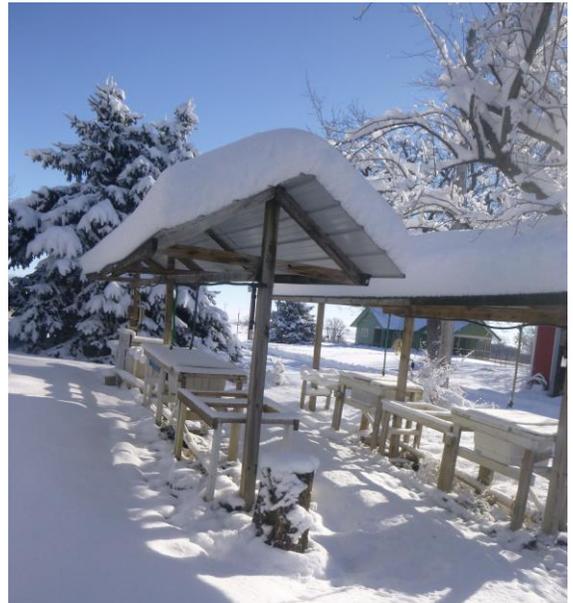


2017 WINTER DELIVERY



In the Box: Winter squash (Kabocha & Butternut), Beets, Carrots, Onion, Garlic, Potatoes (red, blue, yellow), Leeks



While no snow yet, the farm wash station is shut down for the season.

Appreciating the seasons – With December 1st reaching above 50°F, we're almost tricked into feeling like we're back in September. But with dark settling in early and lingering late, we are reminded that this is a resting time of year. Our fieldwork is all wrapped up. Garlic for next season is tucked in the field, covered with hay for protection against fluctuating winter temperatures. Planning for 2018 is well underway, but our pace has eased. Managing the vegetables of this delivery is calmer too. They will last a long time with proper storage (see chart below), allowing you time to work your way through them and not feel rushed. They hold the energy of the season, some having taken 100 days to mature. It's a unique pattern to be fueled by vegetable energy that reflects the ebb and flow as does the season. Eat well, enjoy recharge of the winter. Happy Holidays to all. ~ Jan & Tim, OSTG

STORAGE TIPS – *Once a crop is harvested, it is almost impossible to improve its quality.. Proper storage conditions—temperature and humidity—are needed to lengthen storage life and maintain quality once the crop has been cooled to the optimum storage temperature.*

Vegetable	Temp	Humidity	Storage life	Storage location
Potatoes	38-40°F	90-95%	4-6 months	refrig, basement, garage,
Winter Squash	50°F	50-70%	2-4 months	basement (mouseproof)
Garlic	32-36°F	60-70%	2-4 months	refrig, closet, counter
Carrot	32-36°F	95-100%	7-9 months	refrig., bagged
Beet	32-36°F	95-100%	4-6 months	refrig., bagged
Leek	32-36°F	95-100%	2-3 months	refrig., bagged
Onion	32-36°F	65-70%	4-6 months	refrig., crisper drawer

Test your refrigerator temperature with a thermometer. Monitor storage crops you may keep in the basement or garage regularly.

NOTE: Keep carrots away from apples! Apples give off ethylene gas which will change sweet carrots to bitter carrots.

THE RECIPES

Raspberry Beets Vinaigrette

4 cooked beets, peeled & sliced
1 medium onion, thinly sliced

Dressing:

1 1/2 T raspberry vinegar

1/4 C. olive oil

1 clove garlic, minced

Salt & pepper

1. Combine beets & onions in a salad bowl
2. Mix vinegar & garlic, whisk in oil,
3. Add salt & pepper to taste.
4. Toss dressing with beets and onions.
5. Garnish with chives.

Baked Beets & Onions

2 lg. beets or enough smaller ones to make about 1 pound

1 onion

1 T. red wine vinegar

1/4 t. salt

2 T olive oil

1. Cut an X into the root end of the onion and place it with the beets in a covered baking pan. Bake at 350° F until tender (poke with a fork to check), about 1/2 hour.
2. Remove skin from beets and cut into 1/4" julienned* strips. Peel onion and cut into 1/4 " slices, then cut slices in half.
3. Combine vinegar, salt, and oil in small bowl. Pour over beets and onion, let stand at room temp for three hours before serving.
4. *See box below for details.

"Julienned" - to cut (something, especially a vegetable) into thin strips or small, matchlike pieces.

Tools: By hand - Sharp knife & cutting board; mandalin (fancy slicing tool)

Hand cutting steps (after baked) : 1. Trim top and root off beet; 2. Slice beet into 1/4" round slices – careful on ends that you don't slip and cut a finger; 3. Two rounds at a time – stack them, slice into 1/4" widths

Dave's Thai Squash (A to Z FoodBook)

Oil or butter

3 C. diced onion

1/4 C grated gingerroot

6 cloves garlic

1-2 hot peppers (fresh or dried), minced

1 can (14 oz.) coconut milk

2-3 T. minced fresh basil (or 1 t. dried)

1 T. dried galangal (can substitute gingerroot in equal parts)

6 C. butternut squash, in 3/4 in. cubes

Heat oil in skillet; add onions, gingerroot, garlic, and peppers. Cook over low heat until tender. Add coconut milk and basil; cool until thickened. Meanwhile, boil galangal in 4 C. water for 20 min.s Add squash and boil another 12-15 min.s Drain and remove galanga. Combine with other ingredients and serve. Makes 12 servings.

Creamy Leek, Potato, and sour cream Chive Soup – A to Z Foodbook - Makes 6 servings

3 T. butter – melt, add..

2-3 leeks, thinly sliced (white and pale green parts only; about 4 C. total)

1 t. tarragon - add...

1 lb. Yukon gold potatoes, peeled, thinly sliced

4 C. chicken or veg stock - cover and cook slowly, 15-20 min. Puree mix. Add

1/2-1 C. sour cream

4 T. Chives, chopped, divided
(1-2 t dried)

Salt & pepper

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