

BURR OAK GARDENS, LLC

To forget how to dig the earth and to tend the soil is to forget ourselves- Mohondas Gandhi

This Week on the Farm

The fall greens have started to size up. This week marks the return of head lettuce and kale. The head lettuce is a Salanova type. This means that you can actually core the center from the bottom of the head and it will fall apart into looseleaf lettuce. We have had some issues with our electric fence (not having enough of a charge), so the deer did get in and do some damage on the first fall planting of lettuce. But Tyler got that fixed this weekend and we will hopefully have better luck going forward.



Out harvesting eggplant



In the boxes this week we have more sweet peppers. Every basic share will get two sweet peppers, either the Carmen (red) or the Escamillo (yellow). We also have more hot peppers this week. We have a combination of Hungarian Hot Wax (the smaller peppers) and either poblano or Highlander. The Highlander is a red bullhorn like the Carmen, so in order to not confuse people we are only putting the Highlander in with people who get the yellow Escamillo peppers. Hopefully you won't get a surprise bite of heat when you eat your peppers.

The tomatoes are starting to ramp up. We were able to put half a pound of tomatoes in the basic share boxes and a pound in the double shares. It looks like next week we will have more that are ready. The forecast does show more heat this weekend, so that should help us continue to ripen the tomatoes.

The cherry tomatoes also took off this week and we were able to put a half pint in the basic shares and a pint in the doubles.

Onto other farm news. We would like to give a big shout out to Matt for all of his help this season, and especially all of his help this past month getting us set up really nicely for the rest of the season. We wish him the best of luck in his next job.

We would also like to thank everyone who stopped out for the Farm Fiesta this past weekend. We love to see everyone, and, as usual, the food was fantastic!

We got all of the potatoes in last week!! After going over the average yield per row I think that it was one of our most productive years for potatoes. We are looking at adjusting how we plant for next year

and are looking at halving the plant spacing in row. This would mean that instead of planting twenty rows, we would only plant ten. This would greatly reduce the amount of time needed to play whack a beetle, and the amount of time to harvest each row. A large time suck for harvesting it getting the harvester in place, so if we could reduce the number of times we have to drive around the field that would be fantastic. It also means we would have to work less land, something that Tyler and I are looking at as a way to improve our land management.

Tyler broke our three point mower last week. We were able to order new blades and he and Don got them installed. Before we start mowing again, Don wants to grease part of the gear box. But in order to get at the grease circ he needs to take another couple of pieces off. The shear bolt appears to be stuck and will probably take the two of them an hour or so to get unstuck. Sometimes those jobs take two minutes, and sometimes they turn out to take two or three days. That unpredictability is the reason that Tyler and Don fix the equipment. I don't have the patience to do those jobs.

As the weather starts to cool off we are hoping to finish cleaning up some of the fields that are no longer in production. We have drip tapes to pull in three fields. First step on that job will be to mow the areas once more. Then we walk through the fields pulling the tapes up out of the weeds. Then we use our drip tape winder to pull the tapes in so they are nicely coiled. If we can get the two fields in our west field cleared of tapes we can do a little fall plowing to help with weed control. I would like to get that done in the next week or so because then we would be able to put down a cover crop. The cover crop won't get too large because it is later in the season, but it would get tall enough to help with erosion control in the spring.

I need to take time in the next week to get our flower order for 2018 together. If we order by the end of the month we can get a 20% discount on our order. That is significant enough that I am willing to take the time away from field work on these glorious fall days and do some number crunching. But the weather is so nice that I may just end up trying to put the order together late at night after our kids are in bed. There really seem like there are not enough hours in the day to get everything done here on the farm!

Late Fall Storage Shares Still Available

We still have a few Late Fall Storage Shares available for purchase. Two deliveries in November (1st & 3rd Thursdays). Each delivery has two of our double share size totes full of produce. Contact kate@burroakgardens.com for more information and to check availability.

Your Box This Week

Peter Wilcox Potatoes- Store in a cool, dark place.

Garlic- Same as potatoes.

Hot Peppers- Store in a paper bag in the fridge.

Bell Pepper- Same as hot peppers.

Carmen Sweet Peppers- Same as hot peppers.

Eggplant- Store eggplant on the counter top (likes cool temp around 55°F).

Slicer Tomato- Store on the counter.

Cherry Tomatoes- Remove lid and store on counter.

Head lettuce- Wash the lettuce and spin or pat dry with paper towel. Spread evenly on a paper towel and loosely roll the paper towel. Place rolled towel in a plastic bag and place in the fridge.

Kale- Same as head lettuce.

Roasted-Pepper Pasta Salad

Kosher salt

12 ounces mezzì rigatoni or other short tube-shaped pasta

2 bell peppers (red and/or yellow), halved, stemmed and seeded

6 cloves garlic, unpeeled

1/4 cup almonds

1/3 cup extra-virgin olive oil

1 lemon

8 ounces bocconcini (small mozzarella balls)

1 bunch fresh basil, leaves torn

Freshly ground pepper

Preheat the broiler. Bring a pot of salted water to a boil. Add the pasta and cook as the label directs. Drain and rinse under cold water to stop the cooking. Shake off the excess water.

Meanwhile, place the bell peppers cut-side down on a foil lined broiler pan, add the garlic and broil until charred, 7 to 8 minutes. Transfer the peppers to a bowl, cover and set aside about 5 minutes.

Heat a dry skillet over medium-high heat. Add the almonds and toast, shaking the pan, 4 to 5 minutes. Let cool, then coarsely chop.

Squeeze the garlic from its skin onto a cutting board. Add 1/2 teaspoon salt; mince and mash the garlic into a paste with a large knife. Peel the roasted peppers and slice into strips; transfer to a large bowl. Add the garlic paste and drizzle with the olive oil. Finely grate about 1 teaspoon lemon zest into the bowl and squeeze in all of the lemon juice. Add the bocconcini, basil, almonds, pasta, 1 teaspoon salt, and pepper to taste; toss. (From www.foodnetwork.com)

Spicy Garlic Kale w/ Sautéed Red Peppers

2 bunches kale

1/2 cup leek, chopped

5 tablespoons olive oil

1 small onion, diced

5 garlic cloves, minced (or extruded through garlic press)

1 1/2 large red bell peppers, cut into short strips

1/2 teaspoon red pepper flakes

salt

white pepper

Wash kale. Pull greens away from the stalks, discarding stalks. Shred by hand into small pieces.

Place kale in steamer basket, and steam until tender (approximately 10 minutes). Remove immediately from heat.

Heat olive oil in heavy pan over medium-high heat. When the oil is hot, add onions and leeks. Sauté until onions are translucent and leeks begin to brown. Add garlic and red pepper flakes, sauté for 1-2 more minutes. Add bell pepper slices, and sauté until tender (approximately 4-5 minutes). Remove from heat.

Add kale to pan, and toss ingredients together thoroughly. Add salt and pepper to taste. Serve hot or room temperature. (www.food.com)

Baba Ghanoush

2 to 3 medium eggplants (about 3 pounds total)

2 to 3 tablespoons olive oil

1/3 cup tahini

2 cloves garlic, peeled and crushed

Juice of 2 lemons (about 1/2 cup)

Kosher salt and freshly ground black pepper

Preheat the oven to 450 F. Rub the outside of the eggplants with olive oil and place them in a roasting pan. Roast the eggplant until the skin has charred and the interior is tender, 15 to 20 minutes. Let cool.

Peel and seed the cooled eggplant, roughly chop the flesh, and then transfer it to the bowl of a food processor. Into the processor bowl add the tahini, garlic, lemon juice, some salt and pepper to taste, and a few teaspoons of cold water. Process the mixture to a coarse paste, adding a bit more water as needed to allow the mixture to blend. Adjust the seasoning with salt and pepper to taste and serve. (From epicurious.com)

Kate's Kale Couscous

1 cup water

2 tablespoons butter

1 cup whole wheat couscous

2 tablespoons extra-virgin olive oil

1 (15 ounce) can cannellini beans, drained and rinsed

1 cup chopped kale

4 cloves garlic, chopped

1/4 cup whole salted almonds, halved

1/4 cup grated Parmesan cheese

salt and freshly ground black pepper to taste

Bring water and butter to a boil in a saucepan; remove from heat. Add couscous and stir well. Cover saucepan and let couscous sit until water is absorbed, about 5 minutes. Fluff couscous with a fork.

Heat olive oil in a skillet over medium heat; cook and stir cannellini beans, kale, and garlic in the hot oil until kale is wilted, 5 to 10 minutes. Mix kale mixture into couscous; fold in almonds.

Spoon couscous mixture into 4 serving bowls; top with Parmesan cheese. Season with salt and black pepper. (From allrecipes.com)

Eggplant Caviar

1 large eggplant (about 1 1/2 pounds)

1/2 small onion, finely chopped (1/4 cup)

1 clove garlic, finely chopped

2 tablespoons chopped flat-leaf parsley, plus more for serving

1 tablespoon olive oil

1 teaspoon red wine vinegar

1 tablespoon mayonnaise (optional)

kosher salt and black pepper

Pumpernickel bread and cut-up vegetables, for serving

Heat oven to 400° F. Using a fork, prick the eggplant all over.

Place on a foil-lined baking sheet and roast until very tender, 50 to 60 minutes.

When the eggplant is cool enough to handle, halve it lengthwise and scrape out the flesh, discarding the skin. Finely chop the flesh and transfer it to a large bowl. Add the onion, garlic, parsley, oil, vinegar, mayonnaise (if using), 1/2 teaspoon salt, and 1/4 teaspoon pepper and mix to combine. Sprinkle with additional parsley and serve with the bread and vegetables, if desired. (From www.realsimple.com)