

Four Friends' CSA News

The Bean Pole

October 20, 2009

2009 Season

Issue No. 59

Dear Shareholders and Friends,

This week's harvest list includes; Garlic, sweet potatoes, beets, pak choi, radishes, either butternut squash or peppers, and either fennel or daikon radishes.

--this is week 19; next week will be the last week of the season! ☺

Here' a good casserole from www.recipezaar.com ...

"Kim's Sweet Potato Casserole

Casserole

3 cups of mashed sweet potatoes
2 lightly beaten eggs
½ cup of sugar
½ teaspoon of salt
¼ cup of melted butter
¼ cup cream, (or milk)
1 ½ teaspoons of vanilla extract

Topping

½ cup of brown sugar
1/3 cup of flour
½ cup of chopped walnuts
½ cup of chopped pecans
3 tablespoons of melted butter
1 cup of mini-marshmallows, (optional)

Mix all the casserole ingredients together until well blended. Spread into a buttered casserole dish. Mix topping ingredients, (except marshmallows), together and sprinkle over the casserole. Bake uncovered in a 350 degree oven for 35 minutes. Remove from oven. If topping with marshmallows, place them on the casserole and bake for an additional 5-7 minutes or until the marshmallows have melted. Serve."

Copied from: www.whfoods.com

Sweet potatoes

Although sweet potatoes may be part of the Thanksgiving tradition, be sure to add these wonderful naturally sweet vegetables to your meals throughout the year; they are some of the most nutritious vegetables around. Sweet potatoes

can be found in your local markets year-round, however they are in season in November and December.

The sweet potato has yellow or orange flesh, and its thin skin may either be white, yellow, orange, red or purple. Sometimes this root vegetable will be shaped like a potato, being short and blocky with rounded ends, while other times it will be longer with tapered ends. There is often much confusion between sweet potatoes and yams; the moist-fleshed, orange-colored root vegetable that is often called a "yam" is actually a sweet potato.

How to Select and Store

Choose sweet potatoes that are firm and do not have any cracks, bruises or soft spots. Avoid those that are displayed in the refrigerated section of the produce department since cold temperature negatively alters their taste.

Sweet potatoes should be stored in a cool, dark and well-ventilated place, where they will keep fresh for up to ten days. Ideally, they should be kept out of the refrigerator in a cool, dry, dark place not above 60°F, which would fit the characteristics of a root cellar. Yet since most people don't have root cellars, we'd suggest just keeping your sweet potatoes loose (not in a plastic bag) and storing them in a cool, dark, and well-ventilated cupboard away from sources of excess heat (like the stove).

FARM NEWS

- ❖ Not too much happening this week. The farmers were supposed to meet on Sunday to pull out the irrigation piping from the pond and winterize the diesel pump, but alas, it was so rainy and cold, that we will do it next week.
- ❖ Providence College students visited the farm today with Loe Pollock, the Southside Community Land Trust Education Director. Michele of Zephyr Farm and Christina of Blue Skys Flower Farm gave them a tour and talked about our experiences farming and running a CSA.

ENJOY YOUR VEGGIES and/or EGGS!!