

# Blackberry Meadows Farm



CUTTING HERBS

MAGGIE WATCHES ON AS JEN WORKS

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## Creamy Potato Kale Soup

From Moosewood Restaurant Low Fat Favorites

- 1 c finely chopped onions
- 2/3 c finely chopped leeks
- 1/2 tsp salt
- 1 tbsp oil
- 4 c veggie broth
- 4 c coarsely chopped potatoes
- 1/4 tsp fennel
- 1/2 c finely chopped celery
- 2 tbsp white wine
- 1/2 tsp dried dill (I put a generous tsp of fresh)
- 2 tsp dijon mustard
- 2 tbsp minced scallions
- 1 1/2 tbsp minced fresh basil
- 1/2 c evaporated skimmed milk
- 4 c loosely packed shredded kale
- salt and pepper to taste
- squeeze of fresh lemon

1. In the bottom of the soup pan, saute onions, leeks and salt in oil over very low heat until tender.
2. Add stock and bring to a boil.
3. Add potatoes, celery, fennel, wine, and dill and simmer about 20 minutes, covered, until the potatoes are tender.
4. In batches, puree in the blender until smooth.
5. Return to pot and stir in mustard, scallions, basil, and evaporated skim milk.
6. In a separate pan, gently boil kale in just enough water to cover. When kale is tender, drain it and stir it into the soup. Add salt and paper and lemon to taste.

This has been a great year for herbs! We've given out a whole lot through the CSA - but have also sold our excess Dill and Cilantro to the East End Food Co-op and farmers markets. If you have too many herbs; chop them up and freeze in ice cube trays with water.

### GROWING NUTRITIOUS FOOD FOR A HEALTHY COMMUNITY

It finally rained! According to Heath, it "dumped buckets" here over the weekend -which is what we've been wishing for. Now, (so long as there isn't an unexpected frost), our eggplants and peppers will have a boost in production and the arugula is going to grow like mad!

Unfortunately, no amount of rain is going to bring back our deer chomped lettuce. These guys have done this in the past. They'll paw through the 'protecting' row cover and take a big bite out of the plants, lopping off the growing point and often pulling up the roots!

Those deer are ruthless this time of year! It's endlessly frustrating is go out in the morning and see the almost-ready-to-harvest produce bitten down to the nub.

On a good note - they don't seem to bother the arugula, tat soi and turnips! We only have 3 weeks left of the CSA, but we'll have some beautiful fall crops for you.

We're discussing having a pumpkin carving party in the barn before Halloween rolls around.. Be sure to check out Page 3 for more info

# Things you ought to know about . . . .

We're gearing down in the barn for the end of the CSA, so we won't be buying many more "in stock" items. If you're interested in **stocking up your own reserves of pop**, you can order a case of Cherry, Grape, Punch, Mint, or Root beer for \$30. Or a case of Ginger beer for \$40. (24 bottles/case). Email [jen@blackberrymeadows.com](mailto:jen@blackberrymeadows.com) if you're interested.

We still have some chicken left. If you'd like to **reserve a few birds for the winter** - just email [jen@blackberrymeadows.com](mailto:jen@blackberrymeadows.com) and we'll put your name on them. We're selling the chicken (pasture raised) for \$4.50/lb, which averages about \$15 - \$20 per bird.

Be sure to get your order in to **Frankferd Farms by October 2**. We'll have it for you at the CSA pickup on October 7th or anytime thereafter. This will be the last Frankferd Order - so be sure you stock up!

We still have a couple slots available for the **Winter CSA**. A share costs \$165 for 6 weeks. It starts November 4th and will go until December 9th. If

weather conditions permit - we'll go for an additional (optional) 2 weeks for \$27.50/week. If you'd like to sign up, please email [jen@blackberrymeadows.com](mailto:jen@blackberrymeadows.com)

## **Pumpkin Carving Party!**

We thought we might buy a shipment of pumpkins and have them available in the barn for sale on a weekend in October (17th or 24th). We'll have a few pumpkins that will already be cleaned out and some painting supplies for the younger kids. These will be conventionally grown pumpkins - so we'll sell them at conventional prices. If you think you might be interested - email [jen@blackberrymeadows.com](mailto:jen@blackberrymeadows.com) with how many pumpkins you might like to buy and carve.

We have several pounds of **sugar** for sale - it's raw cane sugar and is about \$1.50 cheaper than what you would find it for at the grocery store. We're selling it for \$4.

CSA pick up at the **barn is Wednesdays from 11 am - 7 p.m.**, at the new **Oakland location (Phipps Conservatory from 2:30**

**p.m. - 6:30 p.m.** and at the **Boyd Community Center on Saturday from 9 am - 11 am**. and at the **Gateway Farm Market in Monroeville from 9 am - 12:00 p.m.**. Don't forget to bring along **bags** to take all your veggies home in.

We'll be back on track at Boyd for the rest of the season - hopefully everything went smoothly!

Thanks for supporting local organic agriculture!!

Your farmers - Jen, Dave, Corinne, Heath and Greg *and* our Interns (Ray, Dave & Mandy, & Shari)

## *This Week's Menu*

Eggplant, arugula, tomatillos, cilantro, dill, basil, peppers, hot peppers, and more!

### *Tips for Tomatillos:*

Peel off paper and chop up tomatillos. Throw them in a pot with a clove of garlic, a pinch of salt and a hot pepper. Cover with a bit of water and simmer until cooked down. Puree in a blender and serve with tortilla chips or over chicken or pork. *Tomatillos have a slightly tart flavor.*



*Mandy and Dave Roos at our Farm Picnic*

The other morning when I drove to the farm, I had to use the heater. I was glad I threw my sweatshirt into the backseat before I drove off that morning because when I got out of the car I was downright chilly. Cool mornings, curling leaves, evenings as crisp as apples—where has the summer gone?

So seasons change—the basil thickens, the dill goes to seed, and our time on the farm draws to a close. But what makes this year different from the rest is I find myself wanting to curl into my thoughts and think what does it all mean?

I leave the farm with more friends and thicker calluses. This I know. I take with me mud

stained jeans and an intense desire to own chickens. I search my mind for the scientific facts I have learned about vermiculite and cotyledon, only to find my thoughts clustered around the mystery of a flowering eggplant and the majesty of the tomato blight. I won't forget the way tomatillos hang on their vines like Chinese lanterns, delicate and airy—but I have forgotten the acute ache in my back that comes from hand planting leeks.

Our friends and family want to know what the next step is. That's fair. We did set this whole summer up as a "trial period" and I guess we wanted an "if then" statement to come out of the experience as well. I guess I'm learning that if you grow your own food, then it tastes better. If some seedlings don't make it, then you are still thankful for the ones that did. If you find a turnip riddled by worms, then you cut around and salvage the good parts. And if you want to feel the seasons pass, you gotta get outside.

I found a soup recipe that uses potatoes, kale, basil, dill, and leeks. As I chopped and sautéed and pureed, I felt the kitchen air grow heavy with the humid heat of a good soup. I was cooking for a friend and the excitement of sharing good food with a good friend, made me salivate with anticipation. I dipped my spoon into the thick as pudding, potato leek soup and brought it steaming to my lips. I felt the aroma moisten my nose as I gently blew on it. It tasted like accomplishment with pinch of gratitude.