



From the Garden

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Hello everyone! This last week has been an interesting one as a strange flu has swept over the whole garden team and others in the community. Most of us are now recovering, but our energy level has really suffered from the sickness.

On Friday of last week a group of ESL students came out to the farm and enjoyed a tour, lunch and some work on the farm in the afternoon. The students helped dig potatoes in the garden, clean out the chicken pen, process tomatoes for preserving, crack garlic for planting, and rake leaves for compost. They were an excellent help and we really enjoyed the day. Unfortunately, these 30 students put a major strain on the already taxed farmhouse water supply, and the well ran dry after their visit. After many meetings, the community has decided to drill a new, deeper well to ensure an adequate water supply at the farmhouse in the future.

After the students left, Aerron, Amanda and Kirk paid a visit to Devon Acres, Aerron's family's farm in Brantford. (Zach was too sick to come along, and Lindsay stayed with him at Whole Village.) We visited with the Kirby family, helped bring in some hay and met with a family belonging to Devon Acres CSA. Together, we all enjoyed a horse-drawn hayride and a potluck supper.

We returned to Caledon just in time for the Whole Village Work-
bee and Friends of the Garden program on Sunday. While Aerron was too ill to participate, Kirk, Lindsay and Zach made up the shortfall; picking and sorting tomatoes and splitting firewood. A small group from Foodshare and several Whole Village residents got started on the garlic planting for next year. They each finished a whole bed, but there is still more to do! We've decided to put garlic planting on our schedule of events for the upcoming Harvest Festival- you haven't truly experienced the farm until you've gotten your hands dirty in the garden! (See page 3 for the full schedule of events.)

We've been very happy to get some more rain this week. Altogether, we've received about an inch in the last three weeks- the most we've received all summer! The plants reveled in the moisture and growth has taken off, despite the cool weather.

As the season winds down and our thoughts turn to the final CSA pick-up next week, we are filled with a mixture of pride, relief, and sadness. It's hard to believe how quickly the season flies by.

Happy eating,

Your Whole Village CSA Team

Upcoming Events

Final Pick-up Day
October 25th

Harvest Festival
October 27th, 1-7PM

New This Week:

Your Share this Week:

Veggies and Greens

German Finger Potato
 Carrot
 Bunching Onion
 Daikon Radish
 Brussels' Sprouts
 Chard
 Kale
 Spinach
 Radicchio
 Eggplant
 Tomato
 Cherry Tomato/Ground Cherry
 Leek
 Winter Squash
 Fennel
 Chinese Cabbage
 Flowering Cabbage
 Wild Arugula

Notable Items for the Final Week:

Pumpkin, hot peppers, Jerusalem
 artichoke (sunchokes), lettuce,
 broccoli, cauliflower



Chinese Cabbage is an Asian Brassica variety, this one is Napa cabbage. It is high in vitamin C and fibre. Sweeter and milder in flavor than traditional green cabbage. Cook like cabbage- excellent in stir-fries or coleslaw. Try the leaves stuffed with rice, fish and herbs and baked.



Flowering Cabbage is a broad, open head of cabbage. Some varieties are grown as ornamental. This type of cabbage is also somewhat sweeter and milder than your ordinary cabbage, but with a different texture. Cook as you would cabbage.



Radicchio is also known as Belgian Endive or leaf chicory. It is fairly bitter in flavor and should be mixed with other greens, cheese, sweet sauces or toppings and/or cooked to reduce tartness. Try it in salads, pastas or risottos. Try it raw with olive oil and salt.



Resembling a giant scallion, the **leek** has a subtle, earthy flavor and milder fragrance than its cousins, garlic and onion. The thick, white root end is the edible portion, along with the lighter green section of the stalk. Use leeks anywhere you might use onions.

Notes and Tips

- We did not wash the veggies this week due to our continuing water shortage. Please wash your veggies well.
- Some of the Brussels' sprouts may have opened, to look like mini-cabbages. You can still use them the same way.
- The green onions this week are strong, and not as sweet as the ones from previous weeks- they are best cooked.
- We have given you whole kale stems this week: they should last longer in the fridge.
- The German Finger potato variety makes excellent French fries!

THE BEST OF 2007

We are putting together a collage of sorts, celebrating the 2007 CSA Season at Whole Village. We would like to know what you liked best, enjoyed most, or found the most interesting or memorable about your experience with the CSA this year.

Please send us an e-mail with your description of what was best about 2007. We will accept descriptive sentences or paragraphs, poems, pictures, drawings, or any other creative means of expressing your opinion. We want to hear from you!

HARVEST

Bliss Carman (1861-1929)

*Now when the time of fruit and grain is come,
When apples hang above the garden wall,
And from the tangle by the roadside stream
A scent of wild grapes fills the racy air,
Comes Autumn with her sun-burnt caravan,
Like a long gypsy train with trappings gay
And tattered colors of the Orient,
Moving slow-footed through the dreamy hills.
The woods of Wilton, at her coming, wear
Tints of Bokhara and of Samarcand;
The maples glow with their Pompeian red,
The hickories with burnt Etruscan gold;
And while the crickets fife along her march,
Behind her banners burns the crimson sun.*



Whole Village Harvest Festival

Schedule of Events:

1:00 Tour of the Garden OR Greenhaven. Learn about how we put the garden to bed, or how we built our eco-friendly house, Greenhaven.

For Kids: Nature Mosaics: make art from nature!

2:00 Wild Tea Walk OR Garlic Planting. Learn about wild teas, or get dirty in the garden.

For Kids: Wonderful Water! Stories and games about our most precious resource.

3:00 Garlic Planting OR Canning. Work in the garden or learn how to preserve the harvest. Take some preserves home with you!

For Kids: Outdoor Games: Learn about ecology in these fun, physical, fast paced games.

4:00 Canning OR Meet the Animals. Learn about preserving or meet the cows and chickens.

For Kids: Pumpkin Carving!

5:00 Potluck Dinner

6:00 Bonfire, Music and Circle Dance



Saturday

October 27, 1-7PM

Members Free
Non-Members \$5

Autumn Recipes!

Creamy Leek, Potato and Sour Cream Chive Soup

3 *tblsp. butter*
2-3 *leeks, thinly sliced (white and pale green parts only)*
1 *tsp. dried tarragon*
2 *cups Yukon Gold potatoes, peeled and thinly sliced*
4 *cups chicken or vegetable stock*
 $\frac{1}{2}$ - 1 *cup sour cream*
4 *tblsp. chopped fresh chives, divided*
Salt and pepper to taste

Melt butter in pot over medium low flame. Add leeks and tarragon; cover and cook slowly, 15-20 minutes. Add potatoes and stock; bring to simmer, cover, and cook until tender, 10-15 minutes. Puree mixture. Return puree to pot; stir in sour cream and 2 *tblsp. chives*. Add salt and pepper to taste. Sprinkle each serving with additional chives.

Colcannon

2 $\frac{1}{2}$ *cups potatoes, peeled and cubed*
3 *cups thinly sliced cabbage*
1 *cup leeks (white and light green parts) washed well and chopped*
 $\frac{1}{2}$ *cup milk, scalded*
4 *tblsp. unsalted butter, divided*
Salt & pepper to taste

In a saucepan cover the potatoes with salted water and simmer them covered until tender, about 15 minutes. Sauté cabbage and leeks in 2 *tblsp. butter*, adding a little water if needed, until tender; about 10-12 minutes. Drain the potatoes in a colander, force them through a ricer or the medium disk of a food mill into a bowl, and stir in the milk, the remaining butter, the cabbage and leeks, and salt and pepper to taste.

Swedish Cabbage Soup

2 *medium sized potatoes, scrubbed and diced*
7 *cups water*
1 *tblsp. butter*
3 *cups chopped onion*
2 *tsp. caraway seeds*
2 *tsp. salt*
8 *cups shredded green cabbage (approximately 1 medium head)*
Fresh black pepper to taste
Sour cream or yogurt to taste
Minced fresh dill for garnish

Place potatoes in large saucepan with the water. Bring to a boil, lower heat, and simmer partially covered, for 5 minutes. Set aside. Melt butter in a large pot. Add onion, caraway and salt and cook over low heat, stirring occasionally, about 15 minutes. Add cabbage (as much as will fit) and cover. Cook over medium heat until there is room for all the cabbage. Add remaining cabbage, the potatoes with all their cooking water, and black pepper to taste. Cover and simmer another 15 minutes. Serve hot, topped with sour cream or yogurt and dill.

Apple and Spinach Soup

3 *cups spinach, washed, chopped not too fine*
5 *apples, peeled, cored, sliced*
4 *tblsp. butter*
4 *cups water*
Salt and pepper to taste

Put all ingredients in a covered stew pan. Let them cook slowly on medium heat for about 20 minutes. Puree if desired.

Whole Village CSA

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WE'RE ON THE WEB!
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Picture of the Week



A quintessential fall scene on the farm.