



PRAIRIE SUN FARM

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Farming Like It's 1949

Have you been following the news in our Capital lately? If not, our federal government is in shutdown mode due to the inability of Congress to pass spending bills needed to keep the government operating. This has far reaching effects beyond closing our national parks and laying off thousands of workers with other "non-essential" duties. It stops many programs in their tracks including those funded by the last farm bill that was passed in 2008. This 5 year farm bill was supposed to expire on September 30, 2012 but the legislature was smart enough at that time to extend it one year while working out their differences. Now that one year is up and no action has been taken it means that farm programs revert to what they were in 1949 because that was the last year Congress passed a permanent law governing agricultural spending. This law can be found on the internet and in no way does it resemble the policies that are in place today for our food programs. Is this a bad thing? Time will tell. Subsidies will definitely be much different. It will certainly upset the management, reserves and international trading of all commodity crops. The conservation reserve program (CRP), which is very important to us, will go away. Milk and other food prices dependent on commodities will go up. But it could actually help farmers who don't get subsidies (like us) making small farms more competitive. We don't want to farm without machinery and conveniences like it was in 1949 but we do want small farms to prosper and less big agriculture dominating our landscape. We want land to be more important than how much corn can be derived from it. Hopefully 1949 farm policies wake up Washington and they start doing their job again! We need farm policy reform!

WEEK 17 BOX CONTENTS

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.

Potatoes: Russian banana fingerlings have a waxy texture and wonderful flavor. If you get any with green spots just peel or cut off before cooking.

Tomatoes: Slicers are a mix of heirloom and hybrid varieties mostly from the greenhouse. We are still picking a few each week.

Sweet Peppers: Ivory, Green, red, yellow or orange. The red peppers look like hot peppers but are really sweet Carmen's.

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

Spinach: Super good for you raw or cooked! Add to sandwiches, eggs, lasagna, or make a salad.

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.

Rosemary: Use to season your roasted potatoes.

Arugula: Zippy leafy green that tastes great with a grilled steak and blue cheese.

Kohlrabi or Cabbage: Large Kossak kohlrabi or a head of green cabbage.

Parsnips: They resemble white carrots and need to be cooked. One benefit of our wet spring was great parsnip seed germination! The seeds take about 2 weeks to germinate and need to moist the entire time.

Radish: Pretty little red radishes.

Farm News

The fall weather this year has been amazing. No frost yet which is highly unusual. We keep picking vegetables out of the field which would normally be done by now. Enjoy! But our season is coming to an end. It will be the last box for some of the half shares. **Please return your box next week or bring a bag to put your veggies in and leave the box.** We'll remind everyone else again next week too. We'd really like to get as many boxes back as possible. Sorry, but we're not having a potluck again this year. The season went by so fast. We'll do a better job scheduling next year. We hope you've enjoyed the season. It's been a great year with abundant harvests. If you really liked it be sure you sign up early for next year. We only have so many shares available. We can't guarantee the boxes will be the same or we'll have as much available but we can guarantee that your vegetables will be fresh from the garden, organically grown and handled with care. We will do our best to educate, make the farm fun and interesting and to keep you eating healthy. After all, we do this for you, our members. Thank you for being a part of our CSA!!

From the Kitchen

Pearsnip Sauce

By Alton Brown

Note: Search for Alton Brown Parsnip recipes on the internet if you would like other ideas. I also found a parsnip muffin recipe that sounded good. I haven't made this one yet but have always had good luck with his recipes.

Ingredients

1 pound parsnips, peeled and cut into 1-inch pieces
1 pound pears, peeled, cored, and cut into 1-inch pieces (I'm sure apples would be good too)
3 tablespoons maple syrup
1 teaspoon orange zest
1 1/2 cups freshly squeezed orange juice
1/4 teaspoon ground cardamom
Pinch kosher salt
Pinch freshly ground clove
1 tablespoon freshly squeezed lemon juice

Directions

Place the parsnips, pears, maple syrup, orange zest, orange juice, cardamom, salt, and clove into a microwave safe, sealable 3 to 4 quart container. Cover with a lid, leaving one corner open to allow steam to escape. Microwave on high for 10 to 15 minutes or until the parsnips and pears are fork tender.

Add the lemon juice and puree to your desired consistency using an immersion blender. Serve warm or chilled. Store in an airtight container for up to 3 days, refrigerated.