



# SWALLOWTAIL FARM

News from your CSA

Week of November 11th, 2009

## THIS WEEKS BASKET



Seminole Pumpkin  
Sweet Potatoes  
Arugula  
Winter Green Mix -  
*Kale, Collards,  
Turnip Greens*  
Sweet Basil & Herb Mix  
Sweet Peppers  
Radishes



The recent rains will sprout some goodness in the coming weeks!

## RECIPES:

### Spicy Coconut Pumpkin

3 tbs. Butter  
1 tbs. Vegetable Oil  
2 c. Onion, thinly sliced  
1 tbs. Curry Powder  
1 tsp. Jalapeno pepper  
1/2 tsp. Garam masala  
1/4 tsp. Cardamom  
1 1/2 lb. Pumpkin, peeled, seeded, 1in pieces  
1 1/2 c. Coconut Milk  
1 tbs. Raisins  
1 tsp. Maple Syrup

1. Heat the butter & oil in heavy pan over medium heat. Add the onion & saute until lightly browned. Add the ginger and cook about 3 more minutes.
2. Stir in the curry powder, pepper, masala, cardamom constantly for 2 minutes.
3. Add the pumpkin chunks, milk, raisins, & syrup. Cover and cook over low heat til pumpkin is tender to fork, about 30 minutes. Uncover and let the milk boil away until the mixture thickens to your liking. Season & Serve over rice or by itself.

### Baked Sweet Potato w/ Winter Greens & Apples

4-5 Sweet Potatoes  
1/2 c. Parmesan Cheese, grated  
1 1/2 tbs. Olive oil  
4 c. Winter greens, chopped  
1 c. Vegetable or chicken stock  
1/2 Red bell pepper, diced  
1 tsp. Minced garlic  
1 tbs. Butter  
1 c. Apple, ripe, peeled, 1/2inch chunks  
Salt & Pepper

1. Preheat oven to 375. Grease 13x9 pan with butter.
2. Cut potatoes in 1in cubes and place in pan. Bake until tender, 30-45 min. Sprinkle with 1/4 cup cheese, salt & pepper. Bake 5 more minutes.
3. Heat oil in large skillet over med-high heat. Add leeks, saute until soft. Add greens, stock, bell pepper, garlic, salt & pepper. Bring to a boil, cover, & cook 5 min. Remove cover, increase heat, and cook until greens are tender and liquid evaporates, about 8-10min. Set aside.
4. Melt butter in large skillet over med-high heat. Add the apples & saute until lightly browned and tender, but not mushy. About 5-10min. Add apples to green mixture and stir well. Spoon entire mixture over potatoes in pan. Top with remaining cheese and bake 10 minutes.

# THE WHOLE WORLD AGLOW

Well, it's past 10 at night, and I'm still hard at it. Definitely working off of adrenaline and excitement for the morrow at this point...

This evening, after I had mostly finished preparing for our great big day (first harvest!), I looked westward across the newly drenched fields, and light pierced the solid shroud of clouds that had settled over the day. It set the whole world aglow with crisp amber light, sparked a rainbow in the eastern sky, and it occurred to me again how lucky I am to call this my workplace...

Since we began this effort, there has been very little that could not be considered a blessing in regard to any of it, and the only real deduction I can make from this is that it must be a Good Thing.



I am a bit sad for all of you that we won't be including lettuces in this week's box, but I promise it is for the best. They will be huge and perfect by this time next week, so I don't want to give a tease of a taste when we're so close to the full delight. We planted over a thousand lettuces yesterday, and with the rain today, they will be just stoked to grow. That's a lot of lettuce. We'll be up to our ears in buttercrunch, lolla rossa, red oakleaf, green salad bowl, and romaine. Can't wait. I have to profess here and let you know that I haven't. I've eaten salad the past two nights from the garden, heavy on arugula, and I don't regret it a lick. So, like I said, it just leaves me a bit sad for all of you til next week.



I met the goats tonight. I rode over the (Santa Fe) river and through the woods, literally, in a light mist at 7 pm from Swallowtail to Glades Ridge, where Joe met me at the gate. It's a gorgeous spot even at night, so I look forward to a daytime visit. The goats were all in the barn for the evening; Joe reminded me that they are actually desert creatures, and so have no real appreciation for the rain (perhaps abstractly, for their grass). Joe showed me his milking room, and his kitchen, where he makes his cheese. It's all very simple, really. But he was there to milk, at 7:30, and he'd only just gotten home from work. So there you have sustainable farming... The payoff really lies somewhere between the happiness of goats and the enjoyment of cheese, I guess.

Special thanks to Gretchen for helping out with the A La Carte menu this week. Life is easier for all of us on account of her. And to Zach, (your other farmer) here we are! Magic is born of love, eh? And to Chris and Annie and Tim and Alissa, your presence is alchemical, and thoroughly appreciated.

To all, I'll see you at market. Enjoy this good food. It's grown just for you.

**Noah Shitama**  
*Swallowtail Farmer*

PS We wash everything, but still suggest you wash everything so you don't get mad at us for grit. Just a reminder it came from dirt.