Recipes

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Farm News

Another week has flown by. They seem to go by so fast now that the days are shorter. We have enjoyed the warm weather and sunshine but the rumor is that it is supposed to rain a lot this week and the cold will come.

The most exciting news... pumpkin patch day is less than a week away! It is this Saturday, October 9th, and we hope you can come and grab your free pumpkin. Pumpkins will not be the only reason you should come, we will also have live music, and carnival type activities. A bean bag toss, face-painting, corn-husk dolls, and much more will truly make this an event. Bring your family, friends, and neighbors out for a good time. The event starts at 10:00 am and will last until 5:00 pm or until the pumpkins have sold out. Not only will the event be fun, but it will be a great fund-raiser for the farm.

Getting ready for Saturday will take a lot of our time this week. Other things on the agenda still include harvesting potatoes, dry beans, yellow onions, and the rest of the winter squash.

Have a great week.

The Students of the Farm
Ashley, Sara, Bethany, and Crista

Sage Gargle for a Sore Throat
Combine very strong sage tea, 1/2 pint strained honey, common salt, and strong vinegar, of each 2 tablespoonfuls; cayenne (pulverized), 1 rounded teaspoonful. Steep the cayenne with the sage, strain, mix the other ingredients, and bottle for use, gargling from four to a dozen times daily, according to the severity of the case.
William Dick, 1872

Potato Poultice
I think nothing can equal grated potato as a poultice for any kind of sore that is expected to suppurate, cooling it, is always at hand, quickly applied, changed without difficulty, never sticks, and keeps the skin soft and moist with reasonable attention.
Sara E. Elliott, 1878

For Those That Didn't Hear

Some have asked how long the CSA will go. The last pick up dates for the season are Monday, October 18th and Thursday, October 21st. It is hard to believe that we only have three more weeks of harvest on the farm! You should look forward to getting potatoes, yellow onions, dry beans, and more and more winter squash.
Caldo Verde: Portuguese-Style Kale and Potato Soup

Ingredients
- ¼ cup olive oil
- 1 large Spanish Onion, diced
- 2 cloves garlic, sliced
- 1 spicy sausage or meat substitute, sliced
- 6 medium potatoes, peeled and diced
- 10 cups water
- 1 pound kale leaves, stalked removed, julienned very fine
- Salt and pepper to taste

Directions
In a stockpot, heat the olive oil over medium heat. Add the onions and garlic and cook until soft. In frying pan, cook the sausage, slice it and set aside for later. Add the potatoes to the stockpot and cover with water. Bring to a boil and lower heat, simmering until potatoes are almost done, about 15 minutes. Remove the pot from heat and crush some of the potatoes using potato masher or wooden spoon to thicken broth. Return the pot to the heat and bring to boil. Add the greens and simmer for 2 minutes. Season with salt and pepper. Ladle into bowls and garnish with sausage.

Butternut Squash Lasagna

Ingredients
- 1 Tbs. olive oil
- 1 (1.5-2 pound butternut squash, peeled, seeded, and cut into 1-inch cubes)
- Salt and pepper, ½ cup water, ¼ cup butter, 1/3 cup flour, 4 cups milk
- Pinch of nutmeg, 12 no-boil lasagna noodles, 2 ½ cups shredded mozzarella cheese, ½ cup parmesan cheese, grated

Directions
Heat oil in a large skillet over medium heat. Add the cubed squash and toss to coat. Sprinkle w/ salt and pepper. Pour the water into the skillet, cover and simmer over medium heat until the squash is tender, about 20 minutes. Move squash to a mixing bowl or food processor and mash. Season squash puree to taste with more salt/pepper. Melt butter in medium-size saucepan over medium heat. Add flour and whisk for 1 minute. Gradually whisk in milk. Bring to low boil over medium-high heat. Reduce the heat to medium and simmer until the sauce thickens slightly, whisking often, about 5 minute. Add nutmeg. Season sauce with salt and pepper to taste.

Preheat oven to 375. Lightly butter a 13 X 9 X 2 inch glass baking dish. Spread ¼ cup of the sauce over the prepared baking dish. Cover the bottom of pan with one layer of noodles. Spread half of squash puree over noodles. Sprinkle with ½ cup of mozzarella. Drizzle ½ cup of sauce over cheese. Repeat layering once more. Finish with a layer of noodles covered only by white sauce. Tightly cover dish with foil and bake 40 minutes. Remove cover and sprinkle both remaining cheeses and bake until sauce bubbles and top is golden. Let stand for 15 minutes before serving.

Pumpkin Pie

Ingredients
- 1 1/2 pints vanilla ice cream, softened
- 3 eggs
- 1 3/4 cups pumpkin puree
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 2 (9 inch) unbaked pie shells

Directions
Preheat oven to 425 degrees F (220 degrees C.) Place ice cream near the warm oven to soften.

In a large bowl, whisk together the eggs. Stir in the pumpkin puree, sugar, salt, cinnamon, ginger, and nutmeg. Mix in soft ice cream until smooth.

Pour filling into two 9 inch pie shells. Bake for 15 minutes in the preheated oven. Reduce temperature to 350 degrees F (175 degrees C), and bake an additional 30 to 40 minutes, or until filling is set.

Volunteer Times have changed a bit

Monday- 7 am-1:30pm
Tuesday- 7 am-9 am at the farm and 10:00 am-1:30 pm at the campus stand outside the TSC.
Wednesday- Times by arrangement
Thursday- 7 am-12 pm and 4 pm-6pm
Friday 7 am-9 am at the farm and 10:00 pm-1:30 pm at the campus stand outside the TSC.
Saturday 8 am-noon
Sunday 10 am-2 pm