

# Buckhill Farm CSA

## Newsletter

~~ Farming for a Healthy Community ~~

September 30 - October 10, 2015

### Farmer's Note



As I sit to write this, I breathe a sweet sigh of relief. An hour ago, we completed cover cropping ten acres of fields, which is now receiving some much needed 'liquid sunshine' to water it all in. I get just as excited planting a cover crop as I do when we seed our first tomatoes of the season. Why, you ask? Well, healthy soil is the backbone of any good farm, and cover crops are an essential tool to help us improve

our soils.

We seed five different types of crops, each offering different functions that will improve our soil, decrease off-farm inputs, and make us a better, more sustainable farm. A short list of what these crops can offer is pretty impressive and makes you wonder why farmers ever drifted away from such cover crop techniques. We can fix nitrogen in the soil using clover and hairy vetch, and break up plow pans with deep rooted clover, which helps eliminate deep tillage passes with tractor-mounted plows. We also plant cover crops that help suppress weeds and attract beneficial insects.

The short answer to why I believe many farms have stopped cover cropping is convenience. It is much easier to fill up the spray tank and spray the weeds with an herbicide than it is to sit down and plan out an eight-year crop rotation that will help limit weeds, disease, and pest pressure. It takes a great deal of time, consideration, and reflection to implement a worthwhile cover crop and crop rotation plan. A farmer friend of mine once said, "*It is easier to break it than it is to build it,*" which I think is true of so many things. While mind bending at times, we enjoy every minute of it, because we know it is the foundation that will allow us to improve our farm and our community.



## **Crop Update**

We hope you are enjoying the fall crops as much as we are! Our second successions of kale, arugula, and tatsoi are looking good, and will be ready to harvest in perfect time. We had a minor gap between our broccoli successions due to the heat, but they look great and we hope to have it back in the share soon.

While the cabbage, broccoli, and cauliflower are loving the cooler temperatures, the tomatoes and peppers are shivering a little. We look forward to having them for a little while longer, but we are sure to see a decline in yields.

## **Fall Season Share**

Thank you to all who signed up for the 2015 Fall Season Extension. Shares sold out quickly, so we hope everyone who wanted a share was able to sign up. If you had interest in participating this season, but missed out, please let us know so we can hopefully plan accordingly for next year. We are only limited by our high tunnel space, and I have a feeling we are going to be in need of another one soon.

Farming during the colder months isn't a great revenue booster for the farm, but the crops are in high demand and it helps keep our staff employed during the winter months. We are at the point where we really need our best employees to return each season, and winter growing season certainly assists us with that goal. Thank you again for your support.

## **2016 Renewal**

Renewal reminders for the 2016 growing season will be emailed next week. We will provide a link to the renewal page, and detailed information concerning next year's share. Should you have any questions please let us know.

## **Recipe Corner**

### Spaghetti with Creamy Butternut Leek Parmesan Sauce

Ingredients:

- 1 Pound Butternut Squash, peeled and diced
- 1 Tbsp. Butter
- 8 Oz. Spaghetti of your choice
- 1 Cup Leek
- 2 Cloves Garlic, minced
- ¼ Cup Fresh Shave Parmesan Cheese
- Kosher Salt and Freshly Ground Black Pepper, to taste
- 4 Sage Leaves, sliced thin (optional)



Bring a large pot of salted water to a boil. Add butternut squash and cook until tender. Remove squash with a slotted spoon and add to a blender or food processor. Blend until smooth. Cook pasta according to package directions, and reserve 1 cup of pasta water. Meanwhile, in a large deep non-stick skillet, melt the butter, sauté the leeks and garlic over medium-low heat until soft and golden, about 5 - 6 minutes. Add pureed butternut squash, season with salt and fresh cracked pepper and add the reserved pasta water to thin out to your liking. Stir in parmesan cheese and sage and mix in pasta until well coated. Serve with additional parmesan cheese.

## Kale Chips

by Ellie Krieger with Kelly James-Enger

*Epicurious* August 2013

### Ingredients:

Cooking Spray  
1 Small Bunch Kale (about ½ pound)  
1 Tbsp. Olive Oil  
¼ Teaspoon Garlic Powder  
¼ Teaspoon Salt

### Preparation

1. Preheat the oven to 350°F. Spray two baking trays with cooking spray. Remove the center rib and stems from each kale leaf and discard. Tear or cut the leaves into bite-size pieces, about 2 to 3 inches wide. Wash the kale and dry it very well.
2. Place the kale in a large bowl. Drizzle with the oil and sprinkle with the garlic powder and salt, and massage the oil and seasonings into the kale with your hands to distribute evenly. Place the kale in a single layer on the baking sheets, and bake until crisp and the edges are slightly browned, 12 to 15 minutes.

## Upcoming Events

[8<sup>th</sup> Annual Harvest Party - Saturday, October 17<sup>th</sup>](#)

