

MARINATED BEET SALAD

INGREDIENTS:

1 pound beets
Salt
1 tsp vinegar (red wine, sherry, or white wine)
1–2 tsp extra-virgin olive oil

DIRECTIONS:

Trim greens to 1/2 in. Wash, put in baking dish with a little water (1/8 in.). Salt lightly. Cover tightly & bake in 350F until easily pierced with a sharp knife, 30 min.–1 hr. Uncover & cool. Cut off tops & roots & slip off skins. Cut the peeled beets into small wedges or 1/4 in. dice. Sprinkle w/1 tsp vinegar (red wine, sherry, or white wine), salt. Let stand a few minutes, taste & adjust. Toss with 1–2 tsp extra-virgin olive oil. Variations: substitute fresh oj for some of the vinegar, toss with grated orange zest. Toss with 1 tbl chopped fresh herbs such as mint, tarragon, or cilantro. Add 1 tsp grated fresh ginger w/ olive oil. Bake w/ 1 tsp fennel or cumin seeds. Toss with walnut oil instead of olive. *Source: Alice Waters, The Art of Simple Food*

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UPCOMING EVENTS

(complete details at www.accokeek.org)

“GOING GREEN” HOME SCHOOL DAY

Wednesday, November 4, 2009

10:00 a.m. to 1:00 p.m., Visitor Center, Rain or Shine

Registration Required by October 28th

\$2.00 Per Person, Ages 3 and Over

Children 2 and Under are Free

Join us for this environmental-themed tour! We'll walk the Rain and Pollinator Gardens, and Ecosystem Farm, learn about worm composting and traditional composting, and see first-hand green building initiatives at work! The day will conclude with a family-friendly, mini river clean up of the Potomac River. Bring a picnic lunch and enjoy the view of Mount Vernon! Drinks and snacks will be for sale at the Visitor Center. Contact MaryAlice Bonomo at 301.283.2113, ext. 28 or by email at education@accokeek.org

LEADERSHIP SALUTE

Friday, November 6, 2009

Cocktails 6:30 p.m. Dinner 7:00 p.m.

National Harbor, Rain or Shine

Please plan to join us for the 2009 Leadership Salute dinner, as we present the National Conservation Leadership Award to the Honorable Thomas V. Mike Miller, Jr., President of the Senate of Maryland. Catering by Susan Gage Caterers.

For more information please call 301.283.2113, or email us at accound@accokeek.org.

FIELD NOTES

Volume 14, Number 25 October 26, 2009

Brassicas, Cole Crops, Mustards, etc.

I know that we use many names to describe the family of vegetables that includes cabbage, broccoli, kale, radishes and turnips, pac choi, and the rest. The veggie list, in fact, is very long. Literally hundreds of crops, and thousands of varieties, are a part of it. At one time, the family was

called botanically Cruciferae, and colloquially as the Crucifers.

This name comes from the shape of the flower – four petals that form a cross. Now they are generally called Brassicaceae, from the genus of that name, though both Latin names are accepted. In the vernacular, we refer to the family as Cole Crops, probably from the Latin *caulis*, which means stem or cabbage. And sometimes they're all called cabbages or mustards.

Whatever they're called, they're good and they like growing this time of year. This month we're harvesting broccoli, cabbage, kale, radishes and turnips, pac choi, kohlrabi, cauliflower, arugula, mizuna, and mustards.

Squash

This week you will receive kubocho winter squash. Kubocho is a very fine squash for baking as well as for pies. In fact, I think it makes a better pumpkin pie than pumpkins. Alas, our squash are small like our harvest, so bake or make very small pies. Which

THIS WEEK'S HARVEST

Beets

Bok Choi

Broccoli/Cabbage

Daikon Radish

Kale – Winterbor and Red

Russian

Peppers

Sweet Potatoes

Turnips – Sweet Salad Turnips

Winter Squash (Kubocho)

would be just fine, really, and reminds me of individual sweet potato pies a friend makes.

Turnips

Turnips are not radishes! Related, yes, but turnips are sweeter than their cousins. We're harvesting young salad turnips (this week) and more mature, purple-top turnips (next week). Young turnips you can eat raw, of course, and you can also cook them whole, unpeeled, and with their greens attached. Larger turnips can be peeled (taste them to decide if the skin is tender enough). You might steam, roast or bake turnips, or add them to a root crop medley or soup.

Turnips can be cooked without water, and love to be cooked over medium heat with butter and a little salt. Alice Waters (*The Art of Simple Food*) suggests mashing them at this point, or to cook them over high heat to caramelize them. Just don't over do it, or they will become bitter.

Garlic

The last major order of business here on the farm is the planting of garlic and shallots. We chose a productive spot for this year's planting and have grown two crops of buckwheat in anticipation. Garlic is usually planted between the end of October and early December. We're ready to go but now must wait for the fields to dry out – we've received five inches of rain in the last ten days.

Vote now or forever hold your peas.

We've added a few names to the list of possible names for our new farm cat: Maya, Mimi, Compost, Mulch, Brussels Sprouts, and Flame (hmm).

Cast your ballots this week. This vote is more important than others you may read about in the news. Blue ink for thumb prints available upon request.

Be Great,
Mike

P.S. I am learning to love Old Bay. If you haven't already eaten your green tomatoes, here's a recipe from Share Member Carolyn LeCrone.

Fried Green Tomatoes

Cut tomatoes into 1/4 inch slices. Discard the ends. Dip them in an egg thinned with 1 tablespoon milk. Dredge in either flour, flour and cornmeal mixture, or masa each of which has been seasoned with Old Bay or Cajun seasoning. Sauté in oil with a little butter mixed in - cook until lightly browned on each side. Serve with a little dot of mayo seasoned with Old Bay or Cajun seasoning.

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SWEET POTATO PIE I

INGREDIENTS:

1 pound sweet potato	1/2 cup butter, softened
1 cup white sugar	1/2 cup milk
2 eggs	1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon	1 teaspoon vanilla extract
1 (9 inch) unbaked pie crust	

DIRECTIONS:

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin. Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust. Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a soufflé, and then will sink down as it cools. *Source: <http://allrecipes.com/recipe/sweet-potato-pie-i/Detail.aspx>*

BALSAMIC-INFUSED CABBAGE

INGREDIENTS:

1/2 cup diced raw (locally produced) bacon
1/4 cup balsamic vinegar
4 cups thinly sliced cabbage
1 cup cold water
1/2 teaspoon coarse salt
1/2 teaspoon freshly ground pepper

DIRECTIONS:

4 servings. Place a large nonstick skillet over medium heat for 1 min. Add the bacon and sauté for 4-5 min. or until crisp, stirring occasionally. Add the balsamic vinegar and cook until most of the liquid has evaporated. Add the cabbage and water and bring to a boil over medium-high heat. Cover, and cook over medium-low heat for 10 min. or until the cabbage is tender. Using a slotted spoon, transfer the cabbage to a serving dish. Season with salt and pepper and lightly blend. Serve immediately. *Source: The Ultimate Low-Carb Diet Cookbook, by Donna Rodnitzky, via Share Member Tom Ellwanger.*