

Food Basket Winter Share News December 2008

Welcome to the debut of the Food Basket Winter Share!! This is the first of four monthly distributions and we hope it brings some much needed flavor and freshness into your life as daylight wanes and temperatures drop. Share this bounty with family and friends as you celebrate the holidays and the new year... and before you know it the next pile of potatoes and butternut will be knocking on your door. Enjoy!!

Meet the Farmers

Adam's Berry Farm— Burlington, providing frozen raspberries. Remember to come pick-your-own strawberries, raspberries, and blueberries next season.

Arethusa Collective— Burlington, providing carrots and celeriac. Stop by the Burlington Winter Farmers Market for more Arethusa storage crops.

AH Mushrooms— Colchester, providing oyster and shitake mushrooms. You can also purchase Amir's mushrooms at City Market this winter.

Brotherly Farm— Brookfield, providing chicken. Visit the farm to pick up raw milk, beef, chicken, and vegetables.

Butterworks Farm— Westfield, providing yogurt, beans, rolled oats, cornmeal, and sunflower oil. Look for Butterworks products in local stores around Vermont.

Champlain Orchards— Shoreham, providing apples, cider, apple butter, apple pie, and onions.

Does' Leap Farm— East Fairfield, providing goat cheese. Look for their cheeses and kefir at the Burlington Farmers Market and stores around Vermont.

Dragonfly Sugarworks— Huntington, providing maple syrup. Paul will also be selling syrup at the Burlington Winter Farmers' Market.

Gleason Grains— Bridport, providing whole wheat flour, bread flour, and pastry flour. Find Ben Gleason's grains year-round at City Market and in Red Hen Breads.

Intervale Community Farm— Burlington, providing parsnips, beets, and rutabagas. Contact ICF if you are interested in an on-farm CSA experience down at the Intervale— do it early, they fill up quick!

Jericho Settlers Farm— Jericho, providing potatoes, beef, pork, and eggs. Meat can also be found at City Market year-round.

Lewis Creek Farm— Starksboro, providing kale. There's a focus on storage crops here, look for them this winter at City Market.

Maple Wind Farm— Huntington, providing lamb. Visit them at the Burlington Winter Farmers Market.

Pete's Greens— Craftsbury, providing garlic, shallots, daikon, and fennel. Lots of season extension and storage crops going on here to keep you eating local all winter!

River Berry Farm— Fairfax, providing turnips and cabbage. Buy their carrots at City Market all winter and then head to the farm in the spring for U-pick strawberries.

Rockville Market Farm— Starksboro, providing butternut squash. Look for their butternut and other certified organic produce in local stores around Vermont, part of Deep Root Cooperative.

Screamin' Ridge Farm— East Montpelier, providing salad greens and spinach. The farmer, Joe, is a trained chef so make sure to ask him how to cook celeriac and other tricky crops.

Vermont Cranberry Company— East Fairfield, providing cranberries. The first and only cranberry farm in Vermont! City Market

IN THIS WEEK'S SHARE...

Apples	Kale
Cider	Mushrooms
Beets	Onions
Cabbage	Parsnips
Carrots	Potatoes
Celeriac	Rutabaga
Daikon radish	Shallots
Fennel	Butternut squash
Garlic	Turnips

STORAGE TIPS

Root Crops (beets, potatoes, carrots, celeriac, daikon, parsnips, rutabaga, turnips) - Store these crops in a cool, dark place with temperatures close to freezing. Many times the corners of basements work well. The other option is to put the vegetables into plastic bags in the refrigerator, ideally in the crisper. If there is not enough space for everything, potatoes will keep reasonably well for a couple of weeks in paper bags in a cool, dark space such as a cabinet.

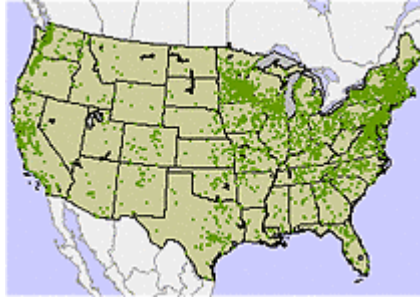
Alliums (onions, garlic, shallots) - These will also keep best in a cool, dark space with temperatures close to freezing. Darkness is very important to prevent sprouting. Unheated basements, cabinets, and refrigerators are all good options.

Winter squash- Squash keep best at 55°F. The key to household long term storage is to find a cool place with stable ambient temperatures. If you have more than a few squash stored together, it is worth checking them all for rot every couple weeks to make sure a rotting squash does not spoil the pile.

Apples— Maximum crispness will be preserved by keeping apples at temperatures around 32°F. However, apples produce ethylene gas, which quickly causes off-flavors in many different vegetables. Avoid putting apples in the refrigerator for maximum carrot enjoyment!

Thank you for participating in Community Supported Agriculture

Community Supported Agriculture is a relatively new socio-economic model that allows people to create a relationship with a farm (or farms!) and receive a weekly basket of produce. By making a commitment to a farm, people become members



Each dot represents a CSA farm that is listed on localharvest.org.

of a CSA. Customers pay upfront, which provides valuable working capital to farmers when they need it in the spring. Members become farm participants, sharing in the abundance as well as the challenges each season brings. Twenty years ago, only a handful of CSA farms existed in the United States. Today, there are over 1,000. Know anyone who is jealous of your share? **Full Moon Farm** in the Intervale still has shares available! Give Dave a call at 863-2199 to learn more and place your order.

Intervale Basket! We are proud to announce that this week's vegetable and fruit selection is brought to you exclusively from the hardworking organic farmers in the Intervale! Healthy City Farm, Diggers Mirth Farm, Arethusa Collective Farm, Pitchfork Farm, Adam's Berry Farm and Open Heart Farm have all contributed to make this week's veggie and fruit baskets.

Meet Adam's Berry Farm

Adam Hausmann of Adam's Berry Farm produces delicious, certified organic strawberries, raspberries and blueberries right here in Burlington's Intervale. Strawberry season lasts to July 1st, with blueberries beginning in mid-July and raspberries reaching from late August until the frost. You can also find Adam selling berries at the Burlington Saturday Farmers' Market. This year, Adam has added a bike powered smoothie maker and is hitting the road with it, stirring refreshing and fruity smoothies at events around Chittenden County. As the season progresses, look for his preserves at select markets.



For the Food Basket, Adam is providing pint after pint of fresh berries for you to enjoy. For details about pick-your-own or directions to this great, family-friendly farm, feel free to call: 802-578-9093.

Fruit of the week

STRAWBERRIES

The sweet, sun drenched flavor of strawberries is the perfect antidote to drab winter eating in Vermont. Maybe it's all the vitamin A and C! In addition to the traditional strawberry shortcake or no bake gelatin strawberry pie, try these delicious strawberry muffins, which are a great way to use berries just past their peak in freshness.

Classic Strawberry Muffins

2 cups flour	1 cup milk
3 1/2 t baking powder	1/2 cup melted butter
1/2 t salt	1 t vanilla
1/2 cup sugar	1 cup chopped strawberries
1 egg	

Preheat oven to 375 degrees. Grease a 12-cup muffin tin. Combine the dry ingredients with a wire whisk. In a separate bowl, combine egg, milk, butter and vanilla. Add the strawberries. Add dry mix to wet, stirring until "just mixed." Spoon batter into muffin cups. Dust with cinnamon and sugar if desired. Bake for 20-25 minutes.



How to keep strawberries fresh



As you may have noticed, this season has been tough for strawberries because of frequent rain. Strawberries are fragile and mold easily, which makes them difficult to keep fresh when it is humid, both for the farmer, who contends with water in the fields, as well as the consumer, who battles the humid refrigerator. Luckily, there are a few strategies for keeping strawberries fresh. First of all, be sure to keep the fruit dry. Only rinse them when you are ready to use them. Take your pint and look through it, being sure to remove all moldy or damaged strawberries. Then store the berries in layers, separated by a paper towel, in an sealed plastic container or bag. This technique keeps them dry and prevents bruising.

For extended freshness, strawberries can be frozen in a sealed plastic bag. Again, remove damaged berries and stems and lay berries on a cookie sheet to freeze. Once frozen, place frozen berries in a bag and use as needed all year long, or save them

This Week's Calendar

Burlington Fireworks!

July 3 at 9:30 pm

At Burlington's waterfront

Go to enjoyburlington.com for a full calendar of Burlington's July 4th events.

FOOD BASKET NEWS ~ June 16, 2009

IN YOUR SHARE

SALAD: broccoli – lettuce – mesclun – radishes

VEGGIE: arugula – broccoli – cilantro – kale – mesclun – mushrooms – salad turnips

FRUIT: rhubarb – strawberries



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HAPPENINGS

One excellent way to connect with your food and local farmer is to volunteer on a farm near you. Time spent on a farm will inevitably lead to moments of wonder as you pick a carrot for the first time or discover how much work it actually takes to grow onions. Not all farms are set up to accommodate volunteers, however many welcome the extra (and free!) help and will even send you home with veggies. Another way to more regularly get your hands dirty is to join a CSA that offers working CSA memberships and in exchange for a few hours per week on the farm, the price of your CSA share is drastically reduced.

To find potential volunteer opportunities try:

www.nofavt.org – to find listings and links to local farms by county

www.intervale.org – and follow links to information about volunteering with Healthy City's gleaning project and youth gardening program

www.woof.org – an international organization that connects volunteers with farms of all kinds

VEGGIE OF THE WEEK ~ BROCCOLI

Broccoli is a member of the Brassica family which includes kale, cauliflower, collards, kohlrabi, Brussels sprouts, and cabbage. In fact, all of these vegetables are the same species and originally evolved from the same plant. Over the years each has been differentiated through breeding for leaf, flower, or bulb edibility. Other closely related and widely grown members of the Brassica family include arugula, radishes, turnips, and Asian greens.

Broccoli is not a heat-tolerant crop and so is grown only during the spring and fall. Though broccoli seeds can be put directly into the ground, most farmers start their plants indoors and then transplant them out four weeks later. This ensures an early spring crop before the temperature gets too hot, enables the young plants to fare better against their arch enemy the flea beetle, and cuts down on the amount of time required to weed the crop. About 90 days after transplanting, the broccoli heads, or crowns, are ready to be harvested. If you are growing broccoli in your garden at home, you may want to consider a multi-pick variety such as DeCicco which produces many smaller heads and shoots instead of one large crown.

What do I do with all this broccoli?

Broccoli with Asian-style Dressing (from *Farmer John's Cookbook*)

- 1 medium head broccoli
- ½ cup rice wine vinegar
- 3 Tbsp peanut oil
- 2 Tbsp soy sauce
- 1 tsp fresh ginger, grated
- ½ tsp minced garlic
- ½ tsp toasted sesame oil
- ½ tsp hot chili oil (optional)

- 1) Separate the florets from the stalk; break into smaller florets. Cut the stalk into 1-inch lengths and then into matchstick-size strips.
- 2) Place the broccoli in a steamer basket set over 1 ½ inches boiling water and cover. Steam for 5 minutes. Transfer the broccoli to a bowl.
- 3) Combine the remaining ingredients in a small bowl; stir until well combined. Pour the dressing over the broccoli and mix well.

Serves 2 to 4



BROCCOLI STUFFED MUSHROOMS (from Mollie Katzen's *Vegetable Heaven*)

- 1 ½ pounds broccoli
- 1 small onion (about 1/4 pound)
- 1 ½ tablespoons olive oil
- ¼ teaspoon salt (possibly more, to taste)
- Black pepper to taste
- 1 ½ cups grated Gruyere or Emmenthaler cheese (about 3/4 pound)
- 4 portobello mushrooms, 4-inch diameter
(or 14 to 16 domestic mushrooms, 2-inch diameter)

1) Shave the outer skins from the broccoli stalks with a good vegetable peeler. Cut off the topmost florets, leaving a bit of stem, so you'll have something to "plant", and set aside. Cut the shaved stems and the onion into chunks, and place them in a food processor. Process until finely minced. (You might have to do this in batches.)

2) Heat 1/2 tablespoon oil in a medium-large skillet with an ovenproof handle. Add the broccoli florets and a pinch of salt. Stir-fry over medium heat for just a few minutes--until the florets are bright green and tender-crisp. Transfer to a bowl, and set aside.

3) Without cleaning it, heat the skillet again. Add another 1/2 tablespoon oil, the minced broccoli-onion mixture, and 1/4 teaspoon salt. Sauté over medium-high heat for 5 minutes, then transfer to a bowl and stir in 1 cup of the grated cheese. Grind in some black pepper to taste.

4) Remove and discard the mushrooms stems, and peel the mushrooms, if necessary. If you're using portobello mushrooms, scrape out the soft insides of the mushroom cap with a spoon. Divide the filling evenly among the hollowed-out mushrooms, and arrange a tight cluster of broccoli florets, facing upright, in the top of each one. Meanwhile, preheat the broiler.

5) Wipe out the skillet with a paper towel, and return it to the stove. Turn the heat to medium, and add the remaining 1/2 tablespoon oil. Place the filled mushrooms in the pan, cover, and cook undisturbed for about 10 to 15 minutes, or until the mushrooms are cooked through.

6) Sprinkle the remaining cheese over the tops, and place the entire skillet under the broiler for about 3 to 5 minutes, or until the cheese is thoroughly melted and lightly browned. Serve hot, warm, or at room temperature.

Serves 4 to 6

FOOD BASKET NEWS ~ SEPTEMBER 22, 2009

WHAT'S IN YOUR SHARE

SALAD SHARE: arugula, mesclun (*Pitchfork*) – corn (*Riverberry*) – carrots (*Arethusa*) – peppers (*Jericho Settlers*) – tomatoes (*Pitchfork/Jericho Settlers*) – hakurei turnips (*Open Heart*)

VEGETABLE SHARE: lettuce, corn, summer squash (*Rivoryberry*) – beets (*Pitchfork*) – carrots (*Arethusa*) – potatoes (*Valley Dream*) – peppers (*Jericho Settlers*) – mushrooms (*AH Mushrooms*) – garlic (*Dragonfly*) – tomatoes (*Pitchfork/Jericho Settlers*)

FRUIT SHARE: apples, cider (*Champlain*) – raspberries (*Adam's Berry Farm*) – watermelon (*Valley Dream*)

HAPPENINGS

OPEN FARM DAY! – Sunday, September 27th from 12:00-3:00pm

This Sunday the following four farms will be hosting free tours on their land for this City Market sponsored event. Included are two of our beloved Food Basket farmers- Eric and Keenann Rozendaal of Rockville Market Farm in Starksboro. This will be a great way to get an inside look at how your food is grown!

Rockville Market Farm – 205 Cemetery Rd, Starksboro – www.rockvillemarketfarm.net

Check out this Starksboro farm with owners Eric and Keenann Rozendaal. The tour's focus will be the farm's power crop of winter squash, the top notch storage barn and another major feature of the farm, pasture-raised pork.

Last Resort Farm – 2246 Tyler Bridge Rd, Monkton – www.lastresortfarm.com

Follow owners Eugenie Doyle and Sam Burr through their certified organic vegetable and berry farm. Learn more about Big News for Garlic, a sustainability project, while taking a look at the historic "milk barn" that is used to dry the garlic.

Stony Loam Farm – 1510 Hinesburg Rd, Charlotte – www.stonyloamfarm.com

Join owner Dave Quickel for a tour of Charlotte's original CSA. Find out how he utilizes the 32-acre farm consisting of five soil types while using organic and sustainable techniques.

Lewis Creek Farm – 3071 VT Route 116, Starksboro – users.gnavt.net/Lcfarm

Lewis Creek is one of City Market's most enduring providers and has been in operation since 1981. Explore the farm with owner Hank Bissell and hear about his ecological and sustainable farming practices.

Pick a farm, or two, visit their website and get directions. Drop by between 12 and 3 pm to meet the farmer, take a tour or sample seasonally harvested items.

Questions? Contact Courtney Lang at 802-861-9753 or clang@citymarket.coop.

VEGGIE OF THE WEEK ~ BEETS

Beets thrive in Vermont all season long, from early spring bunches of baby beets to large, topped beets that are bagged up and stored all winter. Beets are seeded directly into the ground and, because more than one plant may sprout from a single seed, they usually need to be thinned. Thinning is simply the process of picking out plants from a dense row to create more ideal spacing, allowing the plants that remain to grow to their potential. This is one of the most time-intensive jobs on a farm but well worth the effort as overcrowding leads to a lot of disappointingly tiny plants at harvest time. Beet greens are edible, taste very similar to chard (beets and chard are the same plant selected for specializing in different plant parts), and are usually eaten in the spring, when they are one of the few local greens available. The greens on beets that are being grown for fall harvests are usually not as desirable to eat and, during harvest, are ripped off the roots as close to the base as possible, to avoid vegetative rot in long-time storage. Beets are among the root crops that farmers can store and gradually sell all winter long to provide a bit of income at a time when no other money is coming in.

What do I do with all these beets?

It seems people either love beets or don't want anything to do with them. Regardless of your preference, or what you think your preference is, they are a commonly grown crop and will generally be included in significant number in any CSA share. Here are a few recipes to either broaden your beet enjoyment or, maybe, just maybe, open your eyes to how delicious these earthy orbs can be.

Broiled Beet Slices with Maple-Teriyaki Sauce (from *Farmer John's Cookbook*)

12 small or 6 medium beets, scrubbed and trimmed
¼ cup butter
2 Tbsp maple syrup
1 Tbsp minced or pressed garlic (about 6 cloves)
1 Tbsp finely chopped or grated fresh ginger
1 Tbsp tamari or soy sauce

Preheat oven to 400°F.

Place beets in small roasting pan with ½ cup water. Cover with foil and bake until beets are easily pierced with a sharp knife, 45 minutes to 1 hour depending on size.

Preheat the broiler.

Melt the butter in a small pan over medium heat. Stir in the maple syrup, garlic, ginger, and soy sauce or tamari. When ingredients are thoroughly combined, remove from heat.

Place beets in a shallow baking pan and pour the maple syrup mixture over them. Broil, stirring occasionally, until tender, about 5 to 10 minutes.

Serves 4 to 6

Baked Beet-and-Carrot Burgers (from *Farmer John's Cookbook*)

½ cup sesame seeds
1 cup sunflower seeds
2 cups peeled and grated beets (1-2 medium beets)
2 cups grated carrots (about 4 carrots)
½ cup minced onion (about 1 medium onion)
2 eggs, lightly beaten
1 cup cooked brown rice
1 cup grated cheddar cheese
½ cup vegetable oil
½ cup finely chopped fresh parsley
3 Tbsp flour
2 Tbsp soy sauce or tamari
1 clove garlic, minced or pressed (about ½ tsp)
1/8 – ¼ tsp cayenne pepper

Preheat the oven to 350°F. Lightly coat a baking sheet with butter.

Place a small, heavy skillet over medium heat. Add the sesame seeds and stir them on the dry skillet just until lightly browned and fragrant, 3 to 5 minutes, watching closely to avoid burning them. Immediately remove from heat and transfer the toasted seeds to a dish to cool.

Return the skillet to heat. Add the sunflower seeds and stir them on the dry skillet just until lightly browned and fragrant, 3 to 5 minutes, watching closely to avoid burning them. Immediately transfer to the dish with the sesame seeds.

Combine the beets, carrots, and onion in a large bowl. Stir in the toasted seeds, eggs, rice, cheese, oil, flour, parsley, soy sauce or tamari, and garlic (your hands work best here). Add cayenne (use ¼ tsp for spicier burgers) and mix until thoroughly combined.

Using your hands, shape the mixture into 12 patties and arrange them in rows on a baking sheet.

Bake the patties until brown around the edges, about 20 minutes. Unless they are very large and thick, it should not be necessary to turn them. Serve alone or on buns.

Makes 12 patties.

What do I do with all this food?

Celeriac Remoulade

This simple dish, a variation on a classic French salad, combines julienned and blanched celeriac with a remoulade sauce (mayo and mustard). Recommended by the Intervale Center's very own Bill Mitchell.

INGREDIENTS (Serves four)

2 celeriac
Sweet onion, enough for about 2 tablespoons thinly sliced
1 tablespoon flatleaf Italian parsley, chopped
1/2 teaspoon grated lemon zest
1/2 cup mayonnaise
2 tablespoons grainy mustard
1 tablespoon fresh lemon juice
1 tablespoon olive oil
Dash Worcestershire sauce (optional)
Salt
Black pepper

1. Wash the celeriac well and cut off all of the brown, wrinkled peel. Cut them into fairly thin slices and then cut the slices into long strips about the size and shape of thin french fries. (To keep the celeriac from darkening if you're not using it right away, you can keep it in a bowl filled with water and the juice of a lemon.)
2. Put the strips of celeriac in a saucepan with lightly salted water to cover, bring to a boil, reduce heat, cover, and simmer briefly, checking frequently. As soon as the vegetables become crisp-tender (this shouldn't take more than 2 or 3 minutes) drain them and put them in cold water to stop further cooking.
3. Cut the onion into paper-thin slices. Chop the parsley.
4. Make a quick remoulade: Put mayonnaise in a bowl and mix in the mustard, lemon juice, olive oil, lemon zest and the optional Worcestershire sauce (which imparts a whiff of anchovy flavor that's traditional in remoulade).
5. Pat the cooled celeriac dry with a cloth or paper towel, put it in a bowl, and mix gently with the remoulade. Stir in the chopped

Baked Beet and Carrot Burgers

From *Farmer John's Cookbook: The Real Dirt on Vegetables*

INGREDIENTS (makes 12 patties)

1/2 cup sesame seeds
1 cup sunflower seeds
2 cups peeled, grated beets (1-2 medium beets)
2 cups grated carrots (about 4 carrots)
1/2 cup minced onion (about 1 medium onion)
2 eggs lightly beaten
1 cup cooked brown rice
1 cup grated Cheddar cheese
1/2 cup vegetable oil
1/2 cup finely chopped fresh parsley
3 tablespoons flour
2 tablespoons soy sauce or tamari
1 clove garlic, minced or pressed (about 1/2 teaspoon)
1/8-1/4 teaspoon cayenne pepper

1. Preheat the oven to 350°F. Lightly coat a baking sheet with butter.
2. Place a small, heavy skillet over medium heat. Add the sesame seeds and stir them on the dry skillet just until lightly browned and fragrant, 3 to 5 minutes. Immediately remove from heat and transfer to a dish to cool.
3. Return the skillet to the heat. Add the sunflower seeds and stir them on the dry skillet until lightly browned, 3 to 5 minutes. Transfer to the dish with the sesame seeds.
4. Combine the beets, carrots, and onion in a large bowl. Stir in the toasted seeds, eggs, rice, cheddar cheese, oil, flour, parsley, soy sauce or tamari, and garlic (your hands work best here). Add cayenne and mix until thoroughly combined.
5. Using your hands, shape the mixture into 12 patties and arrange them in rows on the baking sheet.
6. Bake the patties until brown around the edges, about 20 minutes. Unless they are very large and thick, it should not be necessary to turn them. Serve alone or on buns.