

September 14/17, 2009
Volume 4, Issue 14

Kettle Pond Farm CSA

Week 14



In Your Share:

- Peppers-
- Eggplant?-
- Cukes-
- Squash-
- Greens-
- Onions-
- Carrots-
- Beets-
- Celeriac-
- Parsley-

“Striving for success without hard work is like trying to harvest where you haven't planted” ~David Bly

Root Crops Begin!

It's week 14 of our CSA here at Kettle Pond Farm. Most schools have started, but we are still churning away. The week features the first batch of carrots, beets and celeriac! It is always great to see new vegetables make it into the rotation, especially when it is one of my favorites, carrots! Last week was a bit cooler, but its supposed to warm up again...so expect those summer crops to be in the share for a few more weeks.

Updates and Dates

Hey, hey! Its Steve here with some updates! The eggplant, peppers and summer squash are still producing, which is great. The last two weeks featured enormous amounts of those items, so I hope you enjoyed them. I expect a decent harvest for about two to three more weeks. Remember, if you can't use all those veggies you can always preserve them (blanch then freeze). If you have any questions about preserving feel free to drop us a line and we will help the best we can.

A Jam & Jelly session will be held on Friday October 2nd from 6:30 till we finish. Our wonderful treasurer and member, Millie Gedrites will be hosting the event, which will include a hands on educational session on making jams and jellies. You will even be able to take some home! It will be held at the Somerset Baptist Church and there is a \$10 cover charge. We will be starting at 6:30, but if you can't make it that early don't worry! Come when you can!

Fall is itching to start, and so comes the yearly Harvest Party here at Kettle Pond Farm. We are hoping to do a repeat of last year which will include music and a potluck dinner! There will also be tours of the property, a walk to the river and many more exciting add-ons. We haven't picked out a date yet, but it will either be October 10th or 17th, so please save those dates. We will be accepting sign-ups for next year from the party onwards, so enjoy the rest of the season and get ready for next year while you're at it!

I'd also like to take some time to thank Yvonne Steere for making sign up sheets for volunteering. If you would like to get involved please sign up! We will be having a potato dig this week, either Tuesday or Wednesday. If you would like more information please call or email. I'd also like to thank the Cooney's for donating a fridge! This new fridge will help us keep the harvest fresh and crisp! Thank you!

Lastly I'd like to thank all of you, all of our loving members for being great! I had the chance of watching the pick-up on Thursday and had a blast chatting with all of you. Thanks!

Steve Makes Soup

Well it's getting colder out there, so it's the perfect time to start making soup! This soup features onions, greens, summer squash, celeriac, carrots and beets!

1. Cut up all the veggies! Shred the greens and dice up the stems.
2. Fill a good sized pot $\frac{3}{4}$ of the way with water.
3. On a skillet, cook the onions, carrots, beets and celeriac with olive oil until you're happy!
4. Add all the ingredients in the pot on medium heat and let cook for 40 minutes.

I also like to add Organic Better Than Bouillon to my soups. It kicks up the flavor and makes a better broth. You can also add a grain of your choice, no pre-cooking needed. I've used rice, cous cous and pasta, all with great results!

Another addition that makes soup even better is a great loaf of bread. Nothing better than dipping a slice into the broth to warm your heart! Enjoy!

Celeriac Sauce (from Farm John's cookbook)

*“What we plant
in the soil of
contemplation,
we shall reap in
the harvest of
action”*

- Meister Eckhart

INGREDIENTS

- * 2 cups vegetable stock
- * 1 medium celeriac diced
- * 1 onion diced
- * $\frac{1}{3}$ cup cream
- * $\frac{1}{4}$ cup butter
- * 1 teaspoon lemon juice
- * Salt and white pepper

DIRECTIONS

1. Bring the vegetable stock to a rolling boil in a small pot over high heat. Add the celeriac and onion; reduce heat to medium and cook until celeriac is tender; about 15 minutes. Let cool slightly and then puree it in a blender or food processor.
2. Return the celeriac mixture to the pot and bring to barely a simmer. Add the cream, butter, and lemon juice and stir well; continue to heat until soup is steaming and a few bubbles just barley start to break the surface. Season as needed!