

Johnson's Backyard Garden, Fall Session Week #10  
December 10th, 2007

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- 1) In your box this week:

Red cabbage  
Beets  
Oranges  
Grapefruit  
Collards or Turnips  
Eggplant  
Broccoli Florets or Cauliflower  
Green Tomatoes and a few Sun Gold Cherries  
various sweet peppers  
Eggplant  
Butterhead lettuce  
Parsley

We hope you enjoyed the fall session!

How to store this week's bounty: all except tomatoes and citrus go in the fridge as soon as you arrive home. Checkout our [storage tips](#) on our website.

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- 2) Farm News

Bedshaper - This week we worked with our new bed shaper and we are just about ready to plant with the new vacuum seeder. To plant with the 3 row vacuum seeder we have to have a smooth planting bed. I will try and post some photos soon of how the beds look. Basically they are about 6 inches high and very smooth on top. The smooth beds allow the

vacuum seeder to place the seed at the proper deep for the best germination. Also the benefit of the bed and seeder combination is that it allows us to use precision cultivation equipment to minimize weed problems. Raised beds can help save crops if we get too much rain. Brad and I went up and down the rows with the tractor until we got the machine dialed in just how we wanted. It is frustrating and time consuming to set it up properly but in the end it saves a lot of time.

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### 3) Organic Citrus from South Tex Organics - Bulk Citrus For Christmas Gift Baskets

No we have yet started a grapefruit and orange orchard at the farm yet...although we will soon be planting black berries and the kids and I did have a good time planting a Satsuma Orange tree a couple of weeks ago. This winter we are partnering with citrus grove owner, Dennis Holbrook of [SouthTex Organics](http://www.southtexorganics.com) to bring you USDA certified organic grapefruit, oranges, and lemons. Check out his website for more info on his orchard and growing practices. <http://www.nrdc.org/health/farming/fields/pro20.asp>

For Christmas this year why not make your own delicious fruit baskets. If you would like to order pickup bulk oranges, grapefruit or lemons at your next pick-up just email us and send us a check and we will have it waiting for you at your next box pickup.

Special bulk pricing for our CSA customers are as follows:

Meyers Lemons \$1 each	
10 Grapefruit \$25	10 Oranges \$15
20 1b box Grapefruit \$45	20 1b box Oranges \$30
40 lb box Grapefruit \$90	40 lb box Oranges \$60

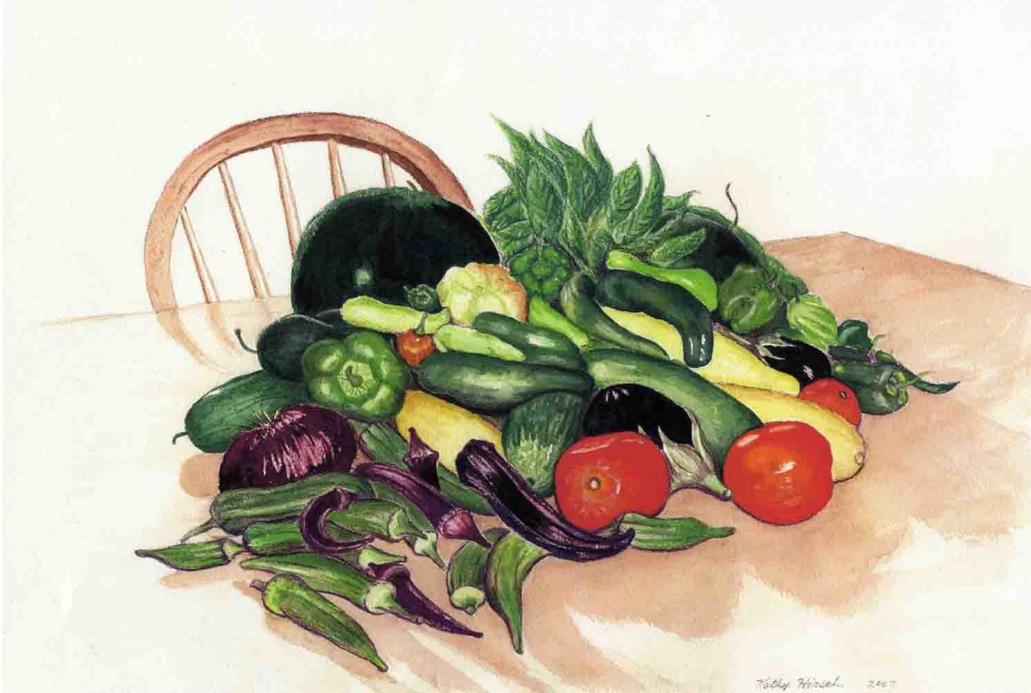
History of Texas Grape Fruit

<http://bexar-tx.tamu.edu/HomeHort/F1Column/2006%20Articles/NOV25TexasGrapefruit.htm>

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### 4) Farm Art

The watercolor below is a beautiful painting of summer veggies by CSA member Kathy Hirsch.



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## 5) Donations Needed for Intern House

This week we have been busy setting up the intern quarters (a 1972 mobile home with lime green shutter situated at the entrance front of the farm). I think it really adds to the character of the farm. I can blame a Craigslist addiction again for the purchase but it turns out that, Kelli, one of our previous work share members was who was selling the mobile home.

To make the place livable we are trying to find free, donated or low cost items to fix the place up. We could use the following items: furniture, lamps, kitchen table, chairs, couch, rugs, coffee table, mirrors, plants, pictures, paint (interior or exterior), a washer, drying rack for clothes, clothes pins, bed frame and mattresses, sheets, blankets, night stand, dresser, hangers, towels, wood burning stove, cooking and kitchen stuff, steps for the back door, lawn mower, corrugated metal for the under pinning and/or covered awning for a front porch.

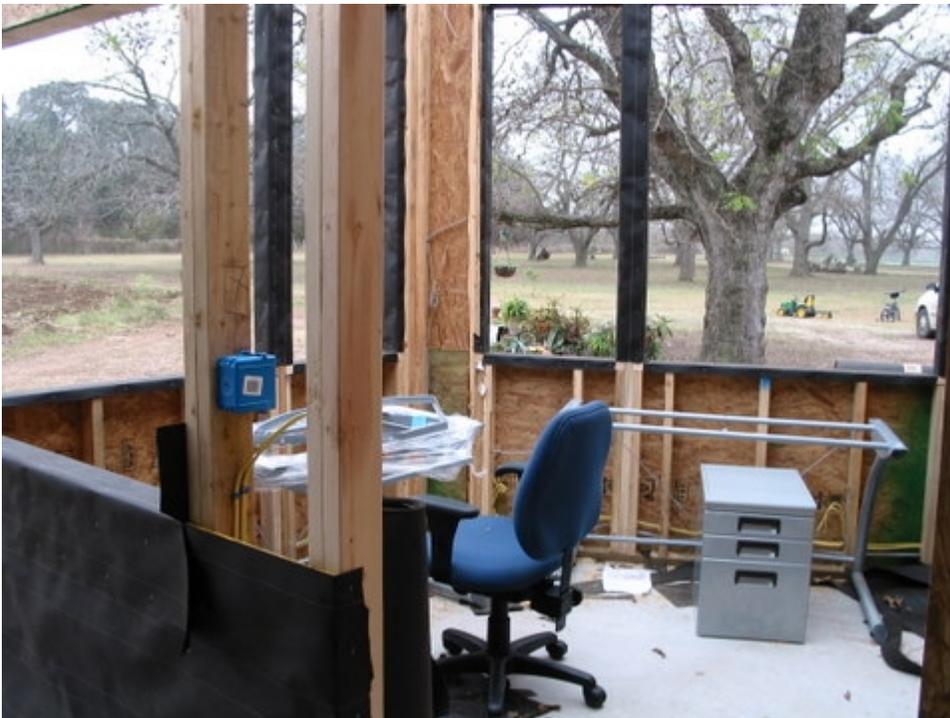
If you come across anything that you think we could use for the place I would appreciate you letting me know. We installed a hot water heater on Sunday and last week hooked up an electric stove, refrigerator and found a nice couch.

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## 6) Farm Office

The farm office is progressing nicely. We have all the walls up and the wiring is done. We still have to insulate, install the windows and put up the sheet metal for the exterior.

Hopefully we will be done in another week or so. I move into the office and start full time farming the first week in January!



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7) New Wednesday Terry Town Pickup Location!!!

A friend of ours has offered to host a site in Terry Town. Since the Wednesday North Austin location at Rutland and Metric Vicinity did not attract any takers, we thought Terry Town may be a more convenient location for pickup. The potential pickup site is located on West 10<sup>th</sup> Street. Let us know if you would be interested in picking up at this location or if you would consider joining our CSA if we had a Wednesday pickup in Terry Town. We want to make box pickup as convenient as possible. Please e-mail us if you have a suggestion for a pickup location or if you are interested in hosting a site.

Check out our other new Wednesday Pick-up Locations:

Farm Pickup - 9515 Hergotz Lane - ABIA Airport (Wed 2-7pm)

Cedar Park - Lakeline Blvd (Wed 3:00-7pm)

North West Austin - Far West and Mesa (Wed 3:30-7pm)

You can change you box pick-up location by emailing us.

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8) CSA Work-share Volunteers for Winter Session?



Fall Workshare Crew

Interested in work sharing this Winter? Our CSA is a little different than most in that veggies each week are harvested mostly by CSA members. If you are interested in having more involvement in the farm please e-mail us for information on our work share program. In exchange for working from 8-12:30 on Saturday mornings we provided a CSA share of veggies in trade. Our CSA is growing rapidly and we always need plenty of friendly and

energetic members to help with the harvest. We also accept volunteers on weekdays too, however most work-share members come on Saturdays.

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## 9) Recipes

Recipes each week are provided by CSA member and cookbook author, Elaine DiRico. We also encourage members to email us their favorite recipes and we also like to hear members just tell how you used your CSA box.

Beets have gotten a bad reputation over the years. My mother's favorite 'Harvard beets' were a sickly sweet, abomination. Boiled until tasteless, they were then covered with a sweet and sour syrup and vinegar sauce which permanently stained everything it touched. These were pulled out of a jar whenever anyone appeared pale or anemic.

Now beets are very trendy and showing up in the high end restaurant. Roasting rather than boiling, intensifies their sweet earthy flavor, and nothing could be easier. I keep these on hand, pre-roasted for salads and the occasional quick *borscht*.

### **Roasted beets**

Scrubbed beets, unpeeled, stems and roots cut off  
Enough olive oil to coat lightly  
Salt and pepper

Toss together, wrap in aluminum foil and roast in a hot, 450° oven for an hour until tender. There will be some of that highly staining juice in the bottom of the foil bundle, so be careful. Let cool to room temperature, peel and slice and cover with the remaining juice/oil mix. Refrigerate.

### **Practically Instant Borscht**

Serves 2 as a meal

2 Tablespoons oil  
1/2 onion, chopped  
1 cup chopped cabbage  
2 cups broth  
2 cups cooked beets, peeled and chopped  
salt and pepper  
sour cream and minced dill weed for garnish

In a saucepan, heat the oil, and sauté the cabbage and onion until translucent. Add the beets and broth and bring to a simmer. Puree with an immersible blender, or very carefully in a food processor. My grandmother would add caraway seed as well to the onions and

cabbage. Garnish with a spoonful of sour cream sprinkled with the dill weed. Serve with dark rye bread and hard boiled eggs.

Winter salads are as nice as the light summer ones, and the intense colors are lovely. This one is a favorite, and with the addition of a little good blue cheese, makes a meal

### **Beet and Clementine salad**

Serves 4

Head of soft lettuce, like Boston or butter lettuce, washed and dried well

4-5 Clementines, peeled

4-5 small roasted beets, peeled and cut in wedges

handful walnuts

4 oz. blue cheese crumbles or feta cheese (optional)

salt and pepper

2 Tablespoonfuls good olive oil (or walnut oil)

1 1/2 Tablespoon Dijon mustard

lemon juice

Tear the lettuce in bite sized pieces, and divide onto salad plates. Garnish with the beets and walnuts and cheese. Whisk the oil, mustard and salt and pepper in a small bowl. Divide the Clementines into sections over the bowl, so that any juice released is added to the dressing. Whisk once more, taste and add lemon juice if needed. Top the salads with the citrus and dressing.

\*It is nearly impossible to get the pith off of the Clementines and have anything left at all, so use canned mandarin oranges if you object to the membranes, or if Clementines aren't available.

A Croatian friend made this for me decades ago- it is real peasant food, and wonderful for a cold winter night. He made steamed cabbage and lentils as well. Heaven!

### **Roast chicken and beets**

1 roasting chicken, 4-5 pounds

4-5 peeled beets and tops, chopped greens, cubed beets

salt and pepper

3 slices bacon cooked and chopped

1/2 onion, chopped

1 cup dry cubed white bread

1/2 cup white wine

2 Tablespoons butter

olive oil

1 teaspoon orange zest

Saute the chopped greens and onion in the olive oil, and add the chopped bacon and orange zest. Wash the chicken well, dry, and sprinkle with salt and pepper. Toss with the cubed bread, butter and white wine. Stuff the chicken loosely with the greens mixture, rub with oil and salt and pepper. Roast at 400° for an hour and fifteen minutes until the juices run clear.

Spread the beet cubes on an oiled sheet pan, sprinkle with olive oil, salt and pepper and toss to coat. Roast beside the chicken for thirty five minutes and stir once, roast another fifteen minutes until well caramelized.

Serve the carved chicken atop a pile of the stuffing and beets.

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10) Subscribe/Unsubscribe To Newsletter

If you would like to subscribe or unsubscribe to our email newsletter click [here](#).

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11) Johnson's Backyard Garden Contact Information

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