

What's in the box?

Endive, *Srisee* Hot Peppers, *Jalafuego*
Baby Beet Greens Onions, *Rossa di Milano*
Parsnips, *Turga &* Winter Squash, *Delicata*
Lancer Pumpkins, *mix*
Tomatoes, *mix* *Pick up ONE from the*
Sweet Peppers, *mix* *CSA pumpkin patch*

Harvest Forecast* for October 1 & 4

Apples	Red Kabocha	Swiss Chard
Green Beans	Winter Squash	Tomatoes
Onions	Salad mix	

*Harvest may vary for 1 or 2 crops, determined on day of harvest

Canning/Food Preservation Classes:

October 1: Preserved Tomatoes at HGK in Pacific Grove, CA

October 6: Pickles and ferments at Flour + Water in San Francisco, CA

October 12: Canning class at Camp Joy Gardens in Scotts Valley, CA

October 12: Pickles and Ferments at the Big Blue Victorian in Oakland, CA

October 15: Apples, Pears and Quince at 173 Central Ave in Pacific Grove, CA

For more info on any of these classes and more, go to: happygirlkitchen.com/collections/workshops

<http://campjoygardens.org/events/camp-joy-events-calendar/>

Ready to start canning on your own? See below for local resources to get your juices flowing...

Put 'Em Up: A Comprehensive Home Preserving Guide for the Creative Cook by Sherri Brooks Vinton

Ball Complete Book of Home Preserving: 400 Delicious and Creative Recipes for Today by Judi Kingry and Lauren Devine

Canning equipment:

Ace Hardware, Santa Cruz, CA (Ball® Canning Utensil Kit highly recommended – only \$15.99)

Mountain Feed and Farm Supply, Boulder Creek, California

Notes from the Field

 by Rachel Goldberg, *First Year Apprentice*

Last week on Saturday, I walked in to the farm center nine times. I counted. The first time I went in to make myself a cup of coffee. The second, to wash my cup. The third, to check my mailbox. Although my reasons for visiting the farm center were strictly utilitarian at the beginning of the day, I left each time feeling a little bit more inspired and impressed by my fellow apprentices. Since the farm is quite literally bursting with tomatoes, apples, storage onions, potatoes and pumpkins, the food preservationists in all of us have come alive, more ravenous than ever, to creatively store the summer's bounty for winter's impending gloom. During my fourth and fifth trips into the farm center, my culinary creativity came alive. I smelled vats of tomato sauce, tomato paste and tomato jam being churned out simultaneously to applesauce, dehydrated apple rings and apple pie baking in the oven. Curious about the process, I chatted up a friend and was quickly convinced that I was capable of creating my own storage concoctions.

By the sixth time I entered the farm center, I was ready to attempt canning on my own – the plan was to turn whole perishable tomatoes into storable marinara sauce. Equipped with canning jars and multiple pounds of overripe tomatoes, I began the preservation project. To my delight, the process turned out to be quite simple:

First came the food preparation:

- Boil 25 pounds of halved plum tomatoes in a medium saucepan, crushing and stirring them with a potato masher to release their juices
- Once boiling, reduce the heat and simmer the tomatoes for 15 minutes while adding onions, garlic and dried herbs
- After approximately 2 hours of simmering, the sauce thickens and the herbs are incorporated

Next came the actual canning:

- Pour the tomato liquid into quart jars and add a touch of lemon juice and salt to each jar making sure to leave ¼ -inch of headspace (release trapped air)
- Wipe the rim of each jar clean and screw on each individual lid
- Using a jar lifter (*see Ace Hardware website*), I transfer the hot jars full of liquid into a vat of boiling water, making sure that all of the jars stay upright in their position
- After approximately 45 minutes of gentle boiling, I turn off the water, remove each jar and let cool for 24 hours
- The next day, I check to make sure that each jar has sealed in the canning process, indicated by a flat top on the lid and a tight seal
- Now I am storing the jars in a cool, dry place where they can remain for up to one year

In many ways, with its finality looming in the near future, this apprenticeship at large feels like a preservation project. With less than one month to go, it's hard to ignore the fact that soon we will all be dispersed, reminiscing quietly on our time together. It is this awareness that has encouraged me to start taking full advantage of every moment, every meal and every person here at the apprenticeship. My goal for the time remaining is to pare down each morsel of this experience into its most elemental form, not unlike a canned tomato. To boil down shared conversations and time spent together into slow cooked, long-term friendships. Then, when the time comes in mid-October, I will not only be walking away with jars full of delicious fruits and vegetables to keep me satiated but also joyful memories to keep me company in the lonelier days to follow.



Sweet Pepper Jam

- 3 cups cider vinegar
- 2 cups sugar
- 2 pounds reb bell peppers, diced
- 1 sweet onion, finely diced
- 2 garlic cloves, minced
- 1 tablespoon mustard seed
- 2 teaspoons Pomona's Universal Pectin
- 2 teaspoons calcium water (included in Pomona box)

Combine the vinegar, 1 cup of the sugar, bell peppers, onion, garlic, and mustard seed in a medium nonreactive saucepan, and bring to a boil, stirring to dissolve the sugar. Reduce the heat and simmer for 15 minutes.

In a small bowl, combine the remaining 1 cup sugar and the pectin powder and set aside. →

Add the calcium water to the pot. Pour in the sugar-pectin mixture and return to a boil, stirring to dissolve the sugar and ensure that all ingredients are heated through. Remove from the heat and stir for several minutes to release air bubbles. Skim off any foam.



Preserve short term – Refrigerate: Ladle into bowls or jars. Cook, cover, and refrigerator for up to 3 weeks. **Long term** – Can: Use the boiling water method (as described by Rachel in her article).

Put 'em up! by Sherri Brooks Vinton

Autumn Potato/Parsnip Salad

Serves 6

- 1-1-1/2 pounds small, waxy potatoes, well scrubbed and halved or quartered
- 1/2 pound baby carrots, well scrubbed and halved or quartered
- 1/2 pound parsnips, well scrubbed, and halved
- 6 medium shallots, peeled
- 1/4 cup extra virgin olive oil
- 2 big pinches of sea salt
- 2 bunches of scallions (green onions), greens topped off, and halved lengthwise

Vinaigrette:

- 2 tablespoons red wine vinegar
- 1 small shallot, minced
- 2 teaspoons whole grain mustard
- 1/4 teaspoon fine grain sea salt
- 1/3 cup of olive oil
- 1 tablespoon heavy cream or creme fraiche (optional)
- 2 cups cooked wild rice (opt)

Preheat oven to 375°F. In a large bowl toss the potatoes, carrots, parsnips, and shallots with 1/4 cup of olive oil and 2 big pinches of salt. When the ingredients are well coated, turn them out onto a large baking sheet in a single layer. There will be a bit of residual oil in the bottom of the bowl, gently add the green onions to the mixing bowl and push them around a bit until they



are coated as well. If there is room on your baking sheet add the onions in their own corner (they take less time to roast and you will need to remove them), or place them on their own baking sheet. Place in the oven.

The scallions will finished baking first – remove them when they are well-browned, roughly 20 minutes. The remainder usually takes somewhere between 40 and 60 minutes. Let them go until they are deeply golden and tender throughout. Check them regularly, flip them with a metal spatula once or twice, and if any of the smaller pieces are getting too dark pull them off the pan.

While the vegetables are roasting, start the dressing by pouring the red wine vinegar into a small bowl along with the chopped shallot. If you have the time, let it sit there for twenty minutes or so. Whisk in the mustard and salt, before slowly drizzling in the olive oil, whisking all the while. Whisk in the cream, taste and adjust with more mustard, vinegar, salt, to taste.

When they are done roasting, remove the vegetables from the oven. In a large bowl toss the wild rice (if you're going that route) with a splash of the vinaigrette. You can now either transfer the rice to a serving platter, as a bed for the vegetables, or you can add the roasted vegetables to the bowl and toss them with the rice, the rest of the dressing, and half of the scallions. Turn everything out onto the platter and serve topped with the remaining roasted scallions.

Note: Cut vegetables into pieces of similar thickness, so they roast in a similar time frame.