



PRAIRIE SUN FARM

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Local Food

Have you enjoyed your CSA share this year? Did you get to try something new, something different? Have your meals been better with the fresher, organically grown food? We hope so. There was a lot of care that went into the local food you got this season. In fact there is a lot of care going into local food everywhere in the Minneapolis area these days. With more and more natural food choices in restaurants, farmers markets popping up in every town, news and articles about where food comes from and how to cook with it, it's a good time to be eating local. We hate to say this but there's only 2 weeks left of eating local from our farm. The garden is winding down and the seasons are changing. In Minnesota that means 8 months without a garden producing vegetables. Sorry to depress you. But as I mentioned, there are more and more local food choices to fill in the gap. Restaurants will be cooking with local food for a long time, just look for root vegetables and other things that store well. Some farmers markets will keep going for a while. The Minneapolis one actually goes until Christmas. So stock up on canned tomatoes, frozen corn, salsa, jams, potatoes, onions and anything else grown locally that you can enjoy throughout the long season of darkness. Remember, for those of you with half shares that started on week one, this is the last share. Everybody else's last week is next week. Also remember to bring your boxes back. We will use them again next year. It was fun packing all those boxes this year. We look forward to doing it again next year. We'll send out sign up forms to our current members before the end of the year so they have the first chance to sign up again. We appreciate your support for local food and thank you for letting us serve you.

WEEK 17 BOX CONTENTS

Potatoes: French fingerling. Their pinkish red skin doesn't need peeling. Try roasted with a splash of olive oil and herbs.

Carrots: Slice, grate, chop or juice. Eat raw or cooked. Perfect for soup!

Romanesco: This crazy green vegetable is an Italian creation and it is a cross between broccoli and cauliflower. Use it as you would cauliflower - raw or cooked.

Winter Squash: Butternut squash can be roasted or mashed or pureed into soup. Use a sharp knife to cut off the skin before chopping. Or cut in half, scoop out the seeds and roast whole.

Onions: Yellow storage onions. These should be stored in a cool, dry, dark place.

Sweet Peppers: A few bell peppers from the greenhouse. Chop and add to a salad. Or quarter, toss with olive oil and grill. Serve as a side dish.

Anaheim Peppers: **Medium Hot.** Green pepper that is longer than the Jalapeno. Adds a nice flavor to corn bread or chili.

Lettuce Salad Mix: Blend of red and green lettuce varieties. Toss green salad with dressing at the last minute to avoid sogginess.

Beets: Prevent beet stains on your cutting board by using non-stick spray before chopping. Red, white or golden beets this week.

Tomatoes: The tomatoes in the greenhouse did not freeze so we still have ripe red tomatoes. Enjoy the last of these tasty treats!

Farm News

It may be close to the end of the season but there are still some great vegetables coming out of the field and the greenhouse. We've been enjoying the salad mix and final tomatoes and peppers of the season. One more BLT, a few more salads, then it will be over for a while. Enjoy it now. With some irrigation we've been able to keep things going even though it was the 2nd driest September on record. Our cover crop of oats, peas and radishes sure has done well, even without irrigation. The two patches we planted over a month ago are green and thick, producing green manure for us and keeping out the weeds. The rye and vetch we planted has not germinated as well so we watered that a little this past week. The dust is flying out of the neighboring fields as the corn and soybeans are getting harvested. It's also duck hunting season so we've been hearing gunshots in the morning. It's something you get used to living in the country next to a wetland area. Soon it will be pheasant hunting season too. Our land has produced at least one family of birds. And they keep coming back. We hope you do to next year. The farm will be ready.

From the Kitchen

Butternut Squash Soup

Recipe by Emeril Lagasse

Ingredients:

1 Butternut squash, about 2 pounds
2 tablespoons peanut oil
1 cup chopped onion
1 1/2 teaspoons chopped garlic
1/2 cup thinly sliced carrot
1/2 teaspoons ground cumin
1/2 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon finely minced jalapeno pepper
2 cups chicken stock
1/4 cup heavy cream

Directions:

Cut the squash in half and scoop out the seeds. Peel the squash and cut into 1 inch pieces. In a large pot, heat oil over medium heat. Add onion and garlic and cook, stirring often, until they begin to brown, about 5 minutes. Add the carrot, cumin, salt, and pepper. Cook for 1 minute, and then add squash, jalapeno pepper, and chicken stock. Bring to a boil, reduce heat and simmer for 15- 20 minutes, or until the vegetables are tender. Remove from the heat and puree the soup using an immersion blender, or transfer to a blender or food processor. Puree until smooth. Return to the heat, add the cream and adjust the seasonings. Serve with the shrimp salsa.