



## This week in the garden –frost! ~ by Michele Roy

After several near-hits we finally got a killing frost last night (Tuesday). A few tomato plants in the greenhouse that were left uncovered (having been thoroughly picked clean of green tomatoes) were definitely done for, all black and withered. Underneath the reemay row cover though, all is still well! We will, however, finish picking the final tomatoes this week.

It's amazing how some plants, encased in frost first thing in the morning, bounce right back after sunrise. Some plants taste even better after a frost—kale, for example. Speaking of kale: although the CSA is finished for the year, Denis will still be selling our vegetables at the Augusta Farmers Market on Tuesdays from 2-6, and the Winthrop Market on Saturday from 9-1. Both markets run till the end of October. We still have kale, lettuce, swiss chard, pac choi, and a few other

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**Tips for Squash:** The simplest way to prepare squash is baking (or roasting). Cut the washed squash in half from top to bottom. Scoop out the seeds and stringy pulp from the center of the squash. Place the squash halves face down on a dish or tray and cook in a microwave or 350 degree oven until the flesh is very tender but not dried or charred. If baking in an oven, you can pour a little water in the bottom of the dish to keep the squash from drying out. Baked squash can be eaten straight from the shell with a fork. The flesh can also be scooped out and used in other recipes. If your squash is large, you can bake the entire squash, use a portion of it, and then scoop out the remaining flesh and refrigerate or freeze it. It freezes very well. The butternut squash can be used in pumpkin pie, bread, or muffin recipes; you can substitute the flesh from a baked squash in place of canned pumpkin puree.

### Winter Squash Soup

- 2 - 3 pound butternut squash
- 1 large onion
- 1 carrot
- 1 stalk celery
- 5 cups chicken broth
- salt (to taste)
- freshly ground pepper (to taste)
- 1/2 teaspoon dried sage
- 2 tablespoons butter

Peel and seed squash. Cut squash into 1/2" cubes. Chop onion, carrot, and celery. In sauce pan, sauté chopped onion, carrot, and celery in butter until soft, but not browned. Add cubed squash and 4 cups of chicken broth, sage, salt, and pepper. Bring to a full boil. Reduce heat, and cover. Cook 40-45 minutes or until squash is tender. Season to taste. Pour ingredients into blender or food processor and puree. Add remaining 1 cup of broth. If soup mixture is too thick, thin with water or milk. Reheat and serve. Garnish as desired.



*Finally, the Big One: Our first hard frost hit Tuesday night. The photo shows a broccoli row looking frosty, although the broccoli heads are fine.*

### Lentil and Parsnip Soup

- 1/2 cup chopped bacon or ham
- 1 onion
- 2 carrots
- 2 parsnips
- 1 cup lentils
- 6 cups water, stock or bouillon
- salt and pepper

Chop the bacon or ham into small pieces and cook in the soup pan without added fat over very low heat. Rinse the lentils. Peel and chop the carrots and the parsnips. Chop the onion. Use a paper towel to soak up excess fat from the bacon, leaving about 1 tablespoon in the pan. Add the chopped vegetables to the bacon, stirring occasionally, and cook for about 5 minutes. Add the lentils and liquid, bring to a boil and reduce the heat. Cover and simmer until the lentils are soft (30 - 40 minutes). Check occasionally to see if more liquid is needed -the lentils should be covered. Add salt and pepper to taste and serve. Tip: For a thicker soup, put 2 or 3 cups of soup into a blender or food processor and puree, being very careful not to splash out hot soup in the process. Stir this puree back into the rest of the soup. Leftovers freeze well.



*Gibbs Agonistes: Looking much like an Elizabethan courtier, Gibbs sports a plastic collar to keep him from licking his infected right paw. He apparently got into an altercation with the new feral cat on the block.*

# 'The past is before us' ~ by Denis Thoet

I believe there is a Native American saying (possibly Navajo — Mike and Cathie would know): “The past is before us; the future is behind us.”

It is as if we are in the last car of a train, facing backwards. We don't see what's coming until it goes by. So the past is clear in my mind, although fading, and the future is not yet visible.

That's how I feel about the season that is now coming to an end. I will miss seeing our CSA members every Tuesday and Thursday. We have many

friends among you. Most of all, I will miss growing food with real people in mind. Much like when I pick out a birthday card or present, my thoughts are about the person getting the card or gift. So it is when we share up the harvest every week. I think of each family or person whose names are on their baskets and hope that they will enjoy getting whatever it is we are providing that week.

I hope we will see all of you again next year!



*Pasture oak: Fall morning, early shadows highlight our favorite oak.*

## ***Lamb available in November***

Our four new lambs are going to West Gardiner Beef on October 31 and we will be able to offer a small amount of lamb for sale, probably by November 15. The lambs were raised on their mothers and in our organic pasture.

The price will be \$5.00 a pound for a whole or half lamb (hanging weight). Prices per cut will be:

Ground lamb	\$6.00/lb
Stew meat:	6.00/lb
Rack of lamb:	11.00/lb
Loin chop:	10.00/lb
Rib chop:	7.50/lb
Leg of lamb roast	7.00/lb

Please let Michele or me know if you are interested.



*Carrot love, three versions: Our Minicor variety (pictured above), plus Purple Haze and Atomic Red, are in your basket this week.*



*Return of The Pond: The 2.8" inches of rain that fell last Friday totally recharged the pond in the front field to pre-drought levels. That amount was more than the entire month of September.*

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odds and ends to sell at market. And of course, pesto bread!

So this is it, the last newsletter of 2007. We've had a wonderful season and are so happy to have had the opportunity to grow your vegetables! Thanks to the many of you who have pitched in to help; all of your feedback and encouraging words, and especially enthusiasm—every bit has helped us through some of the hotter, dirtier, more difficult parts of this job. Mostly, though, it's been a joy to be outside, every day, in my very favorite place in the world to be, growing wonderful food for some very special people. I hope you will all join us again next year.