



PRAIRIE SUN FARM

October 15, 2013

Volume 5, Issue 21

JULIE AND DAN GEIGER WWW.PRAIRIESUNFARM.COM

10330 Highway 25, Watertown, MN 55388

Ja_geiger@msn.com 952-955-3570

The Taste of a Dorito

Why do some foods beg to be eaten? Sure there are unprocessed foods we love the taste of for their own natural characteristics but these desirable traits are not necessarily created for our specific enjoyment. They are a natural variation sometimes exploited by hybridization but the plant did not create a taste specifically for us. We just really enjoy them for what they are, good tasting and free from additives. Doritos are just the opposite. They have special man made qualities designed to be addictive, tasty and sellable. The Star Tribune ran a story on Monday about the Dorito that was reprinted from the New York Times and the science is quite telling. When fat laden snacks melt in the mouth, the brain thinks the calories have disappeared too. This delays the feeling of fullness. So we eat more. The pleasure of snacks is maximized when half the calories are through fat. Doritos hit this mark precisely. Lactic and citric acid are added to get the saliva flowing which triggers the impulse to eat. Artificial colors are added because we are attracted to bright colors. Multiple flavors are blended such that no one flavor stands out making it easier to eat more, MSG and salt aid in this savory spectacular. Doritos were designed specifically for an irresistible taste, including finger licking "cheese" dust, that was sure to be a market powerhouse for years to come. McDonalds has created the same desirable traits in their food as well. It's no wonder millions of Americans, and now around the world, have been drawn to these artificially created tastes. Science knows what we like which determines what will sell. It's unfortunate what's natural and good for us doesn't have the same immediate effect. The world would eat a lot less Doritos & McDonalds.

WEEK 18 BOX CONTENTS

- Pie Pumpkins:** Use instead of canned pumpkin. Cut in half, scoop out the seeds and roast whole. Or use as a decoration!
- 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:** Amazing - fresh picked tomatoes in the middle of October!
- 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.
- Turnips:** This golden variety is from our 4th turnip planting but the only one that didn't get eaten by insects! Looks similar to the watermelon radish but doesn't have the greenish pink color.
- Brussels Sprouts:** To prepare for cooking, pare off the tough bottom part of the sprout stem and remove the outmost leaves.
- Watermelon Radish:** They look similar to the turnips but are greenish on the outside and pink on the inside. Slice and eat!
- Arugula:** Zippy leafy green that tastes great with a grilled steak and blue cheese.
- Kohlrabi or Broccoli:** Large Kossak kohlrabi or a head of Broccoli.
- 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.
- 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.

Farm News

It's our last week of the season! Thanks for being a member! It's always sad to see another year of picking come to an end but Mother Nature helps us along as she gives us a frost on a beautiful Sunday morning saying it's time to quit. Luckily that occurred later than usual this year. It can easily get into the low 20's this time of year and our average low is 40. We hit 29 for the first time just a few days ago. And Sunday afternoon turned out to be a perfect day for planting garlic and doing field cleanup. Time to put away the hoses and sprinklers, turn the compost pile, mow and till the empty garden areas. It's time for us and the fields to rest. **Don't forget to return your box next week or bring a bag to put your veggies in and leave the box.** You can leave the boxes at Dolce Vita or on the porch at the farm at any time. We'll clean them up and use them again next year. We'll also email out signup sheets if you want to be a member again next year. We probably won't get much bigger so be sure to sign up early. We'd love to see you again next year. Thanks again. Julie and Dan Geiger, your farmers.

From the Kitchen

Roasting Vegetables

As grilling vegetables is to summer, so roasting vegetables is to fall and winter. Not only does the cooler weather make it a wonderful time to turn on the oven for an hour, but the veggies available in fall are practically designed to be roasted! Many roasted vegetable recipes call for favorite fall vegetables like winter squash, onions, potatoes, sweet potatoes, Brussels sprouts, turnips, beets, peppers, romanesco, garlic, and more.

The process of roasting brings out the natural sweetness in vegetables and intensifies their natural flavors.

How to roast vegetables

1. Preheat oven to 400 degrees. Lightly coat a jellyroll pan or cookie sheet with canola or olive oil. Cut your vegetables into small chunks or hearty bite-sized pieces.
2. Add vegetables in a single layer to the pan and drizzle with a bit of canola or olive oil. Toss the veggies about on the pan to coat as much of them with oil as possible.
3. Sprinkle on any desired seasonings, such as rosemary or basil, parsley, marjoram, salt and pepper.

Bake until veggies are lightly browned in areas, and tender. If your vegetables look like they are starting to dry out during the roasting period, drizzle some broth, apple juice, or low-fat Italian dressing or vinaigrette over the top. Different vegetables require different cooking times. Check your roasted vegetables after 20 minutes, turn them over with a spatula, then cook until they're tender and nicely browned around some of the edges.