

THIS WEEK'S HARVEST:

PUMPKINS

ONIONS

TURNIPS

SPRING MIX

RAPINI

SPINACH

COLLARD GREENS

WHEAT BERRIES

ALSO AVAILABLE:

COFFE

MOCHI

HONEY

OLIVE OIL

GOAT'S MILK SOAP

BREAD

BOOKS

FLAG CSA LOVES VOLUNTEERS... EMAIL OR CALL IF YOU'VE GOT SOME HANDS TO LEND

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DECEMBER 11, 2008

Harvested Attunement: Making Seasonal Peace

Humans have never been as alienated from the seasons as we are these days. The rhythms of the planet have been ignored and forgotten by many. We have planes and trains and trucks bringing us food from far, far away—we have become a somewhat spoiled lot; we're so very accustomed to the variety made possible by grocery stores and our mightily whimsical dollars; we have heaters and coolers to keep us comfortably homeostatic; we've got big, puffy jackets, and heads cozily capped with some warm fabric—we are cushy animals, rather pampered when it comes to enduring seasonal fluctuations.

It wasn't very long ago that people survived on bushels of wheat, the inundation of fresh greens, and the reassuring accumulations of turnips and potatoes providing psychological comfort and dietary sustenance. There was a time in the not-too-distant-past when we didn't know any other way...it was simple: Either live with the seasons and what they offer or...umm.. perish!

Harvested attunement is a phrase that springs, or falls, or winters in my

mind. (It summers somewhere else, the Farmer's Market, I think.) Harvest is what we pick-up each week and it represents our adaptation to the environment and its adaptation to the cold. Attunement means "to adjust or accustom something to be receptive or responsive to something else." So as we adjust our fridges to hold the plump bunches of collard greens and robust heads of crisp spinach, as we accustom our kitchens and adapt our culinary repertoires to value nature's gifts, we might learn something new about an old way of life. We might find creative ways to receive and respond to the earthly cycles as we learn to make seasonal peace.

Thrifty Gifties and Member Surveys

So, since CSA seems to be a hot-spot for holiday gift purchases, clever Karna decided to put together a one-week, introductory gift-certificate for you to buy to give to someone in the hopes of whetting their whistle regarding CSA. They are available to buy through next week and may be used on Jan. 8.

A survey will be available after the holidays; our CSA grows and thrives because of you, so let us know how we can best and better serve you...your voices will be shared with the farm(er), of course.

Pertinence

☺ Have ya'll tried the eggs? They're really super good! Karna'll have 40+ dozen and will distribute them diplomatically at the top of each hour and maybe the 1/2 hours as well. \$4 well spent!

☺ After next week we'll be having a 2-week break; **there will be no pick-up on Dec. 25 or Jan. 1—the Fall Season will finish on Jan. 8. Winter Season starts on Jan. 15; send in a check or bring it. No need to fill out a new contract. Thanks, all!**

Navajo-Churro lamb is still available—there are just a few shares left, so if that's important to you be sure to stop and chat with the woman in charge.

Penne alla Zucca (Pasta with Pumpkin Sauce)

Serves 4-6

3 Tbsp olive oil
2 onions, finely chopped
4 cups peeled and chopped winter squash or pumpkin flesh
1 garlic clove
1/4 tsp. crushed red chile pepper
1/2 tsp. salt
1/4 tsp. freshly ground nutmeg
2 Tbsp. chopped fresh sage, more if using dried...
1 pound penne pasta or gnocchi
1/3 cup grated Parmesan (optional)

Ok. Heat olive oil in a large skillet over medium heat; add onions and cook, often giving a stir, until very soft and translucent. In a food processor, or the old-fashioned way, pulse, or mince, the squash and garlic together in 2 batches until very fine indeed. Add to onions with chile, salt, nutmeg, and 1 cup water. Cover and simmer until squash is soft and saucy, about 10-20 minutes. Stir in sage. Cook pasta in lots of boiling, salted water until just barely tender. Strain, saving 1 cup of pasta cooking liquid. Add pasta to hot sauce in pan, stir, and cook over high heat, adding cooking liquid if necessary, until pasta is coated. Add cheese if you please and feast! (Also, if cutting and peeling squash isn't your favorite, feel free to toss the whole pumpkin, or squash, in the oven and save yourselves some hard work.)

(From Asparagus to Zucchini)

Spanish Greens

Makes 2-4 servings

2 Tbsp olive oil
3 clove garlic, flattened or smashed with the side of a knife
1 pound spinach, chard, collards, or other greens you've got lying around, well-washed
Salt and pepper to taste
1/4 cup golden raisins
3 Tbsp toasted pine nuts

Heat oil over very high flame in a large skillet. Add garlic cloves and stir-fry until golden, about 30 seconds. Discard garlic (is this crazy?); toss in greens and season with the old faithful S & P duo. Cover; wilt greens for 2-3 minutes. Add raisins and pine nuts and see what you think. Tasty?

(From Asparagus to Zucchini)

Mashed Turnips with Cream and Crispy Shallots

6-8 heartily-filled bellies will result...

1 1/2-2 pounds turnips, peeled and coarsely chopped
3 Tbsp butta, divided (oil works too)
1 cup thinly sliced shallots, or substitute sweet red onion
1/2 cup heavy cream, or milky substitute
1/8 tsp. ground nutmeg
Salt n' Pep

1-3 tsp. minced Italian (flat-leaf) parsley
Place chopped turnips in large pot of cold water. Bring them to a boil and cook until tender, about 15 minutes. Drain well and puree turnips in a food processor, or just mash 'em with a hand-held masher. Heat 2 Tbsp butter in small skillet over medium flame, add shallots and cook, stirring often, until shallots—or onions—are tender and golden brown, about 15 minutes. Remove shallots from skillet; combine cream and remaining butter or oil; bring to a simmer and stir into the pureed turnips. Season with nutmeg; add S and P to taste. Place in a serving dish, garnish with shallots and parsley, and serve it up nice n' hot!

(From Asparagus to Zucchini)

Wheat Berries and Brown Rice

Stir 1/2 cup wheat berries into 1 cup boiling water and 1/2 tsp. salt. Simmer, covered, for 20 minutes, then stir in 1/2 cup brown rice. Continue simmering away, still covered, until both grains are tender and succulent, which ought to take about 40 minutes. Flavor with butter and soy sauce, use as a side for ye ol' Spanish greens, or come up with something that suits your taste perfectly.

(Joy of Cooking)

Orecchiette with Sausage and Rapini

8 first-course or 4 main-course servings
1/4 cup olive oil
4 fresh Italian sausages (about one pound)
3 large garlic cloves, finely minced
1/4 tsp. crushed red pepper flakes
1 large bunch rapini, trimmed and coarsely chopped
Salt and pepper to taste
1 pound orecchiette or cavatelli (these are pastas...)
Heat oil; add sausages after removing them from casings; break meat up with a spoon and brown for about 5; stir in garlic and pepper flakes for about 1 minute; add rapini and salt and pepper; cover and cook until tender, 5 again. Meanwhile have pasta cooking in salted, roiling water; drain when done and add to skillet of sauce. Serve to watering mouths with grated Romano, if you're into such things. *(Joy of Cooking)*