

Wise Acres Farm CSA Newsletter

Week 15 – October 12, 2016

Last share, folks! It's hard to believe, but it is that time. We will miss packing your weekly boxes, but we are also TIRED and looking forward to a somewhat slower pace this fall and winter. Aside from farmers' markets, we've been sleeping in over the long holiday weekend and getting some long-postponed projects finished up: apple harvest (seven bushels, wormy but yummy!) and stacking the rest of our five cords of firewood. We hope you've gotten to take in some of the spectacular fall weather and foliage yourselves!

We've enjoyed seeing many of you shopping at our farmers' markets this summer, and we want to remind you that we will still be at the markets after the CSA season ends. Here's where you can find us:

- [Ellsworth Farmers' Market](#): every Saturday through October 29th from 9:30-12:30 on Main Street, across from The Grand
- [Bangor Farmers' Market](#): every Sunday through November 20th from 11-2, across from the library
- [Bangor Winter Farmers' Market](#): 1st and 3rd Sundays from 11-1, December-April, at the Sea Dog Brewing Co., 26 Front Street

All of these markets have a great selection of local produce (including many hearty fall vegetables that we don't grow), baked goods, meat, prepared foods, and more. We expect to have greens, onions, shallots, carrots, leeks, winter squash, pumpkins, and more at our own stand well into the winter.

If weekend markets aren't a good fit for your schedule, consider our Holiday Harvest Shares for pickup at Tiller & Rye, Rudman Winchell (for RW employees), or on the farm. These might also make a great gift for the friend who has been intrigued by your weekly shares. Signup is open at www.wiseacresfarm.net/holiday-harvest-shares.

Finally, we want to say a heartfelt thank you to all of you for joining our CSA program this season. We couldn't farm the way we do without customers who are committed to buying local and helping us succeed. We hope that the food we've grown for you has made you and your families healthier and happier and that you've enjoyed learning a little more about the work that goes into getting it onto your tables. Thanks again, and be well!

-Brittany and Joy

Recipes and Veggie Notes

Tokyo Bekana Greens

Remember these from the very first share? We've come full-circle! These can be substituted for bok choy or napa cabbage in recipes, or chop and eat it raw as a salad.

Onions

Onions will keep well on the kitchen counter for at least a week or two, but they will hold much longer in a room that is dry and cool (less than 50 degrees).

Long Pie Pumpkin

These might look like overgrown zucchinis, but in our humble opinion they are the best pie pumpkins out there! They are ripe when they show at least a little orange color, and they continue to get more orange in storage. The flesh is very smooth and dry compared to many other traditionally-shaped pie pumpkins. To cook, we cut the ends off and cut the whole pumpkin in half lengthwise, scoop out the seeds*, rub with a little oil and

What's in the box?

Baby Kale

Leeks

Lettuce

Long Pie Pumpkin

Green Pepper

Onions (Red & Yellow)

Tokyo Bekana Greens

bake on a cookie sheet or roasting pan, cut sides down, at about 375 degrees until a fork can easily pierce all the way through the flesh. Once the halves have cooled, you can take a big spoon and scoop the flesh out of the skin and into a bowl. It is pretty smooth to begin with, but to get it really smooth, use a food mill or processor. The pumpkins in your share should yield 1 ½-2 cups of puree. Any extra will freeze well until you're ready to use it.

*Save the seeds! They make a really nutritious snack! Separate them from the stringy stuff they're attached to, toss on a cookie sheet with a little oil and salt, and roast at about 250 degrees until they are crisp and brown. You can eat them plain or toss them with whatever spices you want. This will work with any squash or pumpkin seeds that don't have overly thick hulls.

Morning Pumpkin Coffee Cake

I think we got this recipe from Vegetarian Times magazine originally? It's been scrawled on a recipe card in our box for years. Easy and so yummy!

For batter:

1 cup whole-wheat flour
¾ cup rolled oats
1 T baking powder
½ T ground cinnamon
¾ t ground ginger
¼ t ground nutmeg
¼ t salt
¼ cup butter or margarine
½ cup sugar

2 eggs (or substitute 2 T ground flaxseed mixed in
½ cup hot water)
1 cup pumpkin puree

For streusel topping:

¼ cup whole wheat flour
¼ cup rolled oats
1 T sugar
⅔ cup brown sugar
2 T melted butter or margarine

Preheat oven to 350 degrees and grease 8x8 pan. Mix dry and wet batter ingredients in separate bowls and then combine and spread in the pan. Mix streusel ingredients and sprinkle on top of batter. Bake one hour and cool for 10 minutes before eating.

Split Pea Soup with Carrots, Leeks and Tarragon

Another one adapted from A Year in a Vegetarian Kitchen by Jack Bishop

2 cups dried green split peas, rinsed and picked over (if you can soak these in warm water for a few hours before cooking, it will speed things along)

9 cups cold water

2 small celery stalks with leaves, chopped (we don't usually have celery and omit this)

¼ cup minced fresh parsley leaves

1 teaspoon dried tarragon

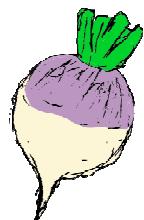
1 bay leaf

¼ cup extra-virgin olive oil

4 medium carrots, chopped (have I mentioned that we don't usually bother peeling our organic ones?)

3 medium leeks, white and light green parts, thinly sliced and rinsed

Place the split peas, water, celery, parsley, tarragon, and bay leaf in a large pot or soup kettle. Bring to a boil, reduce the heat, and simmer briskly, stirring occasionally, until the split peas become quite soft and start to dissolve into the liquid, about 30 minutes. Meanwhile, heat the oil in a large skillet over medium heat until shimmering. Add carrots and leeks and cook, stirring occasionally, until softened and just beginning to brown, about 10 minutes. Add the carrots and leeks to the soup along with a generous amount of salt and pepper. Simmer briskly until the soup thickens, about 30 minutes. Remove and discard the bay leaf. Add salt and pepper to taste.



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