

Holcomb Farm CSA Newsletter

October 23, 2006

This Week's Crops

Shares will include some or all of the following:

Carrots
Spinach
Beets
Rutabagas
Brussel Sprouts
Leeks
Lettuce
Pac Choi
Butternut Squash
Long Island Cheese Pumpkins
Mustard Greens
Broccoli
Cabbage
Kale
Turnips



Important Dates

- **This week** : Final week of distribution for 12-week share members and West Hartford members.
- **November 1**: Final date for the Early Discount (\$25) on 2007 CSA Registration.
- **November 11**: Final day of distribution for 20-week share members.
- **October 25** (this Wednesday): 3-6pm. We are hosting a twilight meeting here at the farm for members of our brassica farmers group, other vegetable

farmers from the region, and anyone else who is interested. Topics of discussion will include an overview of the farm's organization and history, production techniques for our winter share, a report of our broccoli trials this summer, on-farm biodiesel production, and any number of other farm topics that might come up when you get a bunch of farmers together. CSA members welcome.

Farm Update

The garlic is planted, the last of the cover crops are germinating, and Broad Hill is shimmering with fall foliage. The cold nights and a few hard frosts of the last few weeks have sweetened the carrots, kale, and brussel sprouts. The crew is busy planting the greenhouse salad mix for winter share. We starting to accept loads of leaves, an important farm input for mulching crops and making compost. Free leaves are one of the great things about farming in suburbia! We're getting closer to finishing our new cooler in the barn. The windstorm over the weekend did a number on our rowcover and we'll have to spend many hours this week re-covering our late spinach.

Holcomb Farm CSA is More Than the CSA



While the CSA is the biggest part of what we do at the farm, an integral part of our mission is to distribute our produce to those who may not have as much access to fresh produce as most of our household members. Ever since the CSA was started in 1993, we have provided social service agencies in Hartford and Granby with deeply discounted bulk deliveries of produce on a weekly basis. These organizations include:

- Peter's Retreat: A home for people living with AIDS/HIV and addiction issues.
- North End Senior Center: A large community center for seniors in Hartford's North End
- Family Life Education: An organization that works with teen mothers.

- Horace Bushnell Congregate Homes: A low-income senior residence in Hartford.
- Shepherd Park: A low-income senior residence in Hartford.
- Catholic Worker House: A neighborhood group active in Hartford's North End.
- Muhammed Islamic Center: A faith-based neighborhood organization in Hartford.
- Soromundi Commons: A transitional housing facility helping those at risk of homelessness.
- Hispanic Health Council: A multifaceted service organization offering health and cultural programs to Hartford Hispanic community.
- Granby Food Bank
- Granby Senior Center: A community center for seniors in Granby.

In order to be able to provide these organizations with produce at very low prices, we depend on grants and donations to help cover our costs of production. Household CSA shares do not directly subsidize the food for the organizations. We receive funding from the USDA Senior Nutrition Program, The North Central Area Agency on Aging, as well as local foundations, religious organizations, and individual donations. We also donate thousands of pounds of produce each year to Foodshare, the regional supplier of food to emergency outlets.

Moosewood's No Fault Pumpkin Pie

(This is my preferred pumpkin pie. You could even cut back on the honey a bit because our Cheese pumpkins are so sweet. It's pretty good with vanilla ice cream but I prefer to whip up some heavy whipping cream in a blender with a dash of maple syrup and dollop that on top. Oh my goodness, is that good...)

3 cups pumpkin puree
 3/4 cup honey
 2 Tbs. molasses
 1/4 tsp. powdered cloves
 3 tsp. cinnamon
 1 1/2 tsp. ginger
 1 tsp. salt
 4 eggs, slightly beaten
 1 can evaporated milk (or 2 cups scalded milk)

Mix in order given.

Pour into whole wheat pie shell and bake 10 minutes at 450, then 40 minutes at 350 or till set.

Variation: for a delicious pumpkin pudding, omit pie shell. Bake filling in buttered baking dish and serve w/ vanilla ice cream or heavy cream.

And from their *Sundays at Moosewood Restaurant* here's the scoop on the crust:

1/2 cup unbleached white flour
1/2 cup whole wheat flour
1/3 cup chilled butter
2 Tbs. ice water
1/2 tsp. salt (optional)

Sift the flour into a mixing bowl. Cut in the butter using a pastry cutter or your fingertips until the mixture resembles a coarse meal. Sprinkle the ice water over the flour, a little at a time, as you turn the dough with a wooden spoon until a ball of dough forms. Add a little more ice water if the dough fails to come together. Chill the dough until firm for about 45 minutes or roll it immediately on a lightly floured board. Place the dough in a 9-inch pie pan and crimp the edges.

Donna's Pumpkin Waffles

(We love it when Donna comes to make pumpkin waffles during an October distribution because we get the leftovers! Our Cheese Pumpkins are great for these waffles or any other pumpkin recipes)

1 cup all purpose flour
2 teaspoons baking powder
3/4 teaspoons ground cinnamon
1/2 teaspoon salt
1/8 teaspoon ground cloves
1 cup milk
1/2 cup pumpkin puree (bake the pumpkin until soft, scoop out the flesh, and blend it in a blender with a little water)
1/4 cup packed dark brown sugar
1 tablespoon vegetable oil
1 large egg, lightly beaten
Cooking spray

Combine dry ingredients in large bowl and make a well in the center. Combine milk, egg, puree, brown sugar, and oil in separate bowl and add to flour mixture. Stir until moist. Spoon 1/4 cup of batter per waffle on a hot waffle iron, spreading batter to edges. Cook 5-7 minutes or until steaming stops.