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## This Week's Box

Red Cabbage  
Kennebec potatoes  
"New" carrots  
Onions  
Broccoli or Cauli-  
flower (White, or  
Purple)  
Beans  
Bunching Onions  
Swiss Chard  
Basil  
Tomatoes  
Summer Squash  
Chili Peppers

1 pound fresh car-  
rots = 3 cups diced

1 pound raw onions  
= 4 cups chopped

1 pound unpeeled  
potatoes = 3 cups  
sliced or chopped

1 pound beans = 4  
cups chopped

## Farm Happenings

September is in full swing. The kids have adjusted to school and new routines are getting established. We spent the weekend in Winter, WI at our cabin and enjoyed walks in the woods. We noticed the beautiful fall colors already gracing the trees. Each walk was a treasure hunt. We searched for the "perfect" fall leaves, acorns and delicious blackberries. There weren't many, but we got a taste.

Around the farm, we say hello to the September vegetables. New this week are Kennebec potatoes - known for making great baked potatoes.

We also have "new" carrots. They are new because they come from our new fall crop of carrots.

We've also included some chili peppers. Some red, some green. These are hotter than the Bell peppers and Carmen peppers you've been receiving, so please be careful when pre-

paring and eating them. It is advisable to wear latex or rubber gloves when cutting them to prevent getting burnt. Trust me, I have experience in this: Juices from hot peppers can burn your skin and IT HURTS!

We've been getting the "nursery" ready for our new baby chicks. The nursery consists of a wading pool, light bulb and shredded paper. We're anxiously awaiting the phone call from the post office announcing their arrival!

## Green Spots on Potatoes

Have you noticed green spots on potatoes or in potato chips? The green is chlorophyll, which is not dangerous to you.

**However**, the chlorophyll tells us that a toxin, solanine, is present. This toxin helps to protect the plant from pests, animals, etc. as it is found in high amounts in the leaves, stems,

Etc. ( Apparently, the Colorado Potato Bug is immune... The little buggers...)  
When potatoes are exposed to light, they turn green and those green spots are toxic. You'd have to eat A LOT of totally green potatoes (4 1/2 pounds) before it caused you real problems, but still, not a good idea to eat them.  
The Kennebec's grew very

close to the surface. Quite a few of them had green spots on them. We sorted them out the best we could, but you may still find some green spotted taters that we missed.  
**Cut the green spots off the potatoes and toss. The rest of the potato is perfectly fine to eat.**

## *Farmer's Market lasagna* *By: Tracey Hilquist*

Farmers market lasagna is from this issue of Parents magazine:

- 1 zucchini chopped
- 1 red sweet pepper, chopped
- 1/2 C shredded carrot
- 3 cups baby spinach or swiss chard
- 1 jar pasta sauce
- 6 regular lasagna noodles broken in half \*uncooked)
- 1/2 carton part skim ricotta cheese
- 1 cup shredded part skim mozzarella cheese
- (I also added a pound of

cooked ground turkey meat to mine)  
 Stir all veggies together w/ 2 TBs of water. Cover and microwave on high for 2 min. Drain. Stir in spinach. Heat pasta sauce on high for 2 min. Pile it in... layer 1/2 cup sauce, 4 noodles, half the veggies and half ricotta, 1 cup sauce, 1/3 cup mozzarella. Stack on 4 more noodles, remaining veggies and ricotta, 1/3 mozzarella and 4 noodles. Add rest of sauce.

Cover w/ left over mozzarella cheese. Cover w/ foil. Bake for 1 hour on 350 degrees. Let stand for 15 min before slicing. Makes 8 pieces.

**Save the date!**  
**Sunday, October 4th we'll be having a harvest pot-luck on the farm for all members and families.**  
**More info to come!**

### Cabbage and Ground Beef Casserole

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 1/2 lb ground beef            | 1 1/2 tsp salt or to taste |
| 1/2 c. chopped green pepper     | 1/4 tsp. pepper            |
| 1 onion chopped                 | 8 c. shredded cabbage      |
| 3 celery ribs, chopped          | 1 1/2 c. cooked rice       |
| 2 cups seeded, chopped tomatoes | grated cheese              |
| 1 tsp. vinegar                  |                            |
| 1/4 cup sugar                   |                            |

Brown meat then add green pepper, onion, celery, tomatoes, vinegar, sugar, salt and pepper. Cook until almost done. Add cabbage and rice. Mix well. Put into a casserole and top with grated cheese. Bake at 350 for 30 minutes.

### Kids Corner

Nature is full of wonderful colors! This includes vegetables. The next time your parents cook broccoli, purple cauliflower, beets or red cabbage, save the water they used for steaming or boiling. When it's cool, dip paper or fabric into the water. Allow to dry thoroughly and enjoy the effects of natural dyes. Try a mixture of different vegetables and experiment with different papers and fabrics. It would be a great way to make personalized recipe cards, notecards or stationary.