



# PRAIRIE SUN FARM

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## It's In The Air Tonight

Hold on. Fall is here. The autumnal equinox occurred last Sunday. It's time to get used to the darkness again. We're losing about 3 minutes of light every day now. Or you can think of it as gaining 3 minutes of night. The air cools off quickly after the sun goes down but it's still great weather to get outside, even in the darkness. The Harvest Moon was amazing last week. We had plenty of clear nights for great viewing. The moon rise is only 30 minutes later on successive nights this time of year. Normally it fades fast with 50 minutes between nights. So that gave us a lot of great moon walks through the prairie in the evening. The full moon also provided quite a backdrop all those nights when we were letting Izzy out in the middle of the night. This week the stars have been amazing on our evening walks. The big dipper sits "flat" in the north ready to scoop up a chunk of sky. Venus, Mars, Jupiter and Saturn have all been visible in the sky too. The dry air helps to see the stars clearly. We may be closing up the greenhouse and hooking up the electric fence in the dark every night but the show has been great. While it's still mild at night we encourage you to get out and look at the stars or the moon before it fades. You won't be disappointed. It may take some time for your eyes to adjust so be patient. We get so used to the bright, sunny days that we forget how special the longer, mild nights can be. Have a bonfire or go for a walk. Of course once it starts getting below freezing at night the thrill is gone. The calendar says we can get snow in September. We're just happy we haven't had a frost yet. So breathe in the smell of fall and feel the changing of the seasons. After all, it's in the air tonight.

### WEEK 15 BOX CONTENTS

**Winter Squash:** Acorn. Cut in half lengthwise, remove the seeds and bake face down for about 30 minutes. Serve with butter and buckwheat honey.

**Potatoes:** Some of the russets potatoes have green spots on the skin. This is caused from exposure to the sun. The green needs to be peeled off before eating. The green part is bitter and can be toxic if eaten in quantity.

**Tomatoes:** Slicers are a mix of heirloom and hybrid varieties.

**Garlic:** We'll have 2 weeks of garlic this season. More next year! Store on your counter for 6-7 months.

**Sweet Peppers:** Ivory, Green, red, yellow or orange. The red peppers look like hot peppers but are really sweet Carmen's. Slice and freeze any that you don't use.

**Hot Peppers:** Yellow wax, Anaheim or jalapeno peppers. These can be frozen whole and used later in chili.

**Leeks:** Like garlic and onions, leeks belong to the vegetable family called Allium. Leeks need to be cooked before eating.

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

**Brussels Sprouts:** To prepare for cooking, pare off the tough bottom part of the sprout stem and remove the outmost leaves.

**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.

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

## Farm News

The moisture really changed the color of the fields. Our cover crop of winter rye and hairy vetch has started to grow, finally. We also have oats and peas growing, leftover seeds from our previous cover crop. That's OK, it all adds organic matter and provides ground cover for the winter. The lawns are turning green again. And we haven't had to water! The fall crops are looking great. We picked our first romanesco heads last week. Brussel sprouts are starting to come too. The cooler weather has made them palatable. It's nice to have great lettuce again too. We want to eat salads every night because we know it won't last long. We have radishes, parsnips, beets and turnips planted too. They're coming along. We have a few more weeks left. We have to admit we're getting tired though. It's good the work slows down this time of year. We do too. But there's still leeks to be picked, salad to cut and lots of tomatoes and peppers to harvest before that first freeze. Doesn't look like we'll be getting it any time soon. Enjoy the late harvest and abundance in the boxes still. We'll keep on picking.

### ***Frizzled Brussels Sprouts with Roasted Romanesco***

*Recipe courtesy Anne Burrell*

#### **Ingredients**

1/2 large or 1 small head romanesco, florets quartered  
1 lemon, juiced  
Extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
1 clove garlic, smashed  
Pinch of crushed red pepper flakes  
1 pint brussels sprouts, stemmed and leaves pulled apart  
Pomegranate seeds

#### **Directions**

Preheat the oven to 400 degrees F.

Toss the romanesco with half of the lemon juice, some olive oil and season with salt and black pepper. Put on a baking sheet and place into the oven. Roast until golden brown, about 10 minutes.

Coat a large saute pan with olive oil. Add the garlic and red pepper flakes and bring to medium heat. When the garlic has turned a lovely golden brown, 2 to 3 minutes, remove it from the pan and ditch it - it has fulfilled its garlic destiny!

Add the brussels sprouts and toss to combine. Season with salt, and cook until the sprouts have wilted, 2 to 3 minutes.

Remove the lid, raise the heat to medium-high and let the sprout leaves brown and frizzle, about 5 minutes more. Taste and season with salt if needed.

Toss with the pomegranate seeds, roasted romanesco and remaining lemon juice