



What to find in your share:

**Rutabaga**  
**Hong Vit and Mustard Greens**  
**N.Z. Spinach**  
**Garlic**  
**Kale**  
**Broccoli**  
**Beans**  
**Tomatoes**  
**Eggplant**  
**Peppers**  
**Swiss Chard**  
**Parsley**  
**Basil**  
**Cilantro**  
**Dill**  
**Beets**  
**Carrots**  
**Summer Squash and/or Cukes**

**Farm Harvest Festival:**  
**Saturday,**  
**September 29**  
**2 - 6**

*Great food, drink, music and magic at the farm!*

## Garlic and Rutabaga Hit the Scene

This week we're happy to offer you a few new items. You'll find tasty garlic, Asian greens, and rutabaga, a turnip-like root veggie, in your shares. We're watching the weather updates and crossing our fingers for some much needed rain. Over the next few weeks, you'll notice a transition to more fall crops such as lettuce, root crops, broccoli, onions, garlic, winter squash, etc. Also, remember to mark your calendars for the upcoming Fall Harvest Festival.

**Garlic-** A member of the onion family, garlic originated somewhere in central or southeastern Asia over 7,000 years ago. Garlic has been used for much of history both as a culinary and medicinal plant. In Asian dishes, garlic leaves are stir-fried and used. Garlic is said to improve cholesterol or at least reduce damage to arteries. It has also been used to treat common colds, infections, and as an expectorant for coughs. During World War I and II, garlic was used as an antibacterial antiseptic to prevent gangrene.

**Rutabaga-** Known in much of Europe as a Swede or Yellow Turnip, rutabaga is a cross between a white turnip and cabbage originating from Sweden or Siberia. These root crops are popular in Scotland, Scandinavia, parts of Canada, and the upper Midwest in the U.S. In World War I, rutabaga was the key component of the German diet. Still to this day, rutabaga is viewed as a famine food in Germany. Rutabaga, along with sweet potato, cassava, and corn, can lead to hypothyroidism if continually overeaten.

## News and Highlights

**16<sup>th</sup> Annual Soule Homestead Harvest Fair & Joe Davie's Folk Festival-** Saturday Sept. 15, 10-5 and Sunday Sept. 16, 11-5. Enjoy great music, vendors, food, and a beautiful farm nearby in Middleboro. Call 508-947-6744 or visit [www.soulehomedead.org](http://www.soulehomedead.org) for more info.

**Recycling Program-** Please remember that we are collecting old cell phones and inkjet printer cartridges for recycling. You can bring the items by at pickups.

**CSA Message Board-** Remember to post your favorite fall recipes! We've had some issues with spam and adult advertising being posted on the board, but we're doing our best to block this and keep it clean for everyone. Enjoy.

# Recipe Corner

**Using Rutabaga:** Rutabaga is a very versatile vegetable. Unwashed rutabagas can be kept in the fridge in a plastic bag for a month or longer. In cold climates, rutabagas are a very welcome crop for mid-winter. When ready to use, wash the rutabagas and peel if desired (optional). Rutabagas are commonly baked and mashed with potatoes or carrots, used in stews or gratins, or roasted in olive oil.

## Mashed Rutabaga Potato Supreme from Angelic Organics Kitchen

Few pinches salt  
1-pound rutabaga, peeled and cut into ½-inch chunks  
½ pound potatoes, any kind, peeled, cut into 1/2 -inch chunks  
1 medium carrot, chopped  
¼ cup milk (or cooking water)  
3 tbs unsalted butter, melted  
¾ tsp salt  
¼ tsp grated nutmeg  
¼ tsp freshly ground black pepper

1. Bring a large pot of water to a boil. Add a few pinches of salt and then drop in the rutabaga; cook for 10 minutes. Add the potato and carrot; cook until everything is tender, 15-20 more minutes. Drain.
2. Heat the milk in a small saucepan, but do not boil.
3. Mash the rutabaga and potato with the butter until smooth, adding a little of the warm milk at a time until the mixture reaches the consistency you like. Stir in the salt, nutmeg, and pepper to taste. Serve hot.

## Meet the New Fall Interns



My name is Anna Harris and I am a 20-year old philosophy and visual art major at Boston University. I enjoy poetry, social theory, and a nice fluffy towel after a hard day's work. I came to Kettle Pond Farm to get dirty and befriend some bean plants. I think my plans are working out nicely.



Hi, my name is Kelly O'Neill. I'm 23 years old and originally from Quincy, MA. I studied biology at Providence College and graduated in 2006. Last year I spent a year on the Cape as a member of AmeriCorps Cape Cod, an environmentally focused community service program. There I became increasingly interested in living more sustainably. So far, the transition to Kettle Pond Farm has been relatively painless and I have unearthed, among other things, a newfound love of beets as well as the true significance of calling someone a turkey.