

Week 17  
A Week

Volume 4, Issue 15

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**TUESDAY  
SHARES**

Tomatoes
Beets
Carrots
Italian Pole Beans or Snap Beans
Winter Squash or Potatoes
Garlic
Summer's End- Miscellaneous OR Fall's Beginning-Miscellaneous
Herb: Sage and Parsley

**HOPES FOR NEXT WEEK**

**NO GUARANTEES, BUT WE HOPE TO HAVE  
TOMATOES, CELERY, CARROTS, ETC. IN  
YOUR SHARE NEXT WEEK.**

## Farmer's Field Notes

Brrr...it is cold out there! Summer's veggies do not like it one bit, but other crops are happy as can be. As cravings for fresh tomatoes will inevitably consume my mind in December, I must remind myself that eating seasonally is just that...seasonal. Luckily, we are able to grow a modest amount under the protection of a high-tunnel so we can stretch the harvest of summer's veggies for a

short while longer. The tomatoes, peppers, and the like will start disappearing in your shares, but potatoes, winter squash, beets, and more carrots will appear! This year, we have had quite the issue with cabbage moths, so brassica family crops such as cabbage, broccoli, and kale suffered. Just as eating seasonally is important, so to is recognizing the trials and tribulations of growing

food. As we bring in the harvests, I am reminded of just how bountiful the season has been despite the battles with certain crops. Wisconsin can be cold at times, and the winters can be long, but it is the thoughts of the beautiful summers and gorgeous natural beauty that we need to hold on to...until next year!

~ Dayna

## What to do with Beet and Carrot Tops...

When you bring your beets and carrots home, don't store them with their greens still attached. The tops take moisture away from the vegetables. Remove the tops from the vegetables and store them separately. The tops don't last very long so plan to use them right away. Until you are ready to cook them, wrap a damp paper towel around them and store in a plastic storage bag in the fridge for no more than a day.

Although you can eat the greens raw, some people find them a bit bitter. Blanching helps remove any bitter taste. To blanch the greens, bring a large pot of water to a rapid boil and drop the greens in. Stir them around a bit. In just a few minutes, the greens will start to soften and become a beautiful, bright color. You don't want to cook them too long or they will lose that color and get mushy. Then transfer the greens to an ice bath to shock them. This will stop the cooking process and help them keep that beautiful, bright color. When they are cool enough to handle, drain any excess water and continue with your recipe.

While pesto is traditionally made with basil, you can use any kind of greens to make it: kale, spinach, radish greens, etc. Beet Greens Pesto: in a food processor, combine 4 cups of beet greens (remove the stems), 4 cracked garlic cloves, 1/2 cup walnuts, 3 Tbs. grated parmesan, 1/2 tsp. kosher salt and 1/4 tsp. black pepper. Process the ingredients while streaming in up to 1/2 cup extra-virgin olive oil until you have the consistency you want. Store the pesto in an airtight container in the fridge. You can use the same recipe using carrot greens instead.

Soups and stock are great ways to use up any veggies and their parts. Just add the carrots and/or beet greens to a pot with whatever veggies and/or meat bones, herbs and spices. I toss all veggie peelings, onion tops, bones, and meat scraps and the like into a freezer bag. Once full, I make stock.

Sautéing is easy: heat your pan over medium-high heat, add oil and let the oil heat up until it starts to shimmer. Add any aromatics such as onion, garlic, ginger or chile pepper, and saute them until they are softened. Add the greens and season them with your favorite herbs and spices. Stir often in the pan and cook until they are wilt and are crisp-tender.

Smoothies are a great way to use beet and carrot greens. It shouldn't seem unusual since we already add plenty of greens like kale, spinach and chard to our smoothies. Try adding just a little to start with and see how you like it before adding a lot more.

*Adapted from: <http://www.onegreenplanet.org/vegan-food/beet-and-carrot-greens-how-to-use-them-instead-of-toss-them/>*

## Beet and Carrot Cake

3/4 cup sunflower oil  
 1 1/2 cups sugar  
 3 egg yolks  
 1 teaspoon vanilla extract  
 3 tablespoons hot water  
 2 cups all-purpose flour  
 1 tablespoon baking powder  
 1/2 teaspoon salt  
 1 teaspoon cinnamon  
 2 cups raw carrots, finely shredded  
 1 cup raw beet, finely shredded  
 ((See Note \*))  
 1/2 cup chopped nuts  
 3 egg whites

Preheat oven at 350°F.  
 Butter a bundt cake pan or use Pam.  
 In a bowl, mix oil, sugar, egg yolks, vanilla extract and water; set aside.  
 In another bowl, pass through a sieve the flour, baking powder, salt, cinnamon powder.  
 Incorporate to the first mix.  
 Add the raw carrots, the raw beets and the nuts and mix well.  
 With the electric mixer, whip the egg whites until they are fluffy.  
 Fold delicately into the cake preparation.  
 Pour into the greased cake pan.  
 Bake approximately 50 minutes.  
 Serve with Cream Cheese frosting.

*Taken From: <http://www.food.com/recipe/beet-and-carrot-cake-114622>*

## Finnish Rosolli

3 medium size beetroot  
 3-4 carrots  
 1 medium size sweet potato  
 2 green onions  
 1 tablespoon sherry vinegar  
 1 tablespoon extra-virgin olive oil  
 pinch of sea salt

Wash all the vegetables well (do not peel the vegetables at this point as they will hold their shape better with peels on) and place the beetroot in a large casserole. Top the beets with water and bring the water to boil. Let simmer until the beets are just tender. Drain and leave to cool.  
 Cut the carrots and sweet potato in equal size chunks and place in a casserole. Top with water and boil until tender. Drain (reserve this water as it makes a delicious broth!) and leave to cool.  
 Peel the vegetables and cut into small cubes. Thinly slice the green onion and add that in. Season the vegetables with sherry vinegar, extra-virgin olive oil and a pinch of sea salt. Serve as a side dish.

*Taken from: <http://scandifoodie.blogspot.com/2011/12/finnish-christmas-with-twist-rosolli.html>*

## Italian Roasted Potatoes

butter, for greasing the pan  
 2 pounds potatoes  
 1/4 cup olive oil (preferably extra-virgin but it doesn't have to be), divided  
 1 teaspoon Italian seasoning, crushed between fingertips  
 4 minced cloves garlic  
 salt and pepper  
 1/4 cup grated Parmesan cheese, divided  
 red pepper flakes, optional  
 fresh chopped parsley, for garnish

Preheat the oven to 400 degrees F. Generously butter an 8x10-inch casserole dish.  
 Peel and cut the potatoes in half lengthwise then lay each half flat and slice lengthwise into 1/2-inch wide half moons. Place the potatoes in a big mixing bowl and toss with 2 tablespoons of oil.  
 Toss with the seasoning, garlic, 1 teaspoon salt, 1/2 teaspoon black pepper and half the Parmesan (plus a few pinches of red pepper flakes if you like). Pour into the casserole dish and scoop out any spices or garlic left in the bowl. Sprinkle a tablespoon of Parmesan over the top and drizzle with a tablespoon of oil.  
 Bake 30 minutes then remove from the oven and toss well. Sprinkle the remaining Parmesan on top and drizzle with the remaining oil.  
 Place them in a serving dish and pour any remaining oil at the bottom of the pan over them and garnish with a little fresh parsley..

*By Sara Quessenberry, April, 2009 REAL SIMPLE*