



Farm Happenings:

Lacto-Fermentation

Sunday, Sept. 24th, Noon

Socially Responsible

Investing—

Thursday, Oct. 5th, 4pm

Harvest Festival:

Saturday, Oct. 14th, 11am—4pm

Distribution this week:

Mesclun, Kale, Collards, Swiss Chard, Summer Squash, Peppers, Hot Peppers, Tomatoes, Radishes, Arugula, Tatsoi, Asian Mustard Greens, Celeriac and coming soon... Potatoes, Leeks, Onions, Celery, and Celeriac.

PYO: Herbs, Raspberries and Cherry Tomatoes

Farmer Andrew's Report

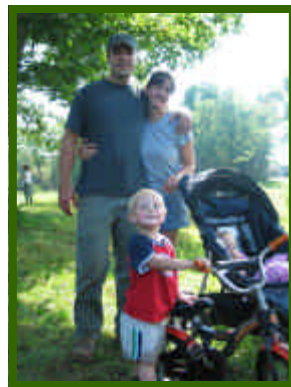
What beautiful weather we've been having! Lettuce is sizing up, winter squash has been harvested (currently curing in the greenhouse), fall carrots are putting on good growth. So long as the weather stays nice, we'll be enjoying a bountiful harvest for several more weeks. Sweet corn is not done for the season, by the way. I checked the corn on Monday and it was starting to fatten up. I think another week of sunny weather and it will be ready to harvest.



The crew with butternut squash. Winter squash needs to cure before we can distribute it. If you take a look in the large greenhouse, you'll see lots of butternut along with other winter squash. The heat hardens the skin and sweetens the flesh.

The news is buzzing about e-coli and spinach. I think organics may get a bad rap over this issue, but I'd like to share my opinion. This outbreak has nothing to do with the crop being raised organically or conventionally. The problem has much more to do with the scale of production and the scale of distribution.

Crew Spotlight: The Farmer's Wife



Hi, my name is Diana and I am not an official full time member of the crew, but when I'm not tending to our two young children, I help out as the newsletter writer, events and marketing coordinator here at the farm.

I'm proud to say that I got Andrew started in his farming career. We had a small apartment while in college and I wanted to start a garden. I had worked on a few farms in my home town on the eastern end of Long Island and I thought he would enjoy growing food. Little did I know this would turn into our full time lifestyle—and I love it!

I've been a fine furniture maker and an art teacher. I was the marketing director at a tea company and also worked for WBUR in their marketing/fundraising department.

After the birth of Phoebe in January, I left my marketing position at Whole Foods where I had worked for four years, so that I could focus on my family and my love of Green Meadows Farm. I am very excited to have this chance to bring my creative skills, food knowledge, and marketing background to work here. Please feel free to share ideas with me—either through email or if you can catch me as I chase Anson through the mud puddles behind the farmstand. Phoebe is such a good sport about it!

You can reach me at organicfarmer@comcast.net



Green Meadows Farm
650 Asbury Street
South Hamilton, MA 01982

Phone: 978-468-3720
Email: gm@gmfarm.com

www.gmfarm.com

Celeriac

Celeriac (Seh-LER-ay-ak): An elusive root vegetable, burdened by an ugly, gnarly, disorderly, somewhat frightening appearance, and underutilized due to general uncertainty over its real potential. It is high in vitamin C, phosphorus and potassium.

Cooking Tips:

- Raw celeriac is excellent. Try celeriac sticks tossed in your favorite creamy dressing, or use for dipping. Grate it raw into a tossed green salad or a vegetable root salad
- Boil and mash celeriac with potatoes.
- Try in hardy winter soups and stews or puree for a flavorful, creamy soup base.



Celeriac au Gratin - Harmony

Valley Farm

2 large celeriac, peeled
 1 tablespoon flour
 salt & pepper to taste
 2 tablespoons butter
 1 cup soup stock
 1 cup grated Swiss or Cheddar cheese

Slice celeriac into 1/8-inch pieces. Simmer in water over medium heat until just tender, 15-20 minutes. Drain. In medium saucepan, melt butter, add flour and cook until golden. Remove from heat and slowly whisk in stock. Return to heat and stir until boiling. Cook until thickened and season with salt and pepper. Heat oven to 375 degrees. Place drained celeriac in a shallow 8-inch baking dish and pour sauce over celeriac. Sprinkle with cheese and bake until golden brown, about 15 minutes. Makes 4-6 servings.

Celeriac and Pear Soup

Serves 4

1tbsp / 15ml vegetable oil
 8oz / 225g onions, finely chopped
 2 cloves garlic
 2 bay leaves
 1 medium celeriac, peeled and chopped
 ¼pint / 150ml pear juice
 ½pint / 850ml vegetable stock
 1 large potato, peeled and chopped
 salt and freshly ground pepper

1. Heat the oil, add the onion and sweat for about 5 minutes. Add the garlic and bay leaves. Continue to cook on a low heat for about 10 minutes.
2. Add the celeriac, potato and liquid and simmer for about 30 minutes.
3. Remove bay leaves and liquidise the soup and pour it back into the pan.
4. Season and reheat to serve.

Update on the October 8th PBS Dinner:

The chef lined up is Michael Leviton of Lumiere, in West Newton who has a fantastic menu featuring local farms. We're still working out a few other details. Hopefully, we'll send out an email early next week letting you know how you can order tickets.

