

Buckhill Farm CSA

Newsletter

~~ Farming for a Healthy Community ~~

October 14 - October 24, 2015

Thank You!



This newsletter marks the end of the 2015 Regular Season. October 24th will be our last distribution unless you signed up for the Extended Season Share. We can't thank you enough for your support and for affording us the opportunity to grow for you. We woke up the earth in April and now we happily put it back to sleep for a much needed long winter's nap.

We have some big news that we look forward to sharing with our membership soon. The future of our farm looks bright as we strive to build and preserve our farm for generations to come. Stay tuned for a special email in the weeks to come.

Farmer In Need

A few months ago, we had a farmer collapse in the field. Ben thought it was recurring symptoms from Lyme disease. A few short weeks later, Ben was diagnosed with a rare form of Leukemia. He will not have a treatment plan until mid to late October when he has an appointment at the University of Pennsylvania. Ben struggles daily with fatigue, weakness and constant pain.

As his employer and friend, we are committed to Ben and his recovery. Due to his fatigue, Ben has had to cut back on his hours at the farm and has had to quit other jobs all together. His friends have created a GoFundMe campaign to raise money to help pay his essential bills. We hope the Buckhill Farm community will show Ben our love and support, and donate to his campaign: **Benjamin Wise GoFundMe Campaign**

Renewing for 2016

The 2016 planting schedule has already been set in motion. Cover crops that will build the soil and feed next year's vegetable crop have been seeded in specific fields. A general idea of how many beds of each crop we plan to seed has been mapped out. An inventory of our



seeds will begin in December and to ensure we get the varieties we want, our new seed order will be placed shortly after the New Year.

One of the reasons we love the CSA model so much is that it allows us the ability to be very precise with our crop plan, which results in us being more efficient. The earlier we know how many members we are growing for, the more planning and scheduling we can do. We are extremely grateful that our members afford us this opportunity. Thank you!

2016 Share Renewal – [click here](#)

Recipe Corner

Roasted Fennel with Parmesan

Foodnetwork.com

Ingredients:

2 large fennel bulbs

¼ cup good olive oil

½ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

Parmesan shavings

Directions:

Preheat the oven to 400 degrees F.

Remove the stems of the fennel and slice the bulb in half lengthwise. With the cut side down, slice the bulb vertically into ½ inch-thick slices, cutting right through the core. Spread the fennel slices on a baking sheet, coat with olive oil, salt, and pepper and toss with your hands.

Roast the fennel slices for about 1 hour, turning them once after 30 minutes, until the edges are crisp and brown. Remove from the oven and cover with Parmesan shavings. Taste for salt and pepper and serve.



Glazed Carrots and Turnips

Foodnetwork.com

Ingredients:

$\frac{3}{4}$ pound turnips, cut into 1-inch pieces
 $\frac{3}{4}$ pound carrots, cut into 1-inch pieces
2 teaspoons unsalted butter
 $\frac{1}{2}$ teaspoon sugar
Kosher salt and freshly ground black pepper

Directions:

Put the vegetables in a skillet just large enough to hold them in a single layer. Add enough water so that it comes halfway up their sides along with the butter and sugar. Bring to a boil over high heat, then adjust the heat to maintain a simmer. Cover the vegetables with a round of parchment paper just large enough to fit the inside diameter of the pan, or with a lid set ajar. Simmer the vegetables until tender, about 8 to 10 minutes. Remove the cover and raise the heat to high. Toss the vegetables frequently in the pan, as the liquid evaporates to a shiny smooth glaze. Season with salt and pepper to taste and serve.

Upcoming Events

[8th Annual Harvest Party - this Saturday, October 17th](#)

