



The Organic Harvester

Farm Happenings:

Harvest Festival:

Saturday, Oct. 14th,
11am–4pm

Family Portrait Day:

Saturday, Oct 21st

Distribution this week:

Mesclun, Kale, Col-
lards, Swiss Chard,
Peppers, Hot Pep-
pers, T omatoes, Rad-
ishes, Arugula, T atsoi,
A sian Mustard
Greens, Celeriac, Po-
tatoes.

PYO : Herbs, Rasp-
berries and Cherry
T omatoes

Farmer Andrew's Report

The first frost is expected October 7th. The crew is frantically trying to harvest all the peppers, tomatoes, eggplant, sweet corn and shelling beans. If it's cold enough, cherry tomatoes, string beans, flowers and basil will be done for the season. The frost isn't all bad, though. Most brassicas (kale, broccoli, brussel sprouts, etc.) will improve in flavor.

End of year surveys are in the farm stand by the sign in table. Please take a moment to fill out. This is the best opportunity to shape the harvest for next season as well as suggest other changes. Sign up forms are also available for the 2007 growing season. Your share is automatically reserved until the end of November at which point we open up shares to the waiting list (over 200 waiting to get in!). We're planning on adding 20 more members next season. To keep the distributions calm and not to busy, we are adding 2 extra distribution days.

As a special addition to Portrait Day, "Over the Rainbow" in Wenham has offered CSA members a 10% discount off any holiday card order. Owner Jackie Martin is a CSA member herself.

Call 978-468-7060 or visit www.overtherainbows.com for more information.

Crew Spotlight: Shannon McHone



I was born in Ames, Iowa (Go Cyclones!) and grew up nearby in a rural farming community, (Where the women are strong, the men are good looking and the children are above average). I spent my summers working in popcorn fields for our family business McHone Seed Co. and attending State and local fairs showing dairy cattle for my grandparents farm: Io-Wayside. In high school I played basketball, and ran track and cross-country. I went to college at the University of Northern Iowa (Go Panthers!) and received

my B.A. in recreation, specifically in Non-profit youth management. I have worked as a Coach, Camp Director, Volunteer coordinator, and later as office manager for a private medical practice. Lately, I am a busy mother of three children Christian 8, Theresia 6 and Lukas 2. I began eating organic 12 years ago after reading: *Diet for a Poisoned Planet* by David Steinman. The only thing I could find organic at the time were raisins and a few really pathetic vegetables. I have been a Green Meadows CSA member for three years and am excited to be working in the farm stand this year. I enjoy being part of the Green Meadows family and part of a community which is committed to sustainable agriculture. When I'm not at the farm or chasing Lukas I enjoy running, biking and gardening. My favorite vegetable is corn (of course!).



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October 14th: Harvest Festival at the Farm

Please join us on Saturday, October 14th between 11am—4pm for our Harvest Festival.



- Hayrides
- Pony Rides
- Great Food
- Pumpkin Painting
- Costume Contest
- Scarecrow Making
- Music from "Down Dog"
- Free Admission!



DownDog blends unique and powerful vocals, pervasive fiddling influenced by Celtic and Appalachian traditions, bluesy-retro guitar, and driving rhythms.

Leeks

Leek legend and lore:

There is a lot of lore from many different cultures surrounding the leek. In 640 A.D., the Welsh wore leeks in their hats to distinguish themselves from the enemy during the battle between King Cadwallader of Wales and the Saxons. The leek became an emblem of pride in Wales, and Welshmen wear the leek to commemorate King Cadwallader's victory on St. David's Day, March 1st. Leek broth or *cawl* is the traditional meal for this day.

The leek in Hebrew is called *karti*, which is a pun on another Hebrew word *yikartu*, meaning "to be cut off." Thus, the Jews eat leeks at Rosh Hashanah to symbolize a wish for enemies to be cut off.

Preparation:

To prepare leeks to be sliced or chopped, trim off the root end and about 1/4 inch of the white base. Remove any ragged, coarse outer leaves and discard. Trim each of the darkest portion of the leaves down to the light green, more tender portion, leaving about 2 inches of green. Slice the leeks down the center and rinse under cold running water to remove all dirt and sand, being careful to get in between the leaves.

Leeks and your health:

A good source of dietary fiber, leeks also contain good amounts of folic acid, calcium, potassium, and vitamin C. Easier to digest than standard onions, leeks have laxative, antiseptic, diuretic, and anti-arthritis properties.

Vichyssoise

- 2 leeks, chopped
- 1 onion, chopped
- 2 tablespoons unsalted butter
- 3/4 cup thinly sliced potatoes
- 2 1/3 cups chicken stock
- salt to taste
- ground black pepper to taste
- 1 1/8 cups heavy whipping cream

Gently sweat the chopped leeks and the chopped onion in butter or margarine until soft, about 8 minutes. Do NOT let them brown.

Add potatoes and stock to the saucepan. Salt and pepper to taste; do not overdo them! Bring to the boil, and simmer very gently for 30 minutes.

Puree in a blender or food processor until very smooth. Cool. Gently stir in the cream before serving.

