

Farm and Member News



One Week Till the Harvest Fest!—Be sure to sign up in the Barn for our Harvest Fest on 18th October—this coming Saturday! Make a note about how many people will be with you, and give a general notion of the kind of food you're bringing too! Be there or be square!!!! (Seasons: *Harvest Autumn*, by Guiseppe Arcimboldo,

1573, *Musée du Louvre*; for more on Arcimboldo, see [here](#)—your kids should love him!)

A Note on Final Pick-Up Dates—Aby and Mira's plan is to have the final pick-up days on Tuesday, 18th November, and Friday, 21st November. (Wow, that's great!) Their hope is to be able to provide us with produce we can use in our Thanksgiving dinners. They'll try to share out root crops and other produce that might keep better until then.

Fall Harvests: a Note from Mira: "Our fall harvests picked up in the last few weeks with as many as 18 items in a share! As the season progresses, you will see a gradual slowing down in the share size, because there is less in the fields, but also because we are rationing a bit so that Red Hill veggies make it to your Thanksgiving feasts." (Harvesting, from the *Grete Herball*, 1526)



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Bags—With the extra-large shares we've been getting, ***we're asking you to bring in more plastic bags (recycling in action!)***—our supply is getting low. Also, reusable bags/baskets are always an option.

News from the Furrow

By Mira Kilpatrick



"Hi all. We forgot to mention last week that we had a group of school kids from Rose Valley (see photo at left). It was really fun for us, and we think really fun for them.... They are planning on making subsequent visits to see how the Farm changes as the season does.



Aby and I also had initial lessons on the backhoe and bobcat, which was pretty exciting. It will help us to get more done on the Farm without having to tie up other folks at the Convent. I was using it the past couple days to help load the manure spreader for Aby.... She then proceeded to spread compost over a few of the fields that are done for the season.



Farm Gang—"The Girls"!!
(photo by Mary DeWitt)

By the time you all get this, it will be the last week for Marcy and Emily, our amazing full- and part-time seasonal workers. ***Marcy*** will be working a little bit at the Convent on grounds-keeping, then doing an internship at

Heifer International in Arkansas, and joining us again next spring! (Yay!) **Emily** will continue at Villanova, and wants to try some other things before settling into farming, but we know we've rubbed off on her as she has on us, and we hope she'll be back for Farm events next year, and keep us posted on where she's headed next. **Sister Josandra**, a Godsend (aka full-time volunteer), will be leaving the week following. She will be working and living nearby, in Chester, and she will be involved with a community center, dealing with nutrition and environmental concerns, among other things. She plans to set up a community garden, and we hope to help her with that, and see her around the Farm next year too! Josandra, we didn't know what to expect when we heard a Sister with no farm experience was joining us this year. You wowed us, with your endurance and stamina, and your positivity and humor.

Aby and I would like to thank all three of you for all your hard work this season. Not to mention your patience with us, with farming, with yourselves! Most of all, thanks for the millions of laughs. In the end, it's the hootin' and hollerin' and carrying on that gets us through the toughest of days, right??

Stay tuned for what happens at the Farm when it's just me and Aby left.... Yikes! =)" **Thanks Mira!**

Sukkot, the Jewish Harvest Festival

The Jewish harvest festival of **Sukkot**—also called the Feast of Booths or Tabernacles, or the Festival of the Ingathering (see [Leviticus 23:33-44](#)) commemorates the Jews' forty years in the desert living in temporary shelters,



and their autumnal harvest. It begins at sundown on 13th October 2008 and continues for seven days, days of joy. As Jewish theologians note, the gaiety of Sukkot celebrations is in contrast to the

solemn preceding holiday, **Yom Kippur** (see [here](#)).

During **Sukkot**, Jews build **Sukkahs**—temporary “booths”—and eat their meals there, sometimes sleeping there as well (see image above; it's great fun for the kids!). The Sukkah celebrates the joy of harvest and plenty and hence

is decorated with greenery and other harvest items. For building a sukka, see [here](#). For the possible relationship between **Sukkot** and the Pilgrim's American Thanksgiving, see the fascinating discussion [here](#) (scroll down to the last paragraph under “Building a Sukkah”). ([photo credit](#))

Sukkot Stuffed Beets w/ Vegetables & Rice—Stuffed foods are a major component in Sukkot menus.

- ❖ 6 large beets (leave ~1½" stem & remove when peeling)
- ❖ ¼ cup olive oil
- ❖ ½ cup kohlrabi, peeled & chopped
- ❖ ¾ cups dill pickles, chopped
- ❖ 1 cup onion, chopped
- ❖ 2 tbsp lemon juice
- ❖ ½ tsp each of salt/pepper
- ❖ 1 cup rice, cooked
- ❖ 1 tsp dried thyme or 1 tbsp fresh, chopped (optional)
- ❖ 1/3 cup parsley, chopped
- ❖ 6 slices lemon

Remove stems (except as above) & roots from beets. Drop beets in boiling water & cook till tender [test w/ point of knife]. Drain & cool. Peel beets [you should be able to push the skin off w/ your fingers]. With melon-ball scoop, remove beet flesh, leaving ½" shell [save remaining beet for another use]. Heat oil in large skillet. Sauté kohlrabi, olives, pickles, & onions till veggies are soft. Add lemon juice, salt, & pepper. Remove mix from heat; cool. Blend in cooked rice, thyme, & parsley. Stuff beets w/ this mix & cover w/ lemon slice. Bake in preheated 325 oven for 35 min. Serve. ([source](#))

Sweet Potato Kugel

- ❖ ½ stick unsalted butter or margarine & more to grease pan
- ❖ 4 cups peeled, uncooked sweet potatoes, grated
- ❖ 1½ cups lowfat milk or vegan substitute
- ❖ 2/3 cup honey
- ❖ 2/3 cup raisins or honey
- ❖ ½ cup finely chopped pecans
- ❖ 1 tsp cinnamon
- ❖ ½ tsp ground ginger
- ❖ ½ tsp ground nutmeg (fresh-ground if possible)
- ❖ ¼ tsp ground cloves
- ❖ 3 eggs, well beaten

Preheat oven to 350. Lightly grease 2-qt baking dish. Melt butter in saucepan big enough to hold all ingredients. Add all other ingredients except eggs. Cook over moderate

heat, stirring often, till mix is thoroughly heated. Remove from heat. Add beaten eggs in stages, beating whole mix well after each addition. Pour mix into prepared baking dish. Bake ~40 min, till kugel is puffy & firm. If desired, sprinkle w/ extra ground nuts & serve. ([source](#))

Superquick Borscht—serves 6

- ❖ 6 cups beef broth or strong veggie broth
- ❖ ½ lb Polish type sausage [or Tofurky Italian sausage]
- ❖ 1 small bay leaf
- ❖ 1/8 tsp ground thyme, or ½ tsp fresh, crushed
- ❖ ½ lb cooked beets, sliced or chunked
- ❖ fresh ground black pepper
- ❖ ½ tsp Worcestershire sauce
- ❖ 1 tbsp vinegar
- ❖ sour cream (optional)

Pour broth into pot & bring to slow simmer. Meanwhile slice sausage in ¼" rounds & add to broth. Add bay leaf & thyme. Cover & simmer 10 min. With slotted spoon, remove sausage slices to soup tureen or individual bowls. To broth, add beets, pepper to taste, & Worcestershire. Cover & simmer 5 min. Add vinegar, bring to boil briefly, & remove from heat. [Traditionally, at this point, you strain out bay leaf & beets to create a clear broth; you should remove the inedible bay leaf, but I would leave the sliced beets in the broth.] To serve, ladle soup over sausage & add a bit of sour cream. Serve while quite hot; when stirred, sour cream will separate into small bits. (Carol Cutler, *The Six-Minute Soufflé*, 1976)

Sautéed Broccoli Raab—serves 4

- ❖ 2 tbsp olive oil
- ❖ 10 cups chopped broccoli raab (~1 lb or a bit more)
- ❖ 2 cloves garlic, minced, & salt & pepper

Heat oil in large skillet over medium-high heat. Add broccoli raab & garlic & stir till raab wilts & is coated w/ oil, ~1 min. Season w/ salt/pepper. Cover & steam till leaves are wilted & stems are tender, ~3-4 min. Serve hot. (Chesman, *Serving Up the Harvest*, 2007)

Nana's Mashed Turnip

- ❖ 1 large turnip, peeled & cubed
- ❖ 3 white potatoes, peeled [or not] & cubed
- ❖ ¼ cup milk [or substitute]
- ❖ 3 tbsp unsalted butter [or olive oil]
- ❖ 1 tsp white sugar
- ❖ ¾ tsp salt [or to taste] & ¼ tsp pepper

Preheat oven to 375. Put turnip & potatoes in large pot w/ water to cover & bring to boil. Cook 25-30 min, or till tender. Remove from heat & drain. Mix milk, 2 tbsp butter, & sugar w/ turnips & potatoes. Season w/ salt & pepper. Mash till slightly lumpy. Transfer turnip mix to small baking dish. Dot w/ remaining butter. Cover loosely & bake 15 min in preheated oven. Remove cover & bake ~8 min, till lightly browned. ([source](#))

Turnip, Carrot, & Split Pea Soup

- ❖ ¾ cup dried split peas
- ❖ 2 tbsp olive oil or butter
- ❖ 1 onion, chopped
- ❖ 1 cup carrots, chopped
- ❖ 1 cup turnip, chopped
- ❖ turnip greens, chopped (optional)
- ❖ 2 cups veggie stock
- ❖ 2 bay leaves & salt & pepper to taste
- ❖ splash of vinegar

Wash peas & soak overnight in cold water, or in hot water for 1 hr. Drain & set aside. Heat oil or butter in saucepan & sauté onion till light brown. Add carrots & turnip & continue cooking 5 min. Add peas, bay leaf, & veggie stock, & stir well. Cover pan, bring to boil, & simmer 1 to 1½ hrs, till peas are really tender. Stir occasionally & add water if necessary. Season to taste. Stir in turnip greens [or you *could* use chopped broccoli raab!] 1-2 min before removing from heat. Serve w/ splash of vinegar. [It's cheap (in uncertain times), healthy, & tasty!] ([source](#))

Broccoli Raab Pasta

- ❖ 1 large onion, thinly sliced
- ❖ 6 cloves garlic, minced
- ❖ 1 bunch broccoli raab
- ❖ olive oil
- ❖ pecorino romano cheese, grated
- ❖ red pepper flakes
- ❖ salt
- ❖ ½ lb penne pasta
- ❖ red wine vinegar

Put a large pot of water on to boil. In skillet coated w/ olive oil, heat onion on high. When it's browned in spots, add garlic, red pepper, & salt to taste. Toss briefly, add raab, & a splash of water. Lower heat & cook till tender, stirring often. Meanwhile cook pasta. Adjust seasonings in raab, add some olive oil & a bit of vinegar. Toss w/ drained pasta & top w/ cheese. ([source](#))

"But I remember more dearly autumn afternoons...that lay intensely silent under old great trees." C. S. Lewis