

Feb. 8/10 Winter CSA #5

Winter 17/18

FOXTAIL FARM

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FARM NOTES



Just Deer Food Now...

Welcome to the deep freeze, aye? I can't remember a longer, colder winter myself. We were fortunate enough to get away to a warmer climate for a week and it was divine. Back here on the farm, the sunshine does have a bit more umph in it so I can feel the change coming. Don't despair!

You will notice that there is a shift in the contents of the box. We are starting to include more of those kitchen items: soups, frozen veg from summer, and some canned and fermented goods. For those of you who were eagerly awaiting granola, we are planning on including that in the

next couple boxes. It's coming soon!

Some notes on storage: The Kim Chi should be refrigerated. The canned salsa and pickles can be left anywhere out of the sun. The rest of the kitchen items can be frozen or refrigerated depending on how soon you plan to eat them. Remember sweet potatoes, onions and garlic can be left on your counter but potatoes will turn green if exposed to sunlight (just cut those parts off if you have a bit of green). If you don't plan on using all the spinach or broccoli in the bag once you've thawed and opened it, just take what

...more on reverse

THIS WEEK Outside veg...over.

The rest of the delivery dates:

	Thurs:	Sat:
Delivery 6	Mar. 1	Mar. 3
Delivery 7	Mar. 22	Mar. 24
Delivery 8	April 12	April 14

From the field:

Carrots: Grate a handful of these sweet gems into a bowl of shredded cabbage and make a great cole slaw.

Onions: A big yellow and a big red storage onion. Red onions can be used in anything you use a yellow onion in, just a different color which fades when cooked.

Garlic: We have had the garlic refrigerated so the skins aren't white and crispy. The cloves are still fine and this is the end of it. Eat it up. A couple of each variety.

Sweet potatoes: We should have sweet potatoes for the rest of the deliveries if they hold well. They are not quite as big and pretty as they were last year but just remember, they are a southern crop, and we are Yankees, and it is not uncommon for them to not cooperate. So, we feel lucky to have them at all!

Potatoes: Yukon golds: We had a temperature spike in the potato storage room over the mid winter break. As a result, the yukons are showing some premature sprouts. Just knock them off and they will be fine.

Savoy Green Cabbage: If you don't love it yet, persist and it will grow on you. We have been slaw crazy with "Marzetti's" from a jar. There are lots of recipes on line if you want to make your own, but for quick and easy, nothing beats it and it really eats up the cabbage quick. Otherwise, steam lightly, butter from a cow, salt and pepper with some boiled Yukon golds.....mmmmm. .

Daikons: Mild radishes that are very nice in a stir fry or sauted in butter from a cow or in a daikon/carrot/apple salad.

Beets: Eat them raw or boiled or roasted with the rest of the roots in the box. You can even chop up a daikon or two and add them about half way through cooking.

From the Kitchen:

Black Bean Chipotle Soup: Eat it with the corn bread.

Ratatouille: Mid winter blast of veggie heaven.

Apple Sauce: Just apples and water

Garlic Humus: We eat it on everything...at every meal

Kim Chi: Ditto. This batch may be a bit salty. We like it but if it is too much, rinse and dilute it a bit.

Red Salsa: One of the few tomato products we got made.

Bread and Butter Pickles: Remind me of grandma

Cornbread: Made from our own Oaxacan green corn. Nice and light.

Frozen Jalapeno peppers: Slice them into any thing you want a bit hot. Seeds and ribs inside are the hottest.

Frozen Spinach: In eggs, chopped with garlic sauté

Frozen Broccoli: The finer you chop it, the less you'll notice that it was frozen. The taste is still great!

(from Kitchen Lisa)

you need, re-refrigerate or freeze what's left in a tight container or bag.

We have been really enjoying some cabbage, humus, some roots and a little kim chi at every meal. A little kim chi goes a long way and will keep you healthy!

We just finished our seed inventory from last year's stock, and are finally starting to plan (a bit late, I know, but it's still cold so it seems OK) what to grow, change/keep the same this coming growing season. We will do a survey at the end of our delivery cycle, but if anyone has some feedback to share, now is a good time too. We typically continue to grow the same crops with a couple new things each year, or we expand on something that was popular or that grew or stored really well. This year we discovered by accident that broccoli and romanesco stored incredibly well, weeks after it was harvested. We also hope to become better parsnip farmers. We seem to be terrible at parsnips. Or our soil is, or maybe it was the 5" rain after we planted... Anyway, it's one of those crops that's been tricky for us. Although, in the past we used to be terrible at growing eggplant. Now we can't keep the darned things in check. So things do change.

Another thing that happens during the mid-winter, during most other farms' "downtime" is gathering together. Usually this happens over food of course. We recently had one of the best meals of our lives at James and Ayla's at Blackbrook Farm. Ayla had worked for us 7 or 8 years ago. They are now running a successful farm and raising two rapidly growing kids. Sharing our memories, commiserating over the last season and discussing hopes and plans for the future keeps us all grounded and hopeful. Every winter I am reminded how important getting together with family and friends is.

This is also a time for farm conferences and again gathering over food and talk, but on a macro scale. How do we keep learning and growing as farmers? How do we keep growing more farmers and more healthy, informed eaters? How do we keep moving this movement forward?

Soon we will order soil too. Pull out flats, and clean and fill them. That wonderful miracle of life, of green leaves from a seed will amaze us all over again. Pretty cool.

Ginger Stir-fry Cabbage

2 t Canola oil	1 T minced fresh ginger
6 cups thinly sliced cabbage	2 cloves garlic
2 scallions, thinly sliced	2-3 carrots shredded
2 T soy sauce	1 T seasoned rice vinegar
1 t chili garlic paste	1/2 t Asian dark sesame oil

Heat a large skilled over medium heat.

Add oil and swirl pan.

Add ginger and garlic and sauté for 1 minute.

Add cabbage and carrots and cook, stirring occasionally until softened, about 8 minutes.

Remove skilled from heat and add remaining ingredients.

Stir and serve.

Serves 4.

From the Kitchen Ingredients

Caution: Made in a facility that uses, Dairy, Soy, Wheat, Nuts.

Fermented Kim chi: *Napa, *radishes, *carrots, *daikons, *onions, ginger, *garlic, hot pepper flakes, salt.

Ratatouille stew: *Summer squash, *eggplant, *tomatoes, *peppers, *onions, *garlic, oregano, basil, salt, pepper

Corn bread: *Oaxacan green corn, Corn meal, organic butter-milk, organic eggs, Butter, Baking powder, baking soda, salt.

Black bean soup: Black Beans, *Onions, *Carrots, *Garlic, **Olive oil, Sea salt, Chipotle peppers in adobo sauce (Jalapeno peppers, tomatoes, vinegar, soy bean oil, salt, onion, spices), Chipotle powder, **lime juice.

Red Salsa: *Tomatoes, *onions, *peppers, *Jalapeno pepper, *garlic, vinegar, sea salt, black pepper.

Bread and Butter Pickles: *Cucumbers, *Onions, **Vinegar, **Sugar, Mustard seed, Celery seed, Turmeric

Apple Sauce: apples (from our neighbors) and water.

Humus: **Garbanzo beans, **garlic, **tahini, **lemon juice, **olive oil, salt.

*denotes from Foxtail Farm

**denotes organic certified