

JENEHR FAMILY FARM

Newsletter for JenEhr Customers
WEEK 22, November 8, 2011

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

Arugula

Celery

Leeks

Hakuri Turnips

Celeriac

Beets

Butterball Potatoes

Winter Squash

Brussel Sprouts

Garlic

Season Wrap-Up

The final week of the regular 22-week season requires some:

- Celebration - you ate really well this season
- Remorse – missing your shares and all the great fresh local produce. We all know that carrots from the store don't taste the same.
- Planning
 - Please come see us at our Madison and Milwaukee Winter Farmers Markets
 - Farm planning for the next year which includes a survey. Please fill it out when it hits your email box.
- Thank you – from all of us at JenEhr for allowing us to feed and nourish your families this season.

Surprises to the End

You'd think that by this time in our careers as organic farmers, things would be old hat by now, running the farm by the numbers and reaping what we sow. I laughed as I wrote that sentence, wondering what I'm smoking to even think that running a farm would be like running an assembly line. Even to the end of the season, we're surprised by things still coming out of the ground. This is the final burst of harvest as we get everything in before the snow falls. And the surprise this week is the German Butterball Potatoes. Always a favorite variety of ours, they haven't been the most dependable producer on the farm. This year we thought would be the same. So imagine our surprise when we started digging them this week – big (really big for German Butterball potatoes) and beautiful creamy color. Farmer Paul couldn't wait to get them into the kitchen for a quick micro-waved baked potato lunch. Tonight it's scalloped potatoes for supper.

Quick note on the German Butterball Potato- a round to oblong tuber with lightly netted golden skin that wraps around deep yellow flesh. Slightly mealy, this beauty is superb for everything – frying, baking, mashing, soups – you name it. Resistant to scab and viruses; some field resistance to late blight, but susceptible to rhizoctonia. Large upright vigorous plant with white blossoms.

You should not be surprised by two upcoming emails:

- JenEhr Season-End Survey – look for it in your email box within the next 7 days. Please take the ten minutes required to fill it out. We really appreciate your input, what we did well and how we can improve.
- 2012 Season Sign Up Form – I'm putting the final touches on the enrollment form for the 2012 season. We'll be offering a few bonus incentives for early sign up, including the popular oopsie pass and a discounted price. Signing up by January 1st would greatly benefit the financial stability of the farm as we order seeds and potting mix, make needed year-end equipment repairs and restock the box and supplies inventories.

And finally, Farmer Paul and I would like to extend two big thank you's: First to you our members. During the season you have been our comfort and motivation each day. Every decision made on the farm, from what to plant and when to harvest is with you in mind. We thank you for allowing us to be a part of your daily meals and for trusting us to feed your families.

And to the year end staff – Thank you. It's been a tough year at the farm, with many a hot hard day. Your generous spirits and hard work allowed us all to eat well. From farm crew and farm chef to farmers' market staff and CSA pick up help, we say thank you for a job well done. We look forward to having you back for another season in 2012, after you've had a much deserved rest.

Easy Pan Roasted Butterball Potatoes

1 ½ pounds German Butterball Potatoes
Olive Oil
Kosher salt and fresh ground pepper

Scrub and dry the potatoes, and cut them into 1-inch wedges. Toss with 1 tablespoon of olive oil, ¼ teaspoon of salt and a pinch of pepper in a microwave-safe bowl.

Microwave on high, uncovered until the potatoes are soft but still hold their shape, 8 to 10 minutes, gently stirring twice while cooking. When finished cooking, drain the potatoes.

Heat 1 tablespoon olive oil to medium-high in a nonstick skillet until shimmering. Add the potatoes in a single layer, cut side down, and cook until golden brown on one side, 5 to 7 minutes. Gently flip each potato wedge and cook the other side to golden brown, 5 to 7 minutes longer.

Serves: 4 Time to prepare: 30 minutes

*Cook's Illustrated: **Best Skillet Recipes***

Celeriac and Potato Puree

- 1 pound celeriac peeled and cut into 2-inch pieces
- 1 pound [baking potatoes](#), peeled and cut into 2-inch pieces
- 3 tablespoons [unsalted butter](#)
- 1/2 cup milk or cream, warmed
- Salt and freshly ground pepper

Place the celeriac and potatoes in a large saucepan filled with salt water and cook until soft. Drain, rinse out the pan and run the celeriac and potatoes through a [food mill](#) into the pan. Add the butter, warmed milk and beat with a wooden spoon. When the mixture is smooth, season with salt and pepper and fold in the parsley.

Buttermilk Mashed Potatoes

1 1/4 lbs peeled potatoes, cut into 1 1/2" chunks
salt
2 Tablespoon. milk
2 Tablespoon. heavy cream
2 Tablespoon. buttermilk
3 Tablespoon. unsalted butter, melted

Place the potato chunks in a medium saucepan and add cold water, covering the potatoes by an inch or so. Add the salt and stir. Bring to a boil and cook uncovered until the potatoes are very tender, 8 to 15 minutes.

Drain the potatoes and mash them. Add the milk and whip. Add the cream, whip, add the buttermilk and whip and finally add the melted butter and whip until light and fluffy. Adjust the seasoning adding salt as necessary.

To reheat. Put in a medium saucepan, add milk as necessary and stir until warm.

Winter Squash Fritters

These fritters can be made with any type of sweet winter squash, including acorn, Kabocha, Hubbard or sugar pumpkin. Serve with spicy chutney for dipping or a jalapeno jelly.

1/3 cup all-purpose flour
3 tablespoons cornstarch
1 teaspoon baking powder
1 teaspoon baking soda

1/2 teaspoon salt
1/8 teaspoon ground pepper
2/3 cup water
1 butternut squash, peeled, seeded, and cut into 1/2 inch cubes
Vegetable oil for deep-frying

1. In a medium bowl, stir together flour, cornstarch, baking powder, baking soda, salt and pepper. Add water, stir batter until just combined. Add squash pieces to batter to coat. Batter should just cover squash pieces.

2. Heat 3 inches oil in a deep saucepan or skillet to 350 degrees F. Drop batter by tablespoonfuls into hot oil; fry two or three at a time for about 2 minutes or until golden brown. Drain well on paper towels. Serve hot at once, or hold in a 200 degree F oven until all fritters are cooked.

Beet and Goat Cheese Arugula Salad

- 1/4 cup balsamic vinegar
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground black pepper

- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried cranberries or dried cherries
- 1/2 avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve. Salt and serve immediately.

Hakuri Turnip Gratin

4 large hakuri turnips, cleaned well, greens removed
1 tablespoon unsalted butter
1 teaspoon dried thyme
3/4 teaspoon kosher salt
1/4 teaspoon freshly ground pepper
1/4 teaspoon cayenne pepper
1/2 cup heavy cream
1/4 cup chicken stock (or water, which I used)
1/2 cup fresh Parmesan cheese



Cut off the top and tail of the turnips, slice into 1/4 inch slices. Melt butter in a non-stick 12-inch skillet (choose one with a lid) and layer turnip slices in pan. Sprinkle the turnips with thyme, salt, pepper, and cayenne pepper. Cook in butter over medium heat for 3 minutes. Cover turnips with the heavy cream and chicken stock, put lid on and cook over medium heat for 20 minutes. After 20 minutes, the turnips will be softened. Sprinkle Parmesan cheese over top of cooked turnips and put lid back on for 3-4 minutes until cheese is melted over the turnips. Serve hot.

Beet and Pear Napoleons w/Ginger Juice Vinaigrette

- 2 trimmed medium red beets (about 3 1/2 inches in diameter; about 1 3/4 pounds), scrubbed
- 1 (4-inch) piece peeled ginger
- 1/3 cup fresh orange juice
- 1/4 teaspoon sugar
- 1 1/2 tablespoons extra-virgin olive oil
- 2 large firm-ripe Anjou pears
- 1 bunch tarragon
- 1 cup mixed baby greens (preferably spicy)
- 1 Granny Smith apple



Equipment: a 1-inch round cookie cutter

Garnish: sea salt such as Maldon; poppy seeds

Preparation

Preheat oven to 450°F with rack in middle.

Wrap beets in foil and roast until tender, about 1 1/2 hours. Let stand until cool enough to handle, then slice crosswise into 1/4-inch-thick rounds. Cool completely.

Meanwhile, finely grate ginger with a Microplane over a kitchen-towel-lined bowl. Carefully gather towel around ginger and squeeze until you have 2 tablespoons ginger juice. Whisk in orange juice, sugar, and oil. Season with salt and pepper. Divide vinaigrette evenly between 2 small bowls.

Cut pears lengthwise around core into 1/4-inch-thick slices. Cut out 18 rounds from slices using cookie cutter and put in one bowl of vinaigrette.

Cut out 18 rounds from beet slices and put in other bowl. Toss pears and beets with vinaigrette to coat well.

To assemble napoleons, put 1 beet round on each of 6 plates (see cooks' note, below) and top with a tarragon leaf. Top with 1 pear round, then another tarragon leaf. Repeat layering 2 more times. Discard vinaigrette used for beets.

Toss greens with some of remaining vinaigrette and place around each napoleon. Finely grate apple (including skin) into a bowl. Spoon a heaping teaspoon apple on top of each napoleon, then sprinkle with sea salt and poppy seeds. Drizzle with more vinaigrette if desired.

Cooks' notes:

- To avoid staining pears red, use one hand to toss and stack the beets and the other to handle the pears.
- Beets can be roasted and sliced 3 days ahead and chilled.
- Ginger juice vinaigrette can be made 2 days ahead and chilled.

I was just thinking, if it is really religion with these nudist colonies, they sure must turn atheists in the wintertime.

~Will Rogers

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