

# 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

Well, we have reached the last week of our regular season and we still have not had a frost. Temperatures look like they will be heading closer to normal later this week. It looks like we will have a killing frost this weekend. Thankfully we have gotten all of our tender crops in from the fields and the crops that are still outside (kale, carrots, other brassicas) won't be bothered by the cooler temperatures. It looks like we will have a lot of nice veggies for our storage share deliveries in November.



This past Saturday the weather was fabulous, sunny and in the low seventies. We were hoping to get the sunflowers run through the combine to separate the seeds from the heads, but when we went to move the combine one of the tires had worn through. Tyler was able to get a new tire from the mechanic in town and he got that put together so we could move the combine out of its storage space. He and Don got the combine hooked onto the tractor and brought up near the shop to check everything over before

we started combining.

As soon as they got it up to the shop they noticed the canvas draper/conveyer belt had rotted through. Without that part the combine doesn't work because that is the part that feeds the grain (or in this case flower heads) into the thresher. Tyler did a quick search on the internet and found that a new draper costs over \$600 and that doesn't include the shipping. When we purchased the combine three or four years ago we bought it for \$800. So since we don't want to spend that much money on the combine right now, since we are at the end of our budget year and money is rather tight, Tyler found a piece of plastic ground-cover that seemed to be about the same thickness as the canvass.

He spent most of Saturday afternoon cutting it to size and attaching all of the stabilizing bars. Sunday was a rain out and we spent the day indoors painting our dining room (never a dull moment in our house!). We did a test run on Monday afternoon to see if the plastic ground-cover will hold up. The ground-cover seems to do okay, but the duct tape he used to attach the ground-cover to the original section of canvass started to pull away. We think we can just keep an eye on that part and stop the

combine and reattach the part if it starts to pull away and then start it up again since the combine is stationary and isn't moving. But we need to wait for dry weather before we can combine the sunflower heads, otherwise they will get wet and will not store well.

Depending on how well the ground-cover holds up, he may try fabricating the entire draper out of the ground-cover since it is much cheaper than the heavy duty canvass that is on it right now. But, we still have to see if it works when there is plant material involved. All we know right now is that the plastic doesn't shred when the tractor is on and the combine is running.

It is already getting close to garlic planting time. We are still finalizing plans for next year and we need to figure out if our current crop rotation will work, or if we need to make adjustments to where crops will be planted. We are definitely going to change the layout of some of the fields to avoid the low lying areas. The past couple of years we keep having problems in our back fields because of standing water or the fields not drying out fast enough. We have plans to install a grass-waterway, but it seems like every time we are about to install the waterway it rains and it is too wet to get the equipment in to do the work.

I am fed up with that situation and we are just going to rearrange how our fields are laid out so I don't have to deal with that anymore. The low ground impacts us all year long from working the fields in the spring to planting, fertilizing, cultivating and harvesting the crop (or lack of crop because it has been flooded out).

We are also looking at installing a semi-permanent fence around our back fields (the ones we own). I think the investment will be worth it when balanced against the amount of damage the deer did this year. They easily cost us several thousand dollars of potential yield in the lettuce crop by itself, and that was not the only crop that they ate! We have been lucky up to now not having a significant deer problem, but it seems like once they found us they "told" every deer for miles that the pickings were good at Burr Oak Gardens, so come eat some organic veggies. Grr!

Every year has its ups and downs. This year the downs were mostly due to equipment breaking and the deer eating things. When balanced against what could have gone wrong, like a tornado or hail, it really was a good season. We hope that you enjoyed all of your veggies and thank you again for all of your support. We enjoy growing things, and growing food to feed our friends and neighbors is extremely gratifying!

*Please leave your blue totes at the delivery sites!*

## *Your Box This Week*

**Garlic-** Store in a cool, dark place.

**Potatoes-** Same as garlic.

**Hot Pepper-** Store in a paper bag in the fridge.

**Carmen Sweet Pepper-** Same as hot peppers.

**Mustard Mix-** 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 mustard mix.

**Pac Choy-** Same as mustard mix.

**Radish Mix-** Store in the fridge.

**Cabbage-** Store in fridge.

**Carrots-** Remove the tops and store in a plastic bag in the fridge.

**Acorn Squash-** Store in a cool, dry place.

**Delicata Squash-** Store in a cool, dry place.

## Deb's Kale Salad w/ Apple and Pecans

### Salad

**½ cup pecans**

**8 ounces kale**

**4 to 5 medium radishes**

**½ cup dried cranberries (or dried cherries)**

**1 medium Granny Smith apple**

**2 ounces soft goat cheese, chilled**

### Dressing

**3 tablespoons olive oil**

**1½ tablespoons apple cider vinegar (or white wine vinegar)**

**1 tablespoon smooth Dijon mustard**

**1½ teaspoons honey**

**Sea salt and freshly ground pepper, to taste**

Preheat the oven to 350 degrees and spread the pecans on a baking tray. Toast them until lightly golden and fragrant, about 5 to 10 minutes, tossing them once or twice to make sure they bake evenly. Remove the tray from the oven and set them aside to cool.

Pull the kale leaves off from the tough stems and discard the stems. Use a chef's knife to chop the kale into small, bite-sized pieces. Transfer the kale to a big salad bowl.

Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.

Thinly slice the radishes (this is easier to do if you first chop off the root end so you can place the base of the radish flat against your cutting board). Add them to the bowl.

Coarsely chop the pecans and cranberries (or cherries) and add them to the bowl. Chop the apple into small, bite sized pieces and add it to the bowl as well. Crumble the goat cheese over the top.

In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated with dressing. Serve immediately, or for even better flavor, let the salad marinate in the dressing for 10 to 20 minutes beforehand. (From [www.cookieandkate.com](http://www.cookieandkate.com))

## Butternut Squash & Kale Lasagna

**4 Tbsp unsalted butter**

**¼ cup all-purpose flour**

**4 cups whole milk**

**1 bunch kale, stemmed and chopped**

**1/2 tsp nutmeg**

**Kosher salt**

**Pepper**

**2 cups shredded mozzarella**

**1 1/2 cups grated pecorino**

**8 oz lasagna noodles (not no-boil)**

**1/2 medium butternut squash, peeled and sliced**

Melt butter in a large pot over medium heat. Add flour and cook, stirring occasionally, 1 minute. Pour in milk, whisking, and bring to a simmer, whisking occasionally. (Mixture may be lumpy.) Stir in kale, cover, and simmer until kale is wilted, about 5 minutes. Add nutmeg and season to taste with salt and pepper.

Combine cheeses in a bowl. Arrange ⅓ of uncooked lasagna noodles in a 5- or 6-quart slow cooker, breaking to

fit. Top with ⅓ of kale mixture, ⅓ of cheese, and 1/2 of squash. Repeat, layering with remaining ingredients. Cover and cook on low until squash is tender and lasagna is starting to brown around edges, about 3 hours. Let stand 15 minutes; serve. (From [www.parade.condenast.com](http://www.parade.condenast.com))

## Stuffed Cabbage w/ Tomato Sauce

### Cabbage Rolls:

**8 large Savoy cabbage leaves**

**Kosher salt, as needed**

**1 3/4 pounds ground beef**

**1 cup cooked converted rice**

**1/4 cup sour cream**

**2 teaspoons kosher salt**

**2 tablespoons unsalted butter**

**1 medium yellow onion, chopped**

**3 cloves garlic, minced**

**1 teaspoon sweet paprika**

**1/4 teaspoon ground allspice**

**Freshly ground black pepper**

### Tomato Sauce:

**2 cups whole, peeled canned tomatoes (with puree) roughly chopped**

**1 cup chicken broth, homemade or low-sodium canned**

**1 teaspoon kosher salt**

**1 bay leaf**

**Freshly ground black pepper**

Make the cabbage rolls: Bring a large pot of salted water to a boil. Add the cabbage leaves and cook, until tender, about 4 minutes. Drain the leaves into a colander in the sink and refresh under cold running water. Set aside.

In a large bowl, place the beef, rice, sour cream, and 2 teaspoons salt.

Heat the butter in a medium skillet over medium heat. Add the onion and garlic and cook, stirring, until soft, about 7 minutes. Stir in the paprika and allspice and cook, stirring, until fragrant, about 2 minutes more. Add the onion mixture to the beef mixture, and mix until well combined. Season with pepper to taste.

Lay the cabbage leaves on a work surface and blot dry with paper towels. Slice off the ridged part of the thick rib at the bottom each leaf, creating a level surface over the leaves.

Place about 1/2 cup of the beef mixture in the bottom center of each roll. Roll the bottom of a leaf over the beef mixture, fold in the sides, and continue rolling forward until completely closed. Repeat with the remaining leaves.

Arrange the rolls seam side-down in a 9-x 13- x 2- inch oval gratin dish.

Preheat the oven to 375 degrees F.

Make the tomato sauce: In a medium saucepan, combine the tomatoes, broth, salt, and bay leaf. Bring to a boil and season with pepper to taste. Pour over the cabbage rolls and cover the baking dish tightly with foil. Bake for 1 hour. Remove the foil from the baking dish and continue cooking, basting occasionally, until lightly browned and cooked through, about 30 minutes more. Serve in the gratin dish.

(From [www.foodnetwork.com](http://www.foodnetwork.com))