

Mar. 2/4 Winter CSA #6

Winter 16/17

# FOXTAIL FARM

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## FARM NOTES



### 200' of hoop house out of the trees and back in business....

Mud season is here officially. Soil and water are more complicated than one would believe. The soil around here might freeze three to four feet deep in a cold winter without a lot of snow cover, maybe as deep as 8 feet deep under roadways on the farm. Where there is any kind of vegetation cover the depth is much reduced. In the spring, mud season is not so much about temperatures rising and melting the frozen soil, it is more about the stretch of time between the surface soil thawing and the soil down below, maybe 6 inches to a foot or more. Water gets trapped in the soil above that frozen layer and becomes a gelatinous

colloid, a little like quicksand. As soon as the soil below thaws, the water trapped in the soil close to the surface can drain and the ground solidifies overnight....then it's time to think about going out and planting. I guess you probably need to be a farmer to pay this close of attention to the condition of the mud but it only takes one little trip out on a field road to figure out that even big tractor tires are no match for mud season.

We spent this last Tuesday putting up one of the low tunnels out in the field and almost didn't make it back to the house. In the

...more on reverse

## THIS WEEK

### Mud is Coming..really!

The rest of the delivery dates:

	Thurs	Sat
Delivery 7	Mar. 23	Mar. 25
Delivery 8	April 13	April 15

#### From the field:

**Potatoes:** Reds this time: great for oven fries and not too bad mashed especially if you like them on the gooey side.  
**Carrots:** Hanging tough in storage. Just wipe off any little tiny roots that sprout. Just there from high humidity.  
**Onions:** Copra storage onions. Let us know if you get any that are not good. It is incredibly hard to tell!

#### Sweet potatoes:

**Beets:** Most carrot salad recipes work well with beets too

**Red cabbage:** German style with apple

**Garlic:** Holding its own but from here on out, the garlic will start to think about spring and sprouting. Just like me!

**Popcorn:** popcorn in the raw! Works great in an air popper. One cob makes a nice bowl of popcorn.

#### From the kitchen:

**Carrot ginger soup:** Nice light soup. Add a bit more cayenne if you like it a bit spicier.

**Lentil soup:** Pretty thick, can be stretched with water of stock of any kind.

**Raisin Rye with Chocolate chips:** Makes a pretty nice Ruben with sauerkraut. Also great toasted w/cream cheese

**Roasted Red Pepper Humus:**

**Tomato sauce (Qt)**

**Sauerkraut:** Fermented and full of live probiotics. Eat a bit with every meal, cook it or eat it cold.

**Frozen Pesto.**

**Frozen Spinach**

**Frozen Sweet corn**

**Frozen Broccoli**

**Frozen Red pepper slices**

**Green Salsa:** Tomatillo salsa verde. Scrambled eggs, warm spinach, cheese and green salsa on a warm tortilla for breakfast.

**Apple sauce:** Just let it thaw in the frig or thaw in hot water.

# FARM NOTES

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early morning when we started, no problem, but by the time we came out after second breakfast, it was similar to working in a 3 inch layer of chocolate pudding suspended on a sheet of ice. In the end we prevailed but not before a couple of boots were pulled off.

This is the third big sheet of plastic we have put on in the last month after losing several to really bad wind storms earlier in the year. Sometimes it seems like one step forward and several backwards when it comes to hoop houses, high tunnels, greenhouses and the weather. I had hoped to have a shot of fresh spinach in this box but those wind-storms finished off that notion as the greens underneath were exposed to temps of -20. We are shooting for next delivery now.

In a summer CSA if a big storm wipes out a crop, you pick up the pieces and plant again. In the winter, there really is no planting again, what dies stays dead and really can't be replaced.

Speaking of summer CSA's, several large CSA's have dropped out of the business this year. Ploughshare farm out west of the Cities and more recently, Hogsback farm and North country farm east of the Cities. These farms together, probably represent a thousand CSA shares. That should make it a bit easier for the rest to fill up but it is a disturbing development if you believe in a local food system. Ten years ago, many farms had waiting lists. I remember thinking that we could be as large as we felt was necessary just by putting the word out that we were taking more members. In addition, we were able to raise our share price over the years that we were in business at an average of 3% per year. That kept us up with inflation. I don't think many farms will be raising prices this year. I'm hoping that the concept of CSA doesn't go the way of the video store, local bakeshop or florist. I even read that Whole Foods has fallen on hard times due to competition from Wall-mart, Target, Kroger etc.

On the bright side, our carrots are so sweet that they are brittle, too brittle to pick with a machine. They will never be available at Wal-mart as a result. I guess we will just have to concentrate on doing things that the big players can't do! Enjoy and happy mud season!

# RECIPES

I know you have a carrot soup in your box this delivery but these really could not be more different. Great if you like curry! If you are swimming in carrots, give it a try! Super easy to make.

Heat 3 T canola oil in large sauce pan over low/med heat. (I used coconut oil). Add:

1# chopped carrots, 1 small onion chopped, 2 cloves garlic minced, 1/2 tsp salt, 1/4 tsp pepper, 2 t curry powder.

Stir to combine and cook for 5 min.

Add 2 1/2 cup vegetable broth or water, bring to a boil and reduce heat to simmer. Cook 5-10 min until carrots are tender.

Add 2 TBS cashew or almond butter and juice of one lime.

Puree in pan with immersion blender or in blender. Serve garnished with lime zest. Serves 4.

**Allergens: Made in a facility that uses NUTS, WHEAT, DARIY, EGGS AND SOY.**

**Ingredients:** \*grown at Foxtail, \*\* certified organic

**Lentil soup:** Lentils, \*Onions, \*Carrot, \*\*Celery, Thyme, Black pepper, Cumin, Sea salt

**Carrot ginger soup:** \*Carrots, \*Onions, Olive oil, Coconut oil, Coconut milk, \*Garlic, Sea Salt Pepper, Cayenne.

**Tomato sauce:**\*Tomatoes

**Green Salsa:** Tomatillos\*, Onions\*, Jalapeno peppers\*, Garlic\*, Bottles Lime Juice\*\*, Salt, Cumin, Cilantro\*

**Raisin Rye with chocolate chips:** White flour\*\*, Rye Flour\*\*, Whole wheat flour\*\*, Molasses, Olive oil\*\*, Honey, Raisins\*\*, Chocolate chips (sugar, cocoa, milk fat, soy lecithin), Cocoa, Sea salt, Yeast.

**Frozen pesto:** \*Basil, \*\*olive oil, walnuts, Parmesan, \*\*lemon juice, sea salt

**Frozen Spinach:** \*Spinach

**Frozen Sweet corn:** \*Sweet corn

**Frozen Broccoli:** \*Broccoli

**Frozen red pepper slices:** \*Red pepper.

**Frozen apple sauce:** Apples (grown at our neighbors without any spray), \*\*lemon juice.

**Sauerkraut:** \*Cabbage, Sea salt

**Roasted Red Pepper Humus:** \*\*Chickpeas, tahini, garlic\* olive oil, red pepper\*\* lemon juice\*\*, Sea salt,

**Give those boxes and shiny liners back!!!!**

Keep up the good work....we got lots back last delivery.

**Nancy Graden's Red Clover herbal shares** are available again at: [www.redcloverapothecary.com](http://www.redcloverapothecary.com)....you order through Nancy's website and we will deliver them.

**Check out the blog for great info on potatoes from Lauren and a recipe for beets from member Desi.**