



# JERICHO SETTLERS' FARM

22 Barber Farm Road Jericho, VT 05465  
jsfarmvt@gmail.com (802) 899-4000  
JerichoSettlersFarm.com

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## January 23, 2009

### A Preview of the Coming Season

Though we're not spending as lot of hours in the dirt right now, we are busy getting ready for it. We spend most of the winter budgeting, planning, marketing, and, well, sleeping. Mark always likes to say "You have to stock up for the lean days ahead", and while he's usually referencing food I think it's an accurate description of what we do regarding sleep – work like crazy all summer and rest our bodies for the winter. But believe it or not our winter is only 3 months long! We finish harvesting in November and we start planting in March. Here's a look at some of what's growing in 2009:

- ◆ 1200 lbs. green beans
- ◆ 4000 lbs. broccoli and cabbage
- ◆ 2300 lbs. beets
- ◆ 5000 lbs. carrots
- ◆ 1500 lbs. parsnips
- ◆ 3500 cucumbers
- ◆ 7000 bulbs garlic
- ◆ 7500 heads lettuce
- ◆ 2000 lbs. cut salad greens
- ◆ 10,000 lbs. onions/leeks
- ◆ 1200 lbs. peas
- ◆ 1700 peppers
- ◆ 12,000 lbs. potatoes
- ◆ 2600 winter squash
- ◆ 2800 lbs. zucchini and summer squash
- ◆ 7000 lbs. tomatoes

### A Preview of the Coming Season - continued

And that's just the vegetables. Then there's....

- ◆ 17,200 dozen eggs
- ◆ 5000 lbs. pork
- ◆ 600 lbs. lamb
- ◆ 5500 lbs. beef
- ◆ 5000 lbs. chicken

All of this food is produced on ~ 200 acres (most of which is grazing land for the cattle and sheep). We utilize the land of 9 different landowners in Jericho, helping to keep their land open and productive. We sell all of this food within 25 miles of our farm, with most of it being sold directly from the farm. We are connected with more than 700 families in our greater community, through our CSA members and farmstand and farmers market customers. We grow for you and thank you for helping us grow!

### 2009 CSA Signup starting in February

We will be notifying you in early February for the opportunity to sign up for the 2009 CSA season. As current members we give you first opportunity to sign up, and then open it up to our waiting list and the rest of the community. Stay tuned!

### Lambskins Available

*A unique and treasured gift!*

Treat your Valentine to a soft, plush lambskin. They also make excellent wedding and birthday gifts! Local, sustainable, last for years. They make great chair covers, bedside rugs, and bed throws. Available at our farmstand and at the Burlington Winter Farmers Market.

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**REMINDER: The LAST Winter CSA pickup is on February 21, 2009.** 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.

## Roasted Parsnip and Parmesan soup

Thank you to Renie Ashley for the lead on this recipe.  
Adapted from The Covent Garden Soup Company's Book of Soups

1 lb. parsnips, cut into lengths  
4 Tbsp. freshly grated Parmesan cheese  
2 Tbsp. olive oil  
1 Tbsp. butter  
1 medium onion, finely chopped  
1 Tbsp. flour  
4 ½ cups vegetables or chicken stock  
4 Tbsp. heavy cream

Preheat the oven to 400 F. Simmer parsnips in salted water for 3 minutes. Drain well and toss in half the Parmesan cheese. While the parsnips are simmering, put the olive oil in a roasting tin and heat in the oven for 3 to 4 minutes. Then arrange the parsnips in the roasting tin, add the butter and bake for 45 minutes, basting frequently.

In a large soup pot, warm some olive oil and cook the onion gently until soft, without coloring. Stir in the flour and cook for one minute. Add the stock, stirring constantly and bring to a boil. Add the parsnips and simmer, covered, for 10 minutes. Allow the soup to cool a little and then puree together with the remaining Parmesan cheese. Stir in the cream, taste for seasoning, reheat and serve.

Renie recommends garnishing this soup with raisins and pecans.

## Pumpkin Bread

3 ½ cups flour  
½ tsp. baking soda  
2 tsp. baking powder  
½ tsp. salt  
1 tsp cinnamon  
½ tsp ginger  
½ tsp. allspice  
2 eggs  
1/3 cup vegetable oil  
½ cup brown sugar  
½ cup maple syrup  
1 cup pumpkin puree (or butternut squash)  
¾ cup milk

Grease 2 loaf pans or one medium bundt pan. Preheat oven to 350 F. In a large bowl combine dry ingredients. In another bowl beat together the wet ingredients. Pour these into the dry ingredients and mix until just combined. Pour into pan(s) and bake 45 to 60 minutes, until a toothpick comes out clean.

## Braised Squash with Indian Spices

Adapted from The New American Cooking

3 lbs. winter squash, peeled and cubed  
¼ c oil  
1 onion, diced  
3 cloves garlic, minced  
1 inch piece fresh ginger, minced  
1 tsp each of cumin, coriander  
½ tsp turmeric  
1 tbsp black mustard seeds  
1 tsp red pepper flakes  
1 tsp salt, to taste  
1 cup water  
1 tomato, diced (whole canned tomatoes work)  
3 tbsp maple syrup  
1 tsp garam masala (cardamom, cinnamon, cumin, cloves, black pepper blend)  
Chopped cilantro for garnish, optional

Heat oil in a dutch oven (or cast iron skillet) and sauté onion, garlic, ginger, spices and mustard seeds. Cook until the seeds start to pop around. Add the salt, water, tomato maple syrup and squash. Simmer until squash is tender, covered for the first 15 minutes. Stir in the garam masala and cilantro, mashing the squash a bit if you'd like.

## Caramelized Shallots on Flatbread

3 tablespoons unsalted butter  
1 pound shallots, peeled and coarsely chopped  
1 tablespoon sugar  
2 tablespoons good red wine vinegar  
1/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper

Melt butter in a sauté pan, add the shallots and sugar, and toss to coat. Cook over medium heat for 10 minutes, tossing occasionally, until the shallots start to brown. Add the vinegar, salt, and pepper and toss well. Arrange on flatbread and bake in oven at 375 F until bread is toasted but not browned.

Want to know another 100 ways to prepare flatbread, check out this website: [www.rusticcrust.com/recipes.htm](http://www.rusticcrust.com/recipes.htm)

## CHICKEN FOOD

Our hens are lucky to eat salad this winter! We are now picking up waste food scraps from 4 area schools to feed to the laying hens. This keeps the food out of the schools' trash and gives the hens some great variety in their winter diet - from lettuce trimmings to tomatoes to apples. We are diverting on average 200 gallons per week from the landfill. The chickens love the food and the little they don't eat (like citrus) gets composted into their bedding pack, soon to become compost for the vegetable fields.