

Welcome to Threshing Table Farm's 2011 Season!

Week 14 September 22, 2011

Peppers  
Kabocha Squash  
Carrots  
Onions  
Garlic  
Tomatoes  
Leeks  
Acorn Squash  
Butternut Squash  
Spinach  
Kale  
Potatoes/Turnip

Last week's frost hit us hard, two nights in a row. We watered the tomatoes and peppers through the night. The hope is that this simulated "rain" is enough to keep the plants from freezing. It usually does the trick, but this was a really heavy frost. Most of the tomatoes are gone. We picked enough for everyone to get two this week. We may have another 1 or two next time, we'll see how they do throughout the next week. We picked through the peppers a final time. The tops of many of the plants were frozen completely, but the bottom of the plants looked pretty good. We also lost all our fall peas. They were beautiful, and just about ready for picking when the frost hit. Normally, peas are not bothered by a frost, but this was a really heavy frost.

We have been spending many nights bringing the squash in. We're storing them in the greenhouse where they can cure a little and be safe from the elements. There will be squash in the boxes each week until the end.

Wondering what to do with all that squash? All the squash will store for weeks, if not months. Keep at room temperature for eating in the next few weeks. For longer storage, store in a cool, dark place, such as a basement. For really long storage, bake your squash and then freeze for good eating all winter and spring.

Next week, September 29th, is the last "A" week for ½ shares. The following week, October 6th, is the last "B" week for half shares. October 13th, is the 17th and final week for full shares.

We will be butchering our Rhode Island Red laying hens in the next few weeks. Their meat is a bit tough for roasting, but they make unbelievable chicken soup and broth. They're also quite good in a slow cooker. If you'd like to order some, please let us know. They cost \$6 each and I'll also include directions on how to take your frozen bird all the way to soup and stock. Let me know how many you'd like and I'll let you know when they're ready.

#### Turnips

Turnips are a good source of vitamin C, potassium and calcium. They can be eaten raw with dips or grated into salads. They can be steamed, boiled, baked or roasted. They're great in soups and stews or mashed, just as you would potatoes. They can also be used in any recipe calling for a rutabaga. (Rutabagas are a cross between a turnip and a cabbage.)

#### Squash Potato Bake

1 butternut squash, peeled and cubed 3-4 potatoes, diced  
1 acorn squash, peeled and cubed 1 onion sliced  
1 pepper, sliced into strips grapeseed oil  
3 garlic cloves, peeled and sliced salt and pepper to taste

## Garlic Powder

Place vegetables in large bowl. Drizzle oil over all and sprinkle with spices. Spread vegetables out on two large cookie sheets. Bake in a 350 degree oven for 30 minutes or until vegetables are tender.

## Kale Barley Soup

1 T. Olive Oil 1 yellow onion, chopped  
4 carrots, sliced 2 garlic cloves, minced  
1 tomato, chopped 2 cups cooked barley  
1 tsp. ground cumin ¼ tsp. ground turmeric  
¼ tsp. salt ½ tsp. ground black pepper  
1 bunch kale, chopped

In a large skillet or stockpot, heat oil on medium. Add onion and sauté, stirring occasionally, for about 3 minutes, until translucent. Add carrots and sauté until soft, about 5 minutes. Add garlic, tomato, barley, cumin, turmeric, salt and pepper; stir to combine. Reduce heat to medium-low. Add 4 cups water, cover and simmer for 10 minutes. Add kale, cover and cook until kale turns bright green, about 5 minutes.

## Chocolate Carrot Cake

2 cups flour 2 cups sugar  
½ cup baking cocoa 1 tsp. baking soda  
½ tsp. salt 4 eggs  
1 ¼ cups vegetable oil 3 cups finely shredded carrots

## Frosting

1 package (8oz. cream cheese), softened 3 tsp. vanilla extract  
½ cup butter softened ¼ cup chopped walnuts  
3 ¾ cups confectioner sugar ¼ cup chocolate chips  
¼ cup baking cocoa

In a large mixing bowl, combine the flour, sugar, cocoa, baking soda and salt. Add the eggs, oil and carrots; beat until combined. Pour into greased 9 X 13 pan. Bake at 350 degrees for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool.

For frosting, in a large mixing bowl, beat cream cheese and butter until fluffy.. Beat in the confectioners sugar, cocoa and vanilla until smooth. Frost the cake and sprinkle with nuts and chocolate chips.

Have a great week with great food!

Jody, Mike, Claudia, Malcolm and Jonas