



# WINTER DELIVERY NOTE

Week of Dec. 19, 2016

## Fresh from the Farm

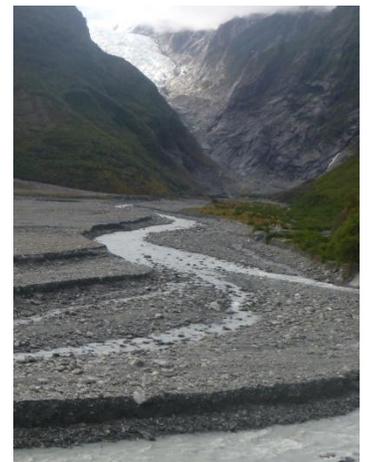
Since our last delivery, we've done a little chasing of the sun (and fun), seeking it "down under". On Nov. 21 we closed up shop at the farm, turned the horse tending to our neighbors and headed to New Zealand to explore that mystical country. We found an amazing landscape lush with vegetation, incredible views and diversity at every turn.

## THIS WEEK

- Onion
- Carrots
- Beets
- Yellow & Red Potatoes
- Butternut squash
- Garlic



We didn't talk our farm talk, but we did scour the countryside for clues of New Zealand agriculture.



We traveled with our son, Andrew, who had been working the previous month in Australia and invited us to join him on this adventure when he was finished with his tasks. We'll spare you the long vacation story, but suffice it to say we covered a lot of territory in our 2 and a half weeks, visiting both the North and South Island.

We left New Zealand 9:30 a.m. on Dec. 13 and landed in Minneapolis/St. Paul airport 4:30 pm Dec. 13. Leaving and arriving on the same day while having traveled more than 24 hours. Kind of a trick of the time zone there!

We hadn't really checked on Iowa weather until around Dec. 6 or so. Anticipating our final delivery shortly after returning home and having stashed the balance of our winter squash in the unheated garage, the coming cold spell we saw caused us a bit of a panic. A detailed text message to our dear friend and farm member Becky, back in Clarion, put a plan into motion that resulted in the moving of a majority of the squash to safe territory inside the Little House. Thank you Becky and Hansons!!

We're happy to be back on the farm. Thanks to that legwork, and the amazing protection of the other coolers for our other vegetables, we have this last delivery of the season. All around us there's a clear indication that we'll have a white Christmas. From here on, we'll turn our attention to winter conferences (just signed up for the Practical Farmers of Iowa conference today!), selling the last of our storage crops (do contact us if you are in need of carrots, potatoes, or more winter squash...or cut up chicken) and lots of planning in anticipation of the return of long, warm summer days up here in the Northern Hemisphere.

We wish all our farm members and friends a fabulous holiday season, full of great food and times with family and friends. We'll be in touch by late January with details of our 2017 Shares. Until then, enjoy this time of year - one that invites a pulling in and recharging.

## **Cooking...Out of the Box**

With the ingredients in this share, one of the most obvious dishes to make is roasted winter vegetables. Here's a very simple recipe to enjoy these vegetables at this time of year.

### **Super Easy Roasted Winter Vegetables**

Prep time:10 mins ; Cook time:30 mins ; Total time:40 mins

Super easy sheet-pan roasted vegetables.. A perfect side dish for any festive day.

Author: SimpleHealthyKitchen.com

Serves: 6 servings

#### **Ingredients:**

- ½ lb.. winter squash, peeled and cubed
- ½ lb. potatoes (or red/gold/or combo), halved
- ½ lb. carrots, diced
- ½ lb. beets, trimmed and diced
- 1 medium apple, diced (or sliced)
- 1 medium onion, sliced
- 2 Tbsp dried cranberries
- 1 oz. candied (or roasted) pecans



#### Instructions:

1. Preheat oven to 425F.
2. Combine vegetables in a large bowl (or ziplock bag). Drizzle with olive oil and toss to coat.
3. Line a baking sheet with aluminum foil. Spread vegetables in a single layer on baking sheet, leaving a little room around each vegetable ( you may need 2 baking sheets). Sprinkle with salt and pepper to taste.
4. Bake until vegetables are tender enough to pierce with a fork and have some charred bits on the edges ( approx. 25-35 min). Use a spatula to flip vegetable mid way through cooking.
5. Transfer to serving dish and top with pecans and dried cranberries.

#### Notes

\* This dish can be prepared up to one day ahead of time and reheated in the oven for about 10 mins ( 400F)

\*\* These roasted vegetables are equally as delicious served at room temperature.

#### Nutrition Information

Serving size: 1/6 of recipe Calories: 164 Fat: 8.4 g Saturated fat: 1.0 g Carbohydrates: 21.5 g Sugar: 7.8 g Sodium: 28.7 mg Fiber: 4.8 g Protein: 3.2 g Cholesterol: 0 mg

## Soil & Soul - Finding the magic in food & feast

Vacation is reading time and I had three books with me - two by Mary Swander (*Farmscape* and *Out of This World*) and one by Elizabeth Gilbert (*Big Magic*). I also had the Oct. 9 New York Times Magazine's Food issue on "Can Big Food Change?". This last one was saved as the last read on the plane home.. So the score here is three readings with agriculture threads and one on creativity.

Even though it was agreed to leave our farm talk at home, we still found agriculture a filter through which we looked at New Zealand. We considered the menu fare we were presented with, we observed what we could of the agriculture as we drove by fields of sheep, cattle - some pastures rising to amazing heights across their hilly terrain , dairy processing facilities, production centers for Kiwi, Kumara (sweet potatoes) and citrus. Agriculture and food are significant windows into any culture - in New Zealand just as here in North Iowa.

The New York Times Food Issue gave a new name to the consumer movement we are all so a part of - "Little Food", as compared to Big Food (the powerful food corporations). The central question raised in the issue was *can the players of our conventional food system be steered from a focus simply on production above all to value the health of eaters, animals, and ecosystems*. "The future of food will be decided not only in the corridors of power," the article stated, " but in the wider culture as well and here Big Food has a big and growing problem... distrust."

The article continued with this "The power of the food movement is the force of its ideas and the appeal of its aspirations - to build community, to reconnect us with nature and to nourish both our health and the health of the land. By comparison, what ideas does Big Food have? One basically: 'If you leave us alone and pay no attention to how we do it, we can produce vast amounts of acceptable food incredibly cheaply.' "

Beside this, I was reading Gilbert's book about tapping into the creativity that is all around us (with no specific relation to agriculture). "Inspiration works with us, it seems, because inspiration *likes* working us -

because human beings are possessed of something special, something extra, something unnecessarily rich, something that the novelist Marilynne Robinson calls "an overabundance that is magical"."

Food cultures, articles about "Big" and "Little" Food, a book about creativity and inspiration, and Winter Delivery - all come together as I think about finding the magic in our food and feasting.

We returned not just to the cold and short days of winter in the Northern Hemisphere, but to a time of many different celebrations of family, friends, and community. Christmas, Hanukah, Kwanza, Winter Solstice all mark this time of year,

As you prepare your holiday feast and pause to celebrate faith, family, community, look deeply into the faces of those joining you, remember the sunny days of summer that filled squash blossom into robust fruit that now turn into roasted vegetables or casserole, recognize the many others who likewise count local as well as whole and farm fresh as centerpiece at the table. Prioritizing food whose story you know, food that brings people together, is a part of rebuilding our culture from root to fork.

Blessings to you this holiday season and thank you for your farm membership and support!!

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