

what's "cropping" up!

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Welcome to GFF's first Winter CSA!

Here at Geauga Family Farms, we are excited at the response we received from all of you for this first Winter CSA!

We welcome back the many returning Summer CSA members and extend a special welcome to those joining us for the first time.

We have a few important announcements and wanted to stress a few things, especially for those of you who didn't participate in the Summer CSA.

First, we wanted to remind you that there will be no pick up on Nov. 27, the Saturday after Thanksgiving. We will extend the first six-week Winter CSA through Dec. 18.

We also wanted to remind you to remember to bring bags when you pick up your share. Please mark your name off the list when you pick up.

Payments are not refundable. However, members may recruit new members to take over their share and arrange to receive payment from the people whom they recruit.

Shares must be picked up by the times posted for your pickup site. They won't be held later.

If you don't pick up your share on a particular week it will be donated to a family in need or to an emergency food provider. It won't be held beyond the pick-up site time limits.

Exact dates of harvest and content of shares will depend on weather and Mother Nature.

Your CSA share may include nonproduce items such as eggs, baked items, etc. in addition to produce.

Fruit, eggs and baked goods will not be certified organic.



Photo by Michelle Bandy-Zalatoris

Finally, please remember that organic produce is not always perfect in appearance.

Additional blocks and dates will be added as we evaluate weather and growing conditions. We don't want to promise certain dates if there is not produce available. As we like to say – farming is not an exact science!

Each block will cost \$150, with applications and payment due two weeks before the start of the block – no exceptions.

And remember to keep an eye out on our Web site, and here in The Fair Share, for the Summer 2011 CSA application. Discounts will be offered to early applicants as farmers receive discounts on seeds if they order early.

Most of all, enjoy your membership and all its privileges. You are among a relatively small group of people who are receiving fresh, locally grown produce in Northeast Ohio, and all in the middle of winter when not much grows here except the piles of snow!

Noah Yutzy, Jr.

Andy J. Miller

Marvin Hershberger

Michelle Bandy-Zalatoris

Daniel Fisher

Lester Hershberger

Abner McDaniel

Laura Dobson

Jonas L. Byler

Thomas C. Byler

Dominic Marchese

Winter wonderful vegetables

You can expect to find a mix of some of the following in your share each week: Potatoes, Sweet potatoes, Carrots, Parsnips, Beets, Onions, Spinach, Squash, Daikon, Kale, Swiss chard, Cabbage, Broccoli, Leeks, Radishes, Pak choy, Lettuce and Peppers.

Remember, farming isn't an exact science. This

list is simply an idea of what you may find in your share. Shares won't necessarily include all the items.

Please understand that organic produce is not always perfect in appearance.

Below are a few recipes using this week's vegetables. 

Swiss Chard with Hot Bacon Dressing

Cut up stems and ribs in 1/2-1 inch pieces and stir fry in olive oil. Cover and steam while you are cutting up the leaves. Add leaves and stir fry, then steam 5-10 minutes. Sprinkle with salt and/or serve with Hot Bacon Dressing.

Hot Bacon Dressing

3 slices bacon
1-1/2 T flour
1 egg, beaten

1 cup milk
1/4 cup vinegar
1/4 t salt
1/8 t sugar

Fry bacon until crisp - crumble into small pieces. Mix flour with bacon drippings. Add rest of ingredients and heat until thickened.

Recipe from Kathy Yutzy

Swiss Rosti-style potatoes with Greens, Eggs and Bacon

For potatoes:

4 medium potatoes
2 medium sweet potatoes
1/2 t dried thyme
1/2 medium onion - finely chopped
salt & pepper to taste
2 t olive oil, divided
2 t butter, divided

Scrub potatoes and place in large pot of boiling water. Boil for 10-12 minutes. Drain and rinse with cold water. Once potatoes are cool enough to handle, shred into a large bowl. Add thyme, chopped onion, salt and pepper. Mix gently and set aside.

In the meantime, cook 4 slices of bacon until crisp. Crumble into small pieces.

For sauteed greens:

One bunch greens (kale, swiss chard or spinach) washed and roughly chopped
1 clove garlic, crushed
2 t olive oil
Balsamic vinegar
Water

Salt & pepper to taste

Place greens in frying pan with 2 t olive oil, 1 clove of crushed garlic and saute until starting to wilt. Add a few splashes of balsamic vinegar, and water. Cover pan and let steam for approximately 5 minutes. Keep warm.

Melt 1 t of butter with 1 t of olive oil in large skillet. Put potato mixture in skillet and press down to cover bottom. Fry in skillet on medium-high heat for 8-10 minutes until crisp on bottom. Cover potato cake with plate and invert skillet to release onto plate. Place remaining butter and oil in skillet and slide potato cake back in to cook the opposite side. Fry for 8-10 more minutes.

While second side of potatoes are cooking, poach 4 farm-fresh eggs.

Invert potato cake onto serving plate. Top with sauteed greens, 4 poached eggs and crumbled bacon. Cut into 4 wedges and serve immediately.

Recipe from Michelle Bandy-Zalatoris

Quote of the Week: "If organic farming is the natural way, shouldn't organic produce just be called "produce" and make the pesticide-laden stuff take the burden of an adjective?"

~Ymber Delecto

RECIPES...continued from Page 2

Roasted Heritage Turkey

While the turkeys raised this season by GFF farmers are not heritage turkeys, we recommend using these guidelines when cooking your turkey.

Besides the fact that most old fashion Heritage turkeys are also raised the old fashioned way -- with plenty of grass and sunshine -- they need to be cooked quite differently than their modern, factory-farmed counterparts. This tried and true recipe (which serves 10-12 people) will make the best of your Heritage bird this year.

- 15-pound fresh heritage turkey at room temperature
 - Kosher or sea salt & fresh ground pepper
 - 4 cups giblet broth (see recipe below)
 - Rosemary Maple Butter (see recipe below)
 - Oiled parchment paper
- Rub turkey inside and out with salt and pepper. Loosen the skin around the breast with your fingers and insert Rosemary Maple Butter between the meat and the skin as well as on the inside of the bird's cavity.

Set bird in deep roasting pan. Use a wire rack to lift the bird off the bottom of the pan.

Add the giblet broth to the bottom of the pan. Using a sheet of oiled parchment paper, tent the roasting pan with the oiled parchment paper. Any type of cooking oil can be used. Brush it on both sides with a pastry brush. The parchment paper is easily affixed to the roasting pan with a strip of foil on each end or you can use clean, oiled wooden clothespins. Remove parchment paper and the last 30 minutes of cooking to develop a crispy, golden skin.

Pre-heat oven to 425F-450F. Roast the bird until the thigh temperature reaches 140F-150F. Let the bird rest 10-15 minutes before carving to

let the juices settle.

A word about basting

Quick roasting at high temperatures means the oven temperature needs to be maintained and frequent basting defeats that purpose. By adding butter under the skin, the bird is self-basted. Baste the bird when you remove the parchment tent. If there is not enough liquid for basting, add either more water or wine.

Giblet Broth

- 2 cups white wine (a deep, oaky chardonnay lends a wonderful taste)
- 2 cups water
- Giblets & neck
- Bay leaf

Simmer everything in a small saucepan for 15 minutes. Discard bay leaf and neck. Giblets can be discarded if they aren't your type of thing or they can be finely chopped and added to broth.

Rosemary Maple Butter

- 1/2 pound butter
- 1/2 cup pure maple syrup
- 1 tablespoon fresh minced rosemary

Bring butter to room temperature and whip all ingredients together.

Recipe by Sandra Kay Miller, through Local Harvest

Sandra Kay Miller raises pastured heritage turkeys on her farm in Pennsylvania. She owned a catering business, a deli and was a chef for a historic hot springs restaurant in southern California. Sandra has contributed to several cookbooks and frequently wrote for the Los Angeles Times Food Section. Her goal is to now raise the quality of food she has had the fortunate opportunity to be exposed to over the last 25 years. Sandra is listed at LocalHarvest.org under Painted Hand Farm in Newburg, Pa.



Recipes from our members

What a nice box we received this week! The bread was (it's gone already!) delicious. Michelle - it was nice to meet you! As promised, here is a recipe for kohlrabi and potatoes. It's from a

cookbook called Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert. This cookbook is perfect for anyone participating in a CSA!
Kerianne Hearns

Kohlrabi with Peas and Potato

Serves 4

1/2 cup onion, chopped
1 clove garlic, minced
In a large soup pot, saute in 1 tbsp. oil about 3-4 minutes.

1/2 teaspoon dry mustard
1/2 teaspoon ground cumin
1/4 teaspoon ground tumeric
1/4 teaspoon ground coriander
Add and stir-fry for about 30 seconds.

1 cup kohlrabi bulbs, peeled and chopped
1 cup potatoes, peeled and chopped
Add and stir briefly.

1 cup tomatoes, chopped
1/2 cup water
3/4 teaspoon salt
1/2 teaspoon sugar
Add; bring to a boil then simmer until vegetables are crisp-tender, about 15 minutes.

Kohlrabi leaves, finely chopped
Add and simmer 8-10 minutes.

1/2 cup peas
Stir in and cook until peas are done. Serve over rice.

*From member Kerianne Hearn*s

Baked Radish Chips

10 radishes
1 tsp. chili powder
1/2 tsp garlic salt
1/2 tsp paprika
Thinly slice radishes. Steam in microwave for 5

minutes. Put in a bowl with spices; stir. Bake at 400 degrees for 10 minutes, flip the chips and bake for another 10 minutes.

From member Kaye Spector

Share a favorite recipe

Do you have a favorite recipe for your grandmother's perfect peach cobbler, your mom's marvelous melon ball fruit salad or your great-aunt Mabel's terrific tomato soup that you'd like to send us?

We'd love to print it in our newsletter and share it with the members of the Geauga Family Farms CSA. Just e-mail it, along with a photo if you have one, to LMFree99@yahoo.com. We'll include it in an upcoming newsletter. 

Letters from our members

I'm loving the winter CSA. I've been sharing some of the veggies with coworkers. One got her son to eat the whole piece of broccoli instead of just the top. He said it was the best broccoli he had ever tasted.

I'm looking forward to as local a Thanksgiving as I can make. :-) We'll see what surprises are in the box this week to add to my dinner.

Happy Thanksgiving to you, too!
Rhonda Austin

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GeaugaFmlyFarms



Keep tax incentives for conservation easements

I receive these letters from the American Farmland Trust. Often they are asking people like me who are interested in saving our farmland, to sign petitions or to change our behavior in some way to benefit the preservation of farmland. I pass it on to you as I find many CSA members think along the same lines as I do in these matters.

One of the vital tools that helps landowners protect their farm and ranch land from development is the enhanced tax incentive for conservation easement donations. Since 2006, it has helped increase overall land protection efforts by a third each year!

Unfortunately, the incentive lapsed in 2010, leading to the loss of hundreds of potential donations of development rights on lands with important natural, agricultural and historic values.

Tell Congress to make the enhanced tax incentive for conservation easement donations permanent — and help move conservation on private lands forward.

American Farmland Trust has joined nearly 70 organizations calling for Congress to make the credit for donating conservation easements permanent. By allowing donors to deduct a larger

portion of their income over a longer period of time, this incentive enables thousands of landowners to afford conservation.

Urge your Representative/Senator to include



this key conservation provision in ANY year-end tax legislation they undertake.

Farmland protection protects farms and ranches from development, and keeps our land producing food, fiber, renewable energy and environmental benefits for everyone. By making the tax credit for donating a conservation easement a permanent part of the tax law, we have an opportunity to build on the farmland protection gains made since the tax provision was enacted.

Help us keep the momentum going. Call your representative today!

Sincerely,

Dennis Nuxoll

Managing Director, Federal Policy
American Farmland Trust

E4S holds event to celebrate sustainability

Join Entrepreneurs 4 Sustainability Saturday, Dec. 4 to celebrate a decade of champions.

This year E4S has combined its eighth annual Champions of Sustainability Awards Celebration with its 10th Anniversary Celebration to create one big party from 6:30 – 11 p.m. Dec. 4 at the Vocon offices in MidTown Cleveland.

The event will celebrate:

- 10 Years of Putting Sustainability to Work
- 100 E4S Third Tuesday Network Events
- 10,000 Participants in the E4S Network
- 50 E4S Champions of Sustainability Awards
- 50 E4S Sustainability Implementation Group graduates

The evening will include great local food from some of your favorite restaurants, beer from Great Lakes Brewing Company, and wine from Auburn Twin Oaks Winery.

To make this celebration even more special E4S has invited The Tofu Fighters to play a wide selection of tunes, so bring your dancing shoes.

Dress is formal with bonus points given to those dressed in vintage or something made from recycled materials.

Featuring local foods by:

- Dish Deli Catering Company
- FarmShare Ohio
- Fire Food and Drink
- Mustard Seed Market & Cafe



Evening Program:

- 6:30 – 7:30 p.m. Networking
- 7:30 – 8:15 p.m. Champions Awards and 10th Anniversary Celebrations
- 8:15 – 11 p.m. Enjoy Food, Drink and Dancing!

Registration:

- \$75 General Admission
- \$50 E4S Member Price
- \$25 for Students

Register online at <http://tinyurl.com/23em6rj> by Dec. 1. To purchase a packet of 10 or more tickets to share with your customers, vendors and friends, please contact Megan at 216-451-7755.

Cluck-cluck, quack, quack, moo-oo-oo

Pekin ducks are still available! Duck meat doesn't 'taste like chicken' - the flavor is richer, the meat is more moist. Why not try something different, especially when you can buy directly from the farmer?

Free-range chickens and ducks are fed organic minerals; most are fed conventional feed. The freshly butchered ducks are \$3.20 a pound; chickens are \$2.50 a pound. Most weigh in at about 4 pounds or so. Ohio law declares chickens and ducks be picked up at the farms.

Please call Michelle Bandy-Zalatoris at 216-321-7109 or Laura Dobson at 440-478-9849 to place your order.



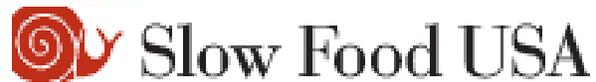
Also available is grass-fed, pastured ground beef. The cost is \$3.75 per pound. More meats will soon be available.

Contact Kathleen Webb at 216-408-7719 or gfamilyfarms@aol.com.

Stay in the local food loop over the winter by signing up for newsletters from these organizations:



Cuyahoga Valley National Park Association



Farm Visits

Meet the Farmer Dates 2011

Farm Visits will begin again next spring

Fourth Tuesdays – 6:30-8 p.m.

Second Saturdays – 1-4 p.m.

Drive out to picturesque Geauga County for a visit with the farmers of Geauga Family Farms. The second Saturday and fourth Tuesday of every month through October, CSA members can come see where their food is grown, and meet the farmers who have nurtured the certified-organic produce shareholders receive each week in their CSA share.

Come prepared: There isn't much concrete or asphalt out here in the country. Wear boots and bring rain coats and insect repellent.

For a farm map visit www.geaugafamilyfarmsllc.org and click on Meet Our Farmers on the left.



Photo by Laura Dobson

All too soon the farms and fields will be covered in snow and it will be hard to remember it looking like this. We hope you'll come out and meet the farmers at a Farm Visit when they start up again next spring.



Mailing address:

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For more information, call 440-478-9849
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