

September 23, 2003

## **Food for Thought**

### **From the Fields:**

Well, we've survived Isabel without any major damage, and besides general branch clean-up it wasn't too bad. The chickens and sheep were safely tucked in the barn, and the turkeys were barricaded from the wind behind extensive hay bale structures! The rain from the summer seems to be continuing into fall, and our ground is saturated.

Even the pasture has standing water, and it seems like mud season is going to be a long one this year. We are just hoping that we'll get a week or two of good drying weather so that we can do our fall clean-up in the garden, till it under and get a good seeding of cover crops in before this winter hits.

Sabine and Tom

### **Order your delicious Organic Chicken NOW!**

We've got a beautiful batch of certified organic chickens pastured in the field. They will be ready the beginning of October, so order yours now. They are sold by the pound, \$2.50/# . Cut in half by advance special request for an additional 75 cents per bird. Weight will be around 4-5#.

### **Turkey Orders being accepted soon!**

We'll start taking orders next week, so keep that in mind. We'll once again have the smaller, heritage type turkey (bred from our very own breeding stock here on the farm!), with outstanding flavor, and the larger Broad Breasted Bronze, a beautiful bird with a larger breast for the holiday table. If you've never had a pastured, organic turkey, you won't believe the difference in texture and flavor.

More info to follow...

### **Goodies this Week:**

**- Apples, Pears and Plums! -**  
a wonderful orchard assortment.

**- Brussels Sprouts -**

These taste best cooked quickly. Try cutting out the core end, separating the leaves, and quickly wilting in olive oil or butter. Then toss with pasta or as a side dish. See recipes below.

**- Swiss Chard -**

see recipe below

**- Red Cabbage -**

rich in calcium and vitamins, cabbage also contains iodine and iron. I like it sliced into salads.

Also recipe below.

**- Potatoes -**

remember to store these away from light, in a cool, dark spot. Fridge is not ideal.

**- Onions -**

because you'll always need more.

**- Peppers-**

they are slowly turning red! The wet weather is taking its toll, so if yours has a tiny little hole or bad spot - just cut around it, 95% of the pepper will be perfect!

**Warm Cabbage, Onion and Apple Slaw**

1 medium yellow or red onion  
1 medium red or green cabbage  
2 large crisp, sweet apples  
oil and vinegar  
salt and pepper

Peel and slice the onion very thin. Trim the cabbage, core it, cut in half, and slice into very fine chiffonade (as for coleslaw). Peel, core and slice the apples very thin.

In a large saute pan, heat a little oil and saute the onions. When they're translucent and just beginning to brown, add the apples.

Saute about 1 minute so everything is sizzling, and add the cabbage, the seasoning, a dash of vinegar, and a little water. Stir on a hot burner/flame just long enough to barely cook the cabbage. It should retain a little crunch and the sweetness of fresh cabbage.

Serve with pork, roast chicken, roasted potatoes. Can also be served cold.

For sweetness, try using some balsamic vinegar.

From: Chez Panisse Vegetables by Alice Waters

**Sauteed Brussels Sprouts**

Slice the sprouts thin, about 1/8 inch thick. Heat a sautee pan, add a small amount of olive oil or butter, and sautee the sprouts for a few minutes. Add about 1/4 inch of veggie or chicken stock, and continue to cook until tender. Season with salt, pepper, thyme and some lemon juice. The idea is to end with an emulsified liquid that just coats the sprouts.

From: Chez Panisse Vegetables by Alice Waters

Sabine Carey

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