

October 26th, 2012

 It has been a busy week here at the homestead, mostly in the house department. We were able to “raise” our basement posts and first floor timber frame, with the help of a few friends this Monday. After seeing how quickly it all went together, and how satisfying the process and product are, we decided that we will raise the house frame this November (instead of delaying until spring). Setting a deadline for the raising really changed the stakes, so we’re trying to use all the daylight hours to make sure we have everything ready and in place by November 17th (if any of you are interested in helping or just checking it out, talk to me and I’ll give you the details). Meanwhile, we are still wrapping things up in the field, spreading compost for garlic beds that we’ll be tilling up and planting next week.

 This week’s share has a couple of exciting new appearances: bok choy, sweet potatoes, and homemade blueberry jam. We also have some dried celeriac leaf. I decided to try this out since friends of ours in western Massachusetts who offer a year round CSA said this was a hit with their members in the winter time. Celeriac leaf is a great seasoning spice in soups, stews, and wherever else you’d like some celery spice.

* Winter squash—your choices from New England Pie Pumpkin, Butternut, and Sweet Dumpling Delicata
* Beets (3 or 4 kinds of beets in your bunch: golden beets, chiogga beets, red ace beets, bull’s blood beets)
* Copra, Varsity, and Rossa Di Milano Onions
* Prize Bok Choy
* Green Buttercrunch and Red Butterhead Lettuce
* Green and Red Russian Kale
* Sweet Potatoes
* Blueberry Jam (Ingredients: Organic blueberries from Putney, our maple syrup, sugar, fruit pectin)
* Dried Celeriac Leaf

Recipe of the Week: Roasted Beets and Winter Squash with sautéed Bok Choy

 Preheat oven to 400°F. Cut squash in half and scoop out seeds. Place cut side down on a well-oiled baking sheet or pan. Wash and cut beets into 1 inch cubes and place on the same baking sheet. Roast squash and beets for 30-40 minutes, stirring beets every 10 minutes or so to prevent them from drying out or scorching. While these are in the oven, thinly slice 2-3 cloves garlic. Wash and chop bok choy. Saute garlic and bok choy stems in a couple tablespoons of olive or vegetable oil for 5 minutes or so, stirring frequently. When garlic is just beginning to brown, throw in the chopped leaves, and cook for another 3-5 minutes, until leaves are completely wilted. Remove from heat. Add salt to taste. Assemble the dish by flipping the squash over, cut side up. Fill the squash with the roasted beets and bok choy. Slice into 3-4 inch strips and serve.