

Kettle Pond Farm Summer CSA

Week 19: October 15 & 18, 2012



“If more of us valued food and cheer above hoarded gold, it would be a much merrier world.”

—J.R.R. Tolkien

Creature Feature



You never know what you'll run into in the fields. Turkeys, deer, bunnies, and woodchucks all frequent the farm. However, this year I have seen more snakes (5!) than I have since starting here at KPF in 2007. However, I hadn't seen one in the crops until just last week when I noticed this one who had found a cozy looking spot in the choi.

This Week's Veggies

* Parsnips * Nappa Cabbage * Onion or Leeks* Baby Arugula *
* Dill * Parsley * Sage *

Greetings from Kettle Pond Farm!

Fall sure is here and the frosts have begun. Frosts are not always bad, they sweeten up carrots, parsnips, and greens like kale. This week parsnips will be distributed again, along with a new veggie, Chinese or Nappa Cabbage.

Parsnips – The white carrot?! Not exactly, but close. Parsnips are native to Eurasia along with their relative, the carrot. Parsnips are said to be richer in vitamins and minerals than the carrot and are described as being buttery and slightly spicy. They can be eaten raw, but are usually cooked. Most often they are boiled, used in soups, or roasted. They can also be fried or thinly sliced and made into crisps, too. Eat 'em up! Nancy, member and neighbor, has been raving about a recipe she made with bacon. She cut the parsnips into small strips, sauted them for a few minutes in bacon grease, and then baked them in the oven. They were tossed with the bacon and served with a drizzle of vinegar.

Nappa Cabbage- Like Pac Choi, Nappa Cabbage is another type of Chinese cabbage. This type bears a cylindrical shape and has a more delicate flavor than your traditional green cabbage or choi. It can be used in stir fries, slaws, rolls, and for anything else you would think of doing with cabbage. Fun fact: Nappa cabbage is used as a sign of prosperity in China, where it often appears on glass and porcelain figures. If you are looking for a recipe, the link below gives 8 great ideas for how to use 'Nappa Cabbage. <http://www.sheknows.com/food-and-recipes/articles/809695/8-things-to-do-with-napa-cabbage>

Apple Parsnip Soup

If you are looking for a delicious way to use your parsnips, try this soup. I found this recipe at www.foodess.com.

Ingredients:

4 tbsp butter
1 large sweet onion, finely chopped
1 large potato, peeled and chopped
2 medium apples, peeled, cored, and chopped
1 lb parsnips (4 medium), peeled and chopped
4 cups chicken broth
1/8 tsp allspice
1/8 tsp nutmeg
1/2 cup cream
salt and pepper, to taste

Directions:

1. Melt butter in a large saucepan over medium-low heat. Add onions and saute until softened but not browned, about 8 minutes.
2. Add potato, apples and parsnips; stir in chicken broth and spices. Increase heat to bring soup to a boil, then reduce back to medium low and simmer, covered, until vegetables and apples are very soft, about 30 minutes.
3. Puree in batches, or using an immersion blender. Stir in cream and season well with salt and pepper.