

JENEHR FAMILY FARM

Newsletter for JenEhr Customers

Fall Storage Share, November 19, 2011

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Welcome to the JenEhr Fall Storage Share

Wow, what a bounty you say! So, the first thing is to go home and unpack all the delicious produce in your share. Getting each item to its proper place and temperature will help assure that it stays at its tasteful best and most nutritious

Greens (arugula, mustard, salad mix, chard and kales) – Keep these items in the high moisture drawer of your refrigerator. In a plastic bag with a dry paper towel works well. Broccoli and brussel sprouts off the stalk should also be refrigerated.

Roots – all of the root vegetables in your share like it cold (no warmer than 40 degrees) with some moisture. If you have a cellar that's cool, moist and dark great. Most of us don't, so again the refrigerator works well, or the warmest spot in your non heated garage. Some members tell me that a large ice chest with a tight fitting cover next to an interior garage wall works well for the items that include the radishes, beets, carrots, celeriac, turnips and leeks.

Others – onions, garlic and sweet potatoes are perfectly fine in temperatures above 40 degrees as they are cured. But they prefer cooler than 60 degrees and dry. If exposed to moisture and then heat, they'll either sprout or rot.

Congratulations

It is my opinion that the JenEhr Fall Storage Share is one of the best CSA values available. On Saturday, you will have in your hands nearly 70 pounds of produce, in two different boxes, one for greens and one for storage vegetables. The variety of items is astounding, but even more amazing is the careful planning by Farmer Paul to make sure that every item in your share contributes to a well balanced, delicious and beautifully presented meal when it reaches on your table and plate.

Everyone on the farm has been preparing and planning for this year-end share, from last January when Farmer Paul put the farm's seed order and planting schedule, to the harvest and packshed crew as together they went over lists of items for the share, scheduling harvest dates and procedures followed by meticulous washing and packing plans. The folks who staff the pick-up locations for your share pulled out their notes from last year, tweaking procedures and setups so that picking up your share is as pleasant and uncomplicated as possible. It might be one big day for you in retrieving your share, but it is a culmination of many hours of planning and hard work by everyone on the farm to get to this point.

And congratulations to the family, friends and loved ones who will surround your table as you join together sharing in meals prepared from your fall storage share. I can see the surprised faces of small faces as they delight in the oddly shaped carrots or snap the brussel sprouts off the stalk. The savoring joy of parents and grandparents as they bite into roasted beets or sample the creamy mashed potatoes made with the German Butterball potatoes. And your own satisfaction as you heat up the kitchen, whether it's making a soup and salad for lunch, a fresh vegetable platter for an upcoming football game or that full-out holiday feast for the holidays.

Besides all the good eating and knowing that your fall storage share is delicious and nutritious, congratulations on making an economic choice that matters. We know that it's so much easier to go to the grocery store to do your shopping. The hours are more flexible and can be more convenient and the range of produce is much more extensive (we have no bananas☺). But when you make your eating choices local and organic, you are also sending a message about what you believe is important. You are saying that you prefer the best flavor and nutrition over convenience, that you'd rather use your dollars to support local farmers who not only take better care of the land, but employ local people to run the farm. You are saying that you want to see the face of those who grow your food, ask questions and get real answers, That you want a relationship with the local food economy, not simply bring a bag of highly packaged food items home.

Thank you for that confidence. Thank you for putting your money where your beliefs are. And thank you for eating locally grown organic produce. It makes a difference in the world, one meal at a time.

WHAT'S GOOD TO EAT
THIS WEEK'S BOX:

Beauty Heart Radish

Black Spanish Radish

Beets – mixed

Brussel Sprout Stalks

Carrots

Celeriac

Celery

Swiss Chard

Garlic

Arugula

Red Frilly Mustard

Turnips

Hakuri

Purple Top

Kale

Lacinato

Red Dutch

Kohlrabi

Leeks

Onions

Red

Yellow

Broccoli

Potatoes

German Butter Ball

Red

Winter Squash

Delicata

Blue Ballet Hubbard

Salad Mix

Sweet Potatoes

Using the Squeal

If you know me at all, you know that I pride myself on my Grandma's Scotch frugality. Not that I'm looking for the cheapest price (because that often just gets you a cheap product) but that I'm looking for the best value. In the case of food, that means using every part of the vegetable or meat. My Grandma called it "using the squeal" as in using every part of a pig when the family butchered.

Vegetable Stocks:

There is nothing better than well made robust soup stocks, whether vegetable or meat stocks. I ALWAYS have at least two quarts of each in my refrigerator or freezer for easy handy use.

The tops of your vegetables, when washed, are perfect for making such stocks, either on the stovetop or in your crockpot. And be especially cognizant of the inedible green leek tops, which add a viscosity to vegetable stocks, which are normally thin and watery.

Use The Skins:

We often peel everything (if you do, please add the peels to the vegetable stock mentioned above). But many of the items in your fall storage share can and should be eaten with the skins still on. The delicate squash is one perfect example where the skin offers a delicious crunchy contrast to the sweet creamy "meat" inside. Sweet potatoes and regular potatoes, when washed and shredded with skins save time with no flavor or texture differences. And the radish bite that we all love so much is actually contained within the skin. Warning – the black Spanish radishes are spicy, spicy, spicy. They and the beauty heart radishes are much milder when the skins are peeled (and those peels added to the vegetable stock of course).

Use the Stems:

The arugula and mustards have a nice spiciness in their leaves and stems. If you don't like the texture of the stems in your salad or cooked greens dish, consider finely chopping the stems, using them as a flavor base for salad dressing. Or add to oil or vinegar for a flavored vinegar (just keep submerged so that no air gets to the greens). NOTE: swiss chard stems should be used in your cooked dish, don't discard those delicious and colorful stems.

Left Overs:

And we've come to my favorite – left overs. My kids groan when I mention it, but to me thinking about the left-overs when making meals puts a smile on my face.

- Fried potatoes for breakfast from left over baked or even mashed potatoes
- Carmelizing those half used onions for use in frittatas or atop steaks or used in the slow cooker
- Don't dress your salad, then you can use unfinished salad in green smoothies or sautéed and used with your breakfast eggs.
- Fritters, frittatas and omelettes make great use of little dabs of left overs when combined together and mixed with flavorful cheeses or salsa toppings.

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