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## This Week's Box

Kale  
Summer Squash  
Marjoram  
Pepper  
Onions  
Potatoes  
Beans  
Carrots  
Cucumbers  
Broccoli or  
Cauliflower  
Tomato  
Beets  
Leeks  
Parsnips

**Marjoram**  
Marjoram is closely related to Oregano. Fresh Oregano and Marjoram have more anti-oxidants than any other herbs.

It goes well with all meats but don't hesitate to try it with vegetables.

## Farm Happenings

The tomatoes have finally arrived! Well... Sort of. It's not been much of a fanfare, but they're here! We're definitely about a month behind and hoping not to get any frost for at least 2 more weeks. If freezing temperatures do threaten—we'll water through the night and hopefully be able to fight off the frost.

The eggplants are *beautiful!* Really, the plants are beautiful. The eggplant—the vegetable... I think

they're still waiting for the hot days.

Mike's renovated the chicken coop. We tripled the size of the inside coop. We also adopted 7 fully grown hens who needed a new home. They seem to get along well with the original batch. They're different colors than what we already had, so they've added nice color to the mix.

I transplanted several flats of fall lettuce into the garden and the spinach is

Coming up nicely. We also planted 2 more flats of lettuce that we'll transplant out in about 2 weeks. Mike also planted radish seeds out into the garden. Those fall salads will be delicious!

Our sweet corn is finished for the season. It was an experiment for us. We've learned a few things and will be even better at it next year. I think the neighbors will have a fresh patch ready for picking next week. I'll keep you posted.

### *Spaghetti with Rubies from Jim and Donna Tilly*

1 pound beets, with greens  
1/3 cup olive oil  
2 garlic cloves, finely chopped  
Pinch of crushed red pepper  
Coarse salt to taste  
1 pound spaghetti or linguini

Cut tops off washed beets and

wrap beets in aluminum foil. Roast at 400 for 45 minutes or until tender. Cool, peel and chop coarsely. In large skillet, combine olive oil, garlic and pepper. Cook over medium heat for 30 seconds or until oil is sizzling. Add chopped beets and chopped beet greens. Toss just until heated through.

Meanwhile, cook spaghetti until al dente (tender yet firm to the bite). Drain spaghetti, reserving 1/2 cup cooking water. Pour spaghetti into skillet with beets. Add some cooking water. Simmer over medium heat for 2 minutes, constantly turning spaghetti with beets, until pasta is evenly colored. Serve immediately.

## *Morocco Cous Cous Salad By: Tracey Hilquist*

1 small sweet potato	1/4 cup fresh lemon juice	Dice or shred carrot and put into bowl with cous cous.
2 cups chicken or veggie broth	2 tsp. ground ginger	Dice sweet potato and add to bowl.
1 cup couscous uncooked	2 tsp. cinnamon	Cut tomato, pepper, zucchini and cucumber into small cubes.
1 large carrot	Salt and pepper to taste	Add garbanzo beans and raisins to bowl and stir to combine.
1 medium tomato	<b>Directions</b>	Tear mint leaves into small pieces and add.
1 small bell pepper	Cook sweet potato (I cubed it first, then cooked it for faster cooking.)	In another, smaller bowl, combine oil, lemon juice and spices.
1 small zucchini	Boil broth and add cous cous in medium pan. Stir and cover. Let it rest for 10 minutes. Fluff w/fork and transfer into large mixing bowl.	Add to cous cous and mix well. Add salt and pepper to taste.
1/2 seedless cucumber (I use a regular one.)		Serve Cold.
3/4 cup garbanzo beans drained and rinsed		Serves 6. Approx 190 Calories per serving.
1/2 cup raisins		
10-15 fresh mint leaves		
2 Tbsp. Olive Oil or to taste		

## KID'S CORNER

### Is Iceland really made of Ice??

Caleigh Hoiland, our friend who has been helping us out this summer, is finding out! After spending 3 months weeding, planting, harvesting and packing boxes at Threshing Table Farm, she is getting the chance to see how a community in Iceland farms and lives sustainably. She arrived in Iceland this week and will be spending the next 3 1/2 months there. Check out the following web site:

<http://www.celloneonline.org/2008/11/iceland-video/>

to see the sustainable community she will be a part of. There's some great footage of

The surrounding area that will answer the question: Is Iceland really made of Ice?

We'll miss Caleigh, but can't wait to hear about her experience!

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