



November 2009

# green string farm news

## Farm News

### In the Store

- cabbage
- purple cabbage
- swiss chard
- lacinato kale
- lettuce
- purslane
- beets
- carrots
- all-red potatoes
- red lasota potatoes
- russet potatoes
- yellow finn potatoes
- garlic
- leeks
- onions
- artichokes
- eggplant
- sweet peppers
- hot peppers
- rhubarb
- green tomatoes
- roma tomatoes
- broccoli
- celery
- fennel
- lemons
- quince
- fresh herbs
- ground beef
- beef cuts
- cheese
- eggs

First, a very exciting announcement: our fall interns are putting on a special event this month, and you're all invited! String Fest will take place on Saturday, November 21, and will feature speakers on sustainable agriculture (including our own Bob Cannard), music from two great bands (including our own Green String Farm Band), and plenty of tasty snacks -- featuring, of course, lots of goodies straight from the farm! You can find details on the event at [greenstringfarm.blogspot.com](http://greenstringfarm.blogspot.com).

We've been watching our tomatoes trickle out of existence for the past month, and don't know how much longer they'll last. If you're planning on preserving some Green String tomatoes at home, you'd better move quickly! If you don't manage it in time, don't worry -- our expert canners have been working around the clock to make sure that our supply of tomato sauce in the farm store lasts through the winter and spring.

Don't forget that we now have all sorts of opportunities for you to get more involved in the farm. The first Saturday of each month, we offer farm tours, the third Saturday we host family day, and every Thursday morning is a community workday. As always, you can find out more on our blog.

## Local Handmade Gifts

As a Green String Farm customer, you probably already know how important it is to buy local. We hope that by eating our food, you've also learned how rewarding it can be! When it's time to find presents for friends and family, buying local can add a special touch.

We're glad to offer locally made gifts in our farm store, and this holiday season we're gearing up to carry more than ever before. In addition to farm-made items like jams, pickles, sauces, herbal teas, and naturally made soaps, we also sell hand-made items from the larger community like Lori Podraza's up-cycled tote bags and Windrush Farm's gorgeous yarn.

Our inventory of hand-made gifts is only going to expand in the weeks leading up to the holidays -- so why not come in and check it out? You might find the perfect gift for your favorite locavore, and best of all, you'll be supporting local artisans.

## Glazed Beets

Beets' naturally high sugar content makes for a deliciously rich glaze when you reduce their cooking liquid. Serve this dish with couscous or brown rice (see below) for a satisfying autumn meal. *Serves 4*

- 4 tablespoons butter
- \* 1 onion, diced
- salt and pepper, to taste
- 1-2 tablespoons sherry vinegar
- \* 6 Swiss chard leaves, chopped
- \* 6 medium beets, cut into bite-size pieces
- vegetable broth or water, to cover

1. In a wide skillet, melt the butter over low heat. Add the onion and salt and cook until soft and translucent.
2. Add pepper, vinegar, and chard. Cook over medium heat for a couple minutes, until chard is wilted.
3. Add beets and pour in just enough water to almost cover the beets. Clamp on the lid and cook at a simmer, stirring occasionally, until the beets are almost tender — you should be able to pierce it with a knife or fork, but feel a bit of resistance.
4. Remove the lid and continue to cook, stirring every couple minutes, until the cooking liquid has reduced to a thick glaze. Adjust seasoning and serve.

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## Leeky Pilaf

Plain brown rice can taste a bit too much like health food for some of us, but with just a little butter and added flavor it's transformed. Leeks' mild creaminess pairs nicely with the rice's nutty flavor. *Serves 2-4*

- 2 tablespoons butter
- \* 3 medium leeks, chopped
- 2 teaspoons coarse salt
- 1 cup uncooked short-grain brown rice
- 2 ¼ cups vegetable broth or water

1. In a pan with a tight-fitting lid, melt the butter over low heat. Add the leeks and salt and cook, stirring occasionally, until the leeks are soft.
2. Add the rice and stir constantly until the rice grains appear somewhat translucent and they smell toasted, about 2 minutes.
3. Add the broth or water, cover, and bring to a boil. Over lowest heat, simmer about 50 minutes, or until rice is fully cooked. Fluff with a fork and serve.

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## Poached Quince

Quince, the pear look-alike, raises more questions in the farm store than anything else we sell this time of year. The fruit is too hard and bitter to be enjoyed raw, but takes on fantastic flavor when cooked. If you're not feeling ambitious enough to make the traditional Spanish quince paste, *membrillo*, try poaching instead. *Serves 4*

- 3 cups white wine
- 1 ¼ cup sugar
- 2 tablespoons butter
- zest of 1 orange, peeled in strips
- \* 2 quince, peeled, halved, and seeded

1. In a saucepan big enough to fit the quince halves in a single layer, combine the wine, sugar, butter, and orange zest. Stir until the sugar dissolves.
2. Add the quince halves. Bring to a simmer over low heat, and cook until the quince halves are soft, but not mushy, about 15-20 minutes.