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## On the way to your table...

Threshing Table Farm

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### Autumn Harvest

This week's box contains:

Lettuce or Swiss Chard  
Peppers  
Onions  
Potatoes  
Tomatoes  
Cherry tomatoes  
Sweet Potatoes  
Dill  
Bunching Onions  
Beets  
Acorn Squash  
Red Cabbage  
Cucumber  
Radishes  
Brussels Sprouts

We are feeling the effects of the shorter days around here. It's amazing how much daylight we are missing. We notice it most with the harvest.

Throughout summer we have done a lot of our field work early in the mornings, before the kids got up and late in the evenings, after Jonas went to bed. Now, we don't have daylight until it's time for Claudia to be getting ready for school and it's over with before the kids get to bed. It's changing the juggling act we had fine tuned to help balance family with the farm, but it's working out. We can't

Believe we are in week 11!

On Thursday, Claudia's 1st grade class from St. Mary's is coming out to pick some squash and gourds. They planted the seeds in their milk cartons last spring. The then kindergarteners came out and transplanted the plants into our field. They are coming out this week to see the fruits of their labor.

If you come to the farm early in the day to pick up your veggies, you may see a lot of "helpers" in the garden.

### Brussels Sprouts

Brussels Sprouts are named after the capital of Belgium. Basically, Brussels Sprouts are miniature cabbages.

They may be sliced in half and eaten raw, with dip. (For a pretty addition to a veggie tray, add some slices of raw red cabbage. This is also wonderful with your favorite dip.)

As a cooked vegetable, sprouts are good blanched, steamed, sauteed or stir-fried. \*\*Before cooking, cut an X in the base of each sprout so they will cook evenly. Over-cooked sprouts lose their bright green color, become mushy and are strong flavored.

After cooking, drain, add butter and salt. Leftovers can be sliced into omelets, salads or stir fries.

### Storing Potatoes and Sweet Potatoes

As the season gets a little closer to winding down, we know that many of you will want to save a few things for winter. With that in mind, we will no longer

Be washing the potatoes or sweet potatoes. We will brush the dirt off, but washing them shortens their storage life. So please wash them as you need them.

## Another suggestion for some good reading... Submitted by Jody Hulne-Strege

If you are looking for some information regarding healthy eating, “An Omnivore’s Dilemma” by Michael Pollan is an excellent option. Omnivore’s Dilemma describes 4 food chains available in the United States today. Pollan investigates each food chain, presents a meal to his family or friends using each food chain, then expounds on what he learned. This book definitely provides some “food for thought”.

The first section is about corn and the big industrial food chain. If you know anything about corn farming, this section might be a bit tedious. But, there are several good tidbits scattered throughout. The tidbit I remember the most is how many bushels of corn and barrels of oil it takes to make a meal from McDonald’s for 3 people (and the mom got a salad!).

The second section describes a food chain Pollan labels “Big Organic”. These are the food products you buy at the grocery store that make organic claims. I do not remember a great deal about this section except that it did not seem much different from the big industrial food chain.

The 3<sup>rd</sup> food chain is ‘buy local’. Pollan visits a CSA, recounts their farming practices and chats up the locals a bit. It is also amusing to note that after my husband and I finished this section of the book, we read the new NR News

the following day and whaddya know? There was an article about the Lenz’s and their new farm. Who was I to ignore fate?

The 4<sup>th</sup> food chain is the hunter and gatherer food chain. Pollan went hunting and foraging through the forest to collect stuffs to make a meal – right down to the yeast to make the bread. He goes hunting for wild boar, goes mushroom gathering and recounts his reflections on each experience. The hunting part is a bit humorous – he had never hunted anything before.

If you end up liking this book, I’d also recommend Pollan’s next book, “In Defense of Food: An Eater’s Manifesto”. He expounds on several concepts he introduced in Omnivore’s Dilemma. While in my opinion not as

good as Omnivore’s Dilemma, he does describe the difference between food and food science. He also proposes his own rules for eating a healthy diet. They are remarkably simple – in fact, I bet we already know them, we just do not want to face it. He also discusses why we DIDN’T think of these rules ourselves.

OOPS!

In the last newsletter I shared a recipe for Bruschetta, but I missed an important step- After filling the jars with chopped tomatoes, pour the wine/herb mixture into the jar, leaving a generous 1/2 inch head space.

Have a great week!

Jody, Mike, and kids