



Greetings!

“Do not go gentle into that good night, / Old age should burn and rave at close of day; / Rage, rage against the dying of the light.” Perhaps Dylan Thomas was a gardener as well as a poet. With similar thoughts in mind, we fought against the shortening days, the early frost, and seemingly endless rains. But as much as we rage “against the dying of the light,” autumn inevitably convinces the gardens that “dark is right”. It is time to lay the land to rest, to pick, pull and process this season’s last fruits.

As I reflect on the season that has now virtually come to an end, there are of course many things that could have been better. Generally, my disappointments tend to be weather related- not enough rain, too much rain, not enough sun, not enough heat. I like to think that I am my own boss; the weather, however, is always reminding me that I cannot call all the shots. As much as I would like to stretch this season on longer, the weather has called an abrupt halt to the growing. There is a strange sadness in packing up the last boxes of produce. I suppose it is much like the ending of another school year for a child. There is an excitement for a new year to come, but sadness in the good-bye.

I am grateful, as always, to you for sharing in this journey. Food, uncorrupted by the fast and fake, has the ability to bring people together. It offers us the opportunity to savor aromas and flavors, as well as the company of those who cook with us and sit at our tables. I appreciate the opportunity to “join” your dinners and I raise my mug to you for taking part in eating fresh and local. This is a central theme to my most savored memories... good food, good friends.

The jars are piling up on my shelves as I play willing hostage to my steamy kitchen. Eating fresh and local does not need to end with harvest. It can continue throughout the year, from fresh to freshly preserved. I hope that you have also had the opportunity to preserve some of your produce for winter enjoyment. Perhaps next summer, I will lead a canning/preserving class for you; perhaps someday we will offer a frozen veggie option through the winter months.

Next year, I cannot guarantee things will be better, only that I will try to make them so. Sixteen weeks is actually the fewest in the short history of RGG; twenty would be on the high end but not impossible. I would like to think that it has been a good value. Next year, I will try to include a bread option and work on making local meat, milk and/or eggs further options in addition to the produce.

Before we get too far ahead, I should mention that I anticipate having another **pre-Thanksgiving sale** of surplus storage items. There will likely be more carrots, parsnips (has been too wet to dig them), beets, small leeks, squashes and herbs. I will fill you in on the details next month.

In the meantime, I hope you are enjoying your box contents. I hope also you will want to renew your membership for 2010. Although I do not have renewal details figured out yet, now would be a good time for you to state your intention to renew. It is only just that you have the option to reclaim your share before new members can claim. So go ahead and **let me know whether or not you will be renewing**; include which share size and drop site you would like.

Here’s what’s in your box (in no particular order)



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- Carrots
- Beets
- Onions
- Brussels sprouts
- Bell peppers
- Green onions
- Apples or raspberries
- Sage and rosemary
- Butternut, Buttercup, Spaghetti and/or Long Island Cheese squash

Notes on the contents:

I thought for sure that we had planted enough Brussels sprout plants, soon enough, to make for a heavy harvest but, like the situation with the eggplant, a significant number of plants produced nothing. A combination of several factors contributed to this including plant variety, less than ideal soil (from erosion caused by flooding), cooler than normal temperatures, etc. There was exactly enough for half a pound/one pound; none for me to freeze this year.

The squashes however produced quite well. Especially the spaghetti squash, most of which is a variety called 'Stripetti' that has dark green stripes over yellow. I hope you realize there is no hurry to eat these squashes; butternut squash (beige colored) taste better after several months in storage; the others don't need as long but it would be a good idea to let them sit in a warm spot for a week or more. The ideal conditions for storing squash long-term are dry and lukewarm (about 60°F).

Farm News

Growing/ weather

More rain set the tone again this week. We washed the beets but did not have time to wash the carrots – they actually store better if not washed. It rained a bit early Tuesday morning and though we covered the boxes with tarps, having put squashes in them on Monday, water did get in or on some of them. After this season of several rainy Tuesdays – by far the most we've had in the last five years - I assume you are wary about what surface you put the boxes on.

The driveway is again virtually impassable. There is still plenty of work to do yet this season, weather permitting or not. Bring your rubber boots if you would like to come to help or visit.

Housekeeping

There still seems to be difficulty in reaching some of you with the newsletters and other emails. Consider yourself lucky if you receive more than one email with the newsletter attached.

Recipe sites

- Visit squashrecipes.net/SquashRecipes.htm and allrecipes.com/HowTo/Winter-Squash-How-To-Cook-It/Detail.aspx for information and recipes on **winter squash**.
- For **sage and rosemary** recipes, etc., check out allrecipes.com/Recipes/Herbs-and-Spices/Herbs/Main.aspx

I hope this letter finds you all happy, healthy, and enjoying good food!

~ *Thor*

Recipes

Brussels Sprout Leaves and Chili (4 servings)

Separating the Brussels sprouts into leaves instead of using them halved or whole yields a more delicate texture and sweeter flavor. Serve this dish with the main course of your choosing.

- ¼ cup extra-virgin olive oil, plus more for drizzling
- 2 garlic cloves, smashed and peeled
- 20 Moroccan or oil-cured black olives, pitted
- 1 dried red chili pepper, coarsely chopped
- ½ cup dry white wine
- 1 tablespoon unsalted butter

Cut stem from each Brussels sprout and separate sprouts into leaves. Thinly slice core of sprouts. Heat ¼ cup oil in a large deep skillet over high heat. Add garlic and, stirring constantly, cook until lightly golden, about 30 seconds. Add Brussels sprouts, olives and chili; stir to combine. Add wine, bring to a boil and cook, stirring occasionally, until wine evaporates. Stir in butter and cook until incorporated. Remove from heat and serve.

Moosewood's Carrot Soup

- 2 pounds peeled or scrubbed, chopped carrots
- 4 cups stock or water
- 1 1/2 teaspoon salt
- 1 medium potato, chopped (optional, for heartier soup)
- 3-4 tablespoons butter
- 1 cup chopped onion
- 1-2 small cloves crushed garlic
- 1/3 cup chopped cashews or almonds

Choose one:

- 1 cup milk
- 1 cup yogurt or buttermilk plus a little honey
- 1/2 pint heavy cream
- 3/4 cup sour cream

Seasoning choices:

- 2 pinches of nutmeg, 1/2 teaspoon dried mint, dash of cinnamon
- 1 teaspoon each of thyme, marjoram and basil
- 1 teaspoon grated ginger

Place carrots, liquid and salt (and potato if you are using it) into a medium sized soup pot and bring to a boil. Cover and simmer it for 12-15 minutes. Let it cool to room temp.

Sauté the onion, garlic and nuts in the butter until the onions are clear. You can sprinkle in a little salt to help draw the moisture out of the onions. Towards the end of cooking, stir in the seasoning combo of your choice. Puree everything together in a blender or with an immersion (stick) blender until smooth.

Whisk in one of the dairy products.

Garnish with toasted nuts, some toasted bread crumbs or eat just as it is.

From www.slashfood.com/2007/08/21/the-original-moosewood-carrot-soup-recipe.

Butternut Squash and Apple Soup

- 16 oz. butternut squash, peeled, seeded, cut up
- 3 med. green apples, peeled, cored, chopped coarsely

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2 (10 1/2 oz.) cans chicken broth (or make your own)
1 med. onion, chopped
3 slices white bread, torn in pieces
Salt, pepper, rosemary, marjoram

Combine all ingredients. Bring to a boil, then reduce heat and simmer uncovered for about 45 minutes. Cool, then put in blender until smooth. When ready to serve, heat again. Add a swirl of half and half after you transfer the soup to the serving bowls. Garnish with some chopped parsley.

From cooks.com.

Butternut Squash Soup with Ginger and Lime

1/2 c. finely chopped onion
1 1/2 tbsp. minced peeled fresh ginger root
3 tbsp. unsalted butter
4 c. peeled, seeded and thinly sliced butternut squash
2 c. canned chicken broth
3 garlic cloves
2 tbsp. fresh lime juice, or to taste
1/3 c. vegetable oil
3 tbsp. about 1 1/2 inch long julienne strips peeled fresh ginger root
4 thin decoratively cut lime slices

In a large saucepan, cook the onion and the ginger root in the butter over moderately low heat, stirring occasionally, until the onion is softened and add the squash, the broth, 2 cups water and the garlic. Bring the liquid to a boil and simmer the mixture covered, for 15 to 20 minutes, or until squash is tender. Puree the mixture in batches in a blender or food processor and transfer the puree to the pan.

Stir in the lime juice and salt and pepper to taste and reheat the soup over moderately low heat until it is hot. The soup may be made 2 days in advance and kept covered and chilled.

In a small skillet, heat the oil over moderately high heat until it is hot but not smoking and in it fry the ginger root, stirring for 1 minute or until it is pale golden. Transfer ginger root to paper towels to drain. Divide the soup among 4 bowls, float a lime slice on each serving and top it with some of the fried ginger root. Makes 6 cups, serving 4.

From cooks.com.

Spaghetti Squash Sauté

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced
1 1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30-45 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic and sauté for 2



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to 3 minutes. Stir in the tomatoes and cook only until tomatoes are warm.

Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, feta cheese, olives and basil. Serve warm.

From allrecipes.com.

Potato and Squash Pudding (4 servings)

Serve this savory pudding with any rich meat or poultry dish or simply with a mixed salad.

3 tablespoons olive oil

1 garlic clove, sliced

Large wedge (1 ½ pound) squash (not spaghetti squash) cut into ¾ inch chunks

12 oz potatoes unpeeled

2 tablespoons butter

Scant ½ cup ricotta cheese

2/3 cup grated Parmesan cheese

Pinch grated nutmeg

4 eggs separated

Salt and freshly ground pepper

Chopped fresh parsley to garnish

Preheat oven to 400 degrees. Grease an 8 cup shallow oval baking dish.

Cook's tip: You may process the vegetables in a food processor for a few seconds but be careful not to over-process, as they will become very gluey.

Heat oil in a large frying pan; add garlic and squash and cook, stirring often, for 15-20 minutes or until tender. Drain, leave until cool enough to handle and then peel off the skins. Place the potatoes and squash in a large bowl and mash together well with the butter.

Mash the ricotta with a fork until smooth and add to the potato and squash mixture, mixing well.

Stir the Parmesan, nutmeg and plenty of seasoning into the ricotta mixture – it should be smooth.

Add the egg yolks one at a time until mixed in thoroughly.

Whisk the egg whites with an electric whisk until they form stiff peaks, then fold gently into the mixture.

Spoon into the prepared baking dish and bake for 30 minutes until golden and firm. Serve hot, garnished with parsley.

Borscht or Beet and Cabbage Soup

6 cups water or 3 cups water to 3 cups stock

¾ tablespoon salt

1 carrot, finely chopped

½ cup bell pepper, finely chopped and divided

1 stalk celery, peeled and chopped

2-3 medium beets

½ cup diced tomatoes

3 potatoes, quartered

⅓ cup butter

1 onion, chopped

1-½ cups canned tomatoes

3 cups finely shredded cabbage, divided

¼ cup heavy cream

¾ cup diced potatoes

1 tablespoon dried dill weed

¼ teaspoon ground black pepper to taste



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salt and freshly ground black pepper to taste

Place water, salt, carrots, 1/2 of the bell pepper, celery, beets, tomatoes, and quartered potatoes in a large stock pot over high heat. Bring to a boil.

Melt 1/3 cup butter in a separate skillet over medium heat. Sauté onions in butter until tender, approximately 5 minutes. Stir in tomatoes, reduce heat to medium low, and simmer for 15 minutes.

Remove 1/2 cup of sauce from skillet, and set aside. Stir half of the cabbage into the skillet with remaining sauce, and continue simmering 5 minutes more, or until tender.

Remove beets from boiling liquid. Allow to cool and either dice or julienne.

Remove potatoes with a slotted spoon or tongs, and place in a bowl with remaining 1 tablespoon of butter and the cream. You can either mash together until smooth or cube. The original recipe suggests the potatoes should be mashed.

Return the 1/2 cup of reserved onion-tomato sauce to the stock pot. Stir in diced potatoes and either diced or julienned beets; simmer until just tender but still firm, approximately 5 minutes. Increase heat to a low boil and stir in remaining cabbage, tomato sauce and mashed potatoes.

Reduce heat and simmer a few minutes more. Stir in remaining bell pepper, season with black pepper and serve.

Optional: add 1 clove of minced garlic to this and place a small spoonful of sour cream on top.

From grouprecipes.com.

Fresh Vegetable Slaw (6 to 8 servings)

Go ahead and add your own favorites to this dish! It is very simple, and very good.

1/3 lb Savoy cabbage, (or the green cabbage you have on hand) cored and thinly sliced

1/3 lb red cabbage, cored and thinly sliced

1/3 lb fresh fennel bulb, cored and thinly sliced

1/3 lb turnips, finely julienned

1/3 lb carrots, peeled and finely julienned

1/3 lb sweet onions, thinly sliced

1 cup grapeseed oil

1/3 cup apple cider vinegar

3/4 tablespoons fine sea salt

1 1/2 teaspoons black pepper, freshly ground

3 tablespoons fresh flat-leaf parsley, chopped

3 tablespoons fresh tarragon leaves, chopped

Combine all ingredients in a non-reactive mixing bowl. Toss well, making sure all of the ingredients are well blended.

Adapted from "The Minnesota Homegrown Cookbook."



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