

Osprey Hill Farm

Community Supported Agriculture

November 13-15, 2013

News from the farm:

It's 2:34 am. As I head into the house to wrap this day up, the air feels unusually warm and the rain is coming down in steady sheets. Since most people and even the wild beasts are asleep at this hour there's a lot of quiet--aside from the sound of the rain and the subtle hum of the fire place fan. These are the perfect makings for a small slice of reflection time. It doesn't take long to reach the conclusion that I'm feeling grateful to be wrapping up a season that was both successful and fulfilling. Yes, there were some setbacks (turkeys, appendixes, and more) but overall, we're incredibly fortunate to have such a supportive community and customer base that allows us to keep having these crazy farming adventures year after year. I'm also extremely grateful to our amazing field crew for taking a daily beating and coming back for more. It's not an easy job (matter of fact, it's less of a job and more of an extreme sport) but thanks to Chelsea, Casey, Bob, Rebecca, Sarah, Geoff, the kids, and many other relief staff--we did it! Thanks gang.

Here's what's in your box:

Sweet Potato, Garlic, Yellow Cipollini Onions, Banana fingerling potatoes, Salad Mix, Pumpkin Squash, Celery Root, Bagged Carrots, and Flower Sprouts.

Featured ingredients:

- **pie pumpkin**-- A variety of pumpkin grown for eating rather than decorative purposes. They are small, dense and usually have a medium or dark orange color.
- **celery root**-- A root vegetable that is edible raw or cooked and tastes similar to the stalks of common celery. Celeriac may be roasted, stewed, blanched, or mashed.
- **flower sprouts**--The Flower Sprout is a cross between the super foods Brussels Sprouts and kale. The result is a vegetable which has not only a great flavor and nutrition but is also incredibly versatile. Steam, stir fry, blanch, or sauté.

"The world is round and the place which may seem like the end may also be the beginning."

-Ivy Baker Priest

FLOWER SPROUTS WITH TORTELLINI AND PANCETTA

Ingredients:

- 1/2 lb Flower Sprouts
- 1 lb fresh Tortellini
- 3-4 slices pancetta or bacon
- 2 garlic cloves, crushed
- cooking oil
- 1 Tbsp butter
- Lemon for juicing
- Parmesan cheese

Preparation

Bring a pan of lightly salted water to a boil.

Lightly oil a frying pan, heat the pan to medium, and add the pancetta or bacon pieces. Fry gently until it starts to crisp. Let the pancetta cool, then chop it coarsely and put it back in the fry pan.

Blanch the flower sprouts for 3-4 minutes. Remove from the water with a spoon and keep warm. Add the pasta to the water and simmer for 2-3 minutes before draining.

Add the garlic and the butter to the pancetta and fry until the butter begins to brown. Add the flower sprouts and the pasta and coat well with the garlicky bacon butter. Squeeze some lemon juice over and finish with shaved or grated Parmesan cheese.

Does it get any better than this? If you want to forgo meat products, try an aged Italian cheese to impart some smoky, nutty hues: Asiago, Parmigiano Reggiano, or Pecorino.

