

## WINTER VEGETABLE CRUMBLE

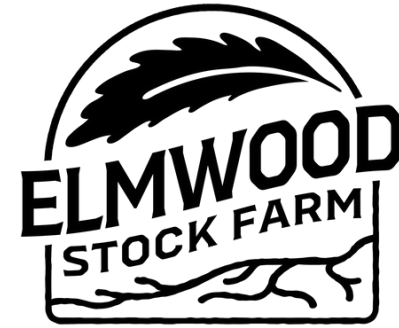
Adapted from Simply in Season	2 lb root vegetables (carrots, parsnips, rutabaga, turnips, potatoes), cut into bite-sized pieces
2/3 c rolled oats	
1/2 c cashews, finely chopped	
4 Tbsp whole wheat flour	2 Tbsp cashews
2 Tbsp oil	2/3 c milk
2 tsp dried rosemary, crushed	1 1/4 c vegetable broth
1 medium onion, finely chopped	salt and pepper

1. Combine oats, cashews, and 2 Tbsp flour in a bowl. Mix in oil and 1 tsp rosemary with fingers to form a crumble topping.
2. Steam root vegetables for 10-12 minutes until just tender. Reserve steaming water for stock. Transfer vegetables to lightly oiled 2-quart baking dish.
3. Sauté onion in 2 tsp oil until soft, 4-5 minutes. Add cashews and lightly brown for 3-4 minutes. Stir in milk and vegetable broth.
4. In a cup, mix remaining flour with a little milk to make a smooth paste. Stir into saucepan. Add remaining rosemary. Bring to a boil and simmer until thickened, stirring constantly. Season with salt and pepper.
5. Cool sauce slightly, then puree until smooth. Pour over the steamed vegetables, then sprinkle with oat topping. Bake at 375F for 30 minutes.

## BUTTERNUT SAGE ORZO

Adapted from Simply in Season	
1 c onion, chopped	1/2 c white wine (or additional broth)
1 clove garlic, minced	4 c water (or broth)
4 c butternut squash, peeled, seeded, cut into 1/2-in pieces	1 c orzo
1/2 c vegetable (or chicken) broth	1/2 c Parmesan cheese, grated
	2 Tbsp fresh sage, chopped

1. Sauté onion over medium heat in 1 Tbsp oil until tender, about 6 minutes.
2. Add garlic and sauté until fragrant, about 1 minute.
3. Add butternut squash and stir to coat.
4. Add 1/2 c broth and 1/2 c white wine and simmer until squash is almost tender and liquid is absorbed, about 10 minutes.
5. While squash cooks, bring 4 c water to a boil and add orzo. Boil until tender but still firm to bite, about 8 minutes. Drain and transfer to a large bowl. Stir in squash mixture.
6. Stir in Parmesan cheese and sage. Salt and pepper to taste.



## Winter/Spring CSA News



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**Sweet Potatoes:** Store sweet potatoes at room temperature. Refrigeration will cause them to harden and turn black when you cook them! The sweet potatoes you receive will keep for weeks or even months.

**Winter squash (butternut, acorn, spaghetti):** Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months, growing sweeter as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.

**Root and spuds (carrots and potatoes):** Store in a plastic or cloth bag in the crisper bin of your refrigerator. Both root veggies and potatoes should last for weeks.

**Garlic:** Store in cool temperature, but not refrigerated, for long-term storage. Warmth and/or moisture will cause garlic to sprout, but it can still be used even if you see green shoots, just use it soon!

**Cabbage or Cauliflower (Romanesco):** Wrap dry, unwashed cole vegetables loosely in plastic or cloth and store in the refrigerator. Cauliflower will keep for 7-10, while cabbage will keep up to a month.

## Wintertime: Snow + Livestock

While kids were wrapped up in blankets for their NTI days last week, the farm was covered in a thick white blanket too. Could it be a harbinger of more to come, or was it the biggest snow all year—no telling. I understand why the center of a beef roast keeps getting hotter after it comes out of the oven, but not why it takes so long after the shortest day of the year for the earth to start warming up again. Anyway, with most of the plant kingdom dormant—still requiring harvesting and packing, but less fieldwork overall—we shift some attention to livestock.

People (myself included) get concerned about the animals, especially the sheep and cattle, when the temperatures drop like they did. Frankly, the sheep prefer to be blanketed in snow rather than drenched in 33-degree rain. Their wool insulates them from snow where a cold rain would soak through. I've watched them each day pawing the snow to get to the grass underneath, their favorite. They haven't been swarming me when I feed the laying hens, and they haven't shown much enthusiasm about the hay I've offered them. These signs indicate they are doing just fine.

Last fall was breeding season for the sheep, with two rams and 35 or so ewes. I intentionally waited til Halloween to put the ewes and rams together so the lambs won't come 'til March, when winter is supposed to be over. With a relatively minor contribution to producing the next generation compared to the ewes, each ram does play a critical role. It's hard to know now if they were performing their duties back then, but March will be here before we know it.

Unlike the sheep flock, calving season for the cattle herd ended back in November. John wants to catch each newborn before they get their legs under them so he can get identification tags in its ears. Trying to catch a larger calf, even one only a few days old, gets them excited and afraid of people. He'd much prefer to take care of this in the fall before winter weather sets in.

Because it takes a little while to raise grass-fed, grass-finished cattle to market weight, it will be another two years before John can confirm which of his breeding pairs made the best grass-fed beef. Over generations, he has bred for a squatter body frame that will finish nicely on grass. Taller, long-framed animals are the industry standard, but they must consume lots of grain to develop into USDA Choice-grade beef which is not the best for the cattle.

Preparing for the snow meant a few extra outdoor jobs. Our crops growing in the high tunnels are insulated from the cold by the structure above them, but we reinforce them with extra lumber to keep the structures from being damaged under the weight of the snow. We also setup wire hoops to hold blanket-like row covers over the plants, and when temperatures really plummet, we use a "salamander" heater to keep the space warm. All the plants in the high tunnels looked as bundled-up as I did last week.

We did see negative temperatures one morning which is not good for any living thing. The animals fared well and we are thankful our preparations of extra feed, wind breaks, and access to shelter paid off. Crop assessment is underway in the greenhouse and high tunnels and it will be a few more days before we know what plants succumbed to the cold.

The firewood fort around the edge of our side porch is comforting this time of the year. We hurried up and split it when we saw the single digits in the forecast, and it's a good thing we did. Splitting wood is way better in cold weather anyway. This year's fallings are curing nicely off the porch for next year.

All my cap lights—extremely lightweight to clip to the bill of my Kentucky Proud hats—have good batteries in them. The short days of winter means more walking around in the dark, both mornings and evenings, as the animal chores must be done. I don't plan to go through life without several of them in wintertime, plus I'm all ready for the next round of snow. —Mac Stone