



# JERICHO SETTLERS' FARM

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## October 18, 2008

### Welcome to the Winter CSA!

Welcome back summer members and greetings to our many new members joining us this winter. We invite you taste delicious sweet, savory, crunchy, luscious local and nutritious vegetables from October through February – 5 months of local food during the Vermont winter! As I have been known to say, a locally grown carrot in winter is better than chocolate!

The Winter CSA pickup dates for 2008-2009 season are as follows:

- October 18, 2008
- November 15, 2008
- December 20, 2008
- January 24, 2009
- February 21, 2009

These are all Saturdays. Pickup times are 10 a.m. to Noon or 2 to 4 p.m. All pickups are at our farm at 22 Barber Farm Road in Jericho. For October and November pickups look for us in the farmstand. For the colder months of December, January, and February we will have the CSA pickup set up in the art gallery (Emile A. Gruppe Gallery) adjacent to the farmstand.

**PICKUP POLICY:** If you cannot make a pickup, please arrange for a friend to pick up your share. If you cannot do this, we will box up your share and put it in the cooler in our farmstand for you to pickup by 6 p.m. Monday evening. We charge a \$10 fee for each time we box up your share for you. Please pay this fee in the money box next to the cooler when you pick up your share. Any shares not picked up by Monday evening 6:00 p.m. will be donated.

### CSA Add-on Shares

This Saturday you may sign up and pre-pay for products you would like for the next 4 pickups (November to February). You may also send us a sign-up form with your payment by October 27th with your add-on share selections for the season.

**BREAD SHARE:** We have two bakers providing bread for our winter CSA. **Kelly King and her family** continue to offer loaves of their popular oatmeal wheat bread. These loaves will be for sale at each pickup, but not as a pre-paid share. Price per loaf is \$6.00 for a 1.5 pound loaf.

**Adam's Village Bakery** offers german style sourdough breads, including a three seed and everyday loaf (wheat, spelt, and rye flours). Adam uses local grains as much as possible. These are 1.5 pound pan loaves available for \$5.00 per loaf.

**CHEESE SHARE:** We have cheeses from two Vermont farms available this winter. **Doe's Leap Farm** offers **3 types of organic goat cheeses**, including fresh chevre, caprella, and feta . The **Crawford Family Farm** of Whiting offers "Vermont Ayr" and "Lemon F' Ayr", farmstead cheeses made from **Ayrshire cow milk**. You may order as many blocks of each cheese as you like for each monthly pickup.

**EGG SHARE:** We have eggs from our pastured laying hens available year round. The winter egg share starts this week and coincides with the winter veggie share. The share costs \$80 and includes 1 dozen eggs per week for 18 weeks. Half shares are also available (1 dozen every other week) for \$40. You may pick up your eggs any day of the week – our farmstand door is open during daylight hours and a little beyond in the winter evenings. Please remember to check off the box next to your name each week on the egg share list, which lives on the clipboard hanging next to the egg cooler.

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# Mulligatawny

Provided by CSA member Tracey Campbell Pearson.

4 lbs. chicken, cut into serving pieces  
3 Tbs. butter  
2 sour apples, peeled and chopped  
½ cup onion, chopped  
½ cup green pepper, chopped  
¼ cup carrots, chopped  
2 Tbs. flour  
2 tsp. curry powder  
3 quarts chicken stock  
½ cup shredded coconut  
4 cloves, whole  
1 Tbs. parsley, minced  
1 Tbs. sugar  
2 tsp. salt  
3 small tomatoes  
boiled rice

Brown chicken in butter heated in a large soup kettle. Add apples, onion, green pepper, and carrots, and brown lightly, stirring occasionally. Stir in flour and curry powder, blend well. Add chicken stock and coconut, and stir over low heat for 5 minutes. Add cloves, parsley, sugar, and salt, and simmer until chicken is tender. Peel tomatoes, shake out seeds, and chop coarsely. Add tomatoes to the soup and cook at a low boil for 15 minutes. Remove chicken pieces – discard any skin and bones, and cut meat into small chunks. Strain the soup and use a spoon to force the vegetables through a sieve into the soup. Add back the chicken, reheat and serve with boiled rice. Skip the sieve pressing step if you prefer a chunkier soup.

## Purple Carrots!

Way back in the day, whenever that was, carrots came in all colors, except orange. They were white, yellow, and red. Over centuries of selective breeding the orange carrots were favored, known for their sweetness above most other carrot qualities. Then vegetable breeders started looking for other carrot colors again – to spice things up a bit. Enter “purple haze”, a purple carrot variety that is indeed a carrot. It is not supersweet, like most orange carrots, but it has a richness in flavor that many other carrot varieties have lost. We think the purple carrots are at their best in sautés, stews and roasts. They sweeten more with cooking, and the heat brings out their rich flavor. So, give ‘em a whirl – above all, they will beautify your winter meals.

# Slaws

I am a big fan of chopped raw vegetables in the winter – coleslaw, slaw – call it what you like, but don’t limit yourself to the traditional recipes. I’m not going to give you any specific recipes for slaws, because I never follow one. The slaws change every time I make them depending on what I have on hand. Consider using the following:

Cabbage	Beets
Apples	Turnips
Carrots	Fennel
Parsnips	Onions/shallots

For savory slaws I use a french or sesame dressing and make sure to include the onions or shallots in the recipe. I usually leave fennel out of these dishes

For sweet slaws I use plain yogurt mixed with maple syrup to dress the veggies. I’m sure to include apples and fennel in these dishes, plus some of the roots and/or cabbage. I omit the onions/shallots in the sweet slaws.

The possibilities are endless. All of the vegetables listed above taste excellent when raw in the winter. The cold weather before harvest and the additional cold storage environment brings out the sugars in these veggies – they are at their peak flavor all winter long.

## Ode to Turnips

Eat’em like apples, peeled and raw  
Serve as potatoes, browned ‘round a roast  
Steam, dress with butter and lemon juice  
Add to Himmel and Erde, we like this the most!

## Himmel und Erde

(Pureed Potatoes and Apples)

1 pound potatoes, peeled and cut into ½ inch cubes  
1 pound turnips, cut into ½ inch cubes  
1 1/2 pounds apples, cored and cut into ½ inch cubes  
1 Tbs. sugar  
1 tsp. salt  
¼ tsp. white pepper  
2 Tbs. unsalted butter at room temperature, diced

Bring a large saucepan of water to a boil and drop in the potatoes and turnips, boil for about 20 minutes, adding the apples after ten minutes. Drain and mash together with the sugar, salt, pepper, and diced butter until smooth.

Excellent served with **Jericho Settlers Farm** hot italian link sausage.