



# PRAIRIE SUN FARM

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## New Spaces

The box elder bugs were swarming over the warm windows like crazy last week. They were thick on the south side of the house as we moved in and out. They followed us through the door and clung to boxes, our clothes and anything else just to get inside. They were looking for a new space to spend the winter, somewhere warm. Birds have been trying to make a home inside the greenhouse too. We're not sure if they like the daytime heat or they just like eating the bugs. One spent the night in there last night. The mice have been burrowing into spaces too. Time to get some traps set up. The changing of the seasons is a good time to find or create new spaces. We have moved the last two years during September and October so we're familiar with new spaces this time of year. It seems natural that we're changing spaces as the waterfowl start to congregate and head south. Luckily our moves have been much shorter. We've imagined these spaces and these moves for a long time. It is all still very new to us and we're adjusting the best we can. The fields and prairie are changing around us also. As the plots in the field for this year are dying back we see the cover crop in the plots for next year getting green and lush even with the lack of rain. The prairie seed heads have exploded and were thick in the air this week with the winds that we've had. It almost looked like snow at times with all the seeds in the air. I do think I saw a couple of snowflakes mixed in on Saturday morning as we were moving. But the weather cooperated and we were sleeping in our new house on Saturday night. The space still seems strange. It will take a while to make the new house a home just like next year's plots are a long way from being a garden space.

### WEEK 18 BOX CONTENTS

#### Last box of the season

**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 should be stored in a cool, dry, dark place. These are the best type for caramelizing.

**Brussels Sprouts:** These have been through a couple of frosts/freezes and are very sweet. To prepare for cooking, pare off the tough bottom part of the sprout stem and remove the outmost leaves.

**Garlic:** Garlic stores well in a cool, dry and well ventilated place for several months.

**Cabbage:** Red savoy - the prettiest cabbage of the bunch. The flavor is mild and earthy. Slice thin for soup or stir fry. Or enjoy as a salad with vinaigrette dressing.

**Sage:** Sage leaves have a strong taste that increases as they are dried. So you can use it now or later.

**Turnips:** Purple top or gold ball. This often overlooked vegetable is a flavorful addition to soups, stews and mashed potatoes.

**Beets:** Roasted beets have a sweeter flavor than unroasted beets, and they are easy to peel. Red, white or golden beets this week.

## Farm News

It got cold on Saturday night. Sunday morning we woke up to 17 degrees outside and 27 degrees in the greenhouse. Even the pepper plants and tomatoes in the greenhouse are done now. It's amazing how the Romanesco, brussel sprouts, broccoli and greens can handle those cold temperatures. Of course radishes, turnips, beets and carrots are fine since they are still in the relatively warm soil. We did get all the cabbage picked on Saturday though while we were moving. It might have gotten a little damaged. Since this is the last box of the season the timing couldn't have been more perfect. We can start putting the beds to rest now. We still need to plant garlic but that goes pretty quick. A little rain would help to soften the soil. We had about 5 drops on Monday. But all in all it was a great year with a plentiful harvest. We hope you enjoyed the season. We really want to thank all of our members for supporting locally grown produce and sharing in the harvest. Next year we'll have a member appreciation event. In the meantime, think about joining us again next year. Get your reservations in before it's too late. And don't forget to drop off your last box next week. We really appreciate returning customers and boxes!

### From the Kitchen

#### Roasted Brussels Sprouts

Recipe by Ina Garten

##### Ingredients:

1 pound Brussels sprouts  
3 tablespoons good olive oil  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

##### Directions:

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt and serve immediately.