, 30 to 40 minutes. Transfer the veggies to a large pot and add 4 to 5 quarts of water. Feel free to add any trimmings from the vegetables. Bring to a boil. Skim the foam, and add **2 bay leaves**; **6 fresh parsley stems**, leaves removed; **2 sprigs fresh thyme**; **2 sprigs fresh rosemary**; and **6 black peppercorns**. Reduce the heat and simmer until the veggies are completely soft, 1 hour. Season with a couple pinches of salt.

Let the stock cool briefly, then strain it through a fine, double-mesh colander. Refrigerate in an airtight container for up to 4 days, or freeze for up to 3 months.

**Fennel:** is most often used for its white, bulbous lower stem, but it's feathery leaves and thin green stems should be removed and reserved for use in salads, as a garnish, or as an herb. Use the green stems and the tough outer layers of the bulb to flavor broths, on roasted poultry, or fish (discard before serving). To serve raw: slice horizontally into thin slices. For cooking/roasting, thicker slices are better for holding the sections together. For storage, remove stems and leaves and store all parts in loosely wrapped plastic. **Bulbs will store for several weeks.**



LOOK FOR A BF  
MARKET STAND  
NEAR YOU! WE'LL  
BE AT THE GREEN  
LAKE HARVEST FEST  
SEPTEMBER 24 - 25

**2016 FARM GOALS UPDATE** – You may or may not have seen the 2015 Boerson Farm Shareholder’s Report that we put out in the wee short days of last winter. Included in that document were three specific goals aimed at proactively addressing climate change TODAY, while at the same time bringing up the farm’s bottom line through improved production. Below is a brief update as to where we stand on each of our goals.

- **Double The Volume of Compost Produced and Applied** – We are well on our way to meeting our compost production goal, though it will likely take us until the end of the year to approach doubling the volume of material that we produced in 2015. We have been importing horse manure and bedding from a local stable and combining that with our bedding, manure, and vegetable scraps. We will apply a good portion of the finished compost to the fields starting in October, but will also reserve some for early spring application to the pastures. Our objective is to raise the organic matter content of the top soil so that it will produce more forage and crops, while increasing its water holding capacity and the stability of the nutrients required for healthy plants.
- **Double The Number of Cattle** – Our herd of grass-fed beef cows will not quite double this year, but we are on track to accomplish this goal in 2017. Through the generous support of many community and CSA members, we crowd funded a 0% interest loan of \$9,000 to purchase three Red Devon cows. Along with our farm raised young stock, the number of breeding animals has gone from 6 at the beginning of this year to 10. Next year, two more heifers will come of age, bringing our cowherd to 12.
- **Double The Lime** – We definitively accomplished this goal, and then some. All of the pastures were limed this spring and grass has shown a noticeable response to the higher pH. Of course, all of the rain hasn’t hurt either! The more healthy grass there is, the more photosynthesis is happening, which in effect is transferring carbon out of the air and into the pastures, a portion of which eventually ends up in the soil where it aids in fueling a regenerative process.

