

## ON STEWARDSHIP *Kim Tait*

### The Subtle Beauty of Winter

The farm is pretty quiet this time of year. Except for a rabbit and a couple birds, nothing was stirring as I walked the fields the other day. What struck me, however, wasn't the absence of life, rather the incredible, subtle beauty of winter. Many years ago, I learned a whole new way of "seeing" things in winter. I discovered all the hues of brown that I never knew existed. When the green vegetation is abundant, one scarcely notices the brown lying beneath. But take all that green away, and welcome to the world of browns. Here on the farm, we must have at least 100 different shades, ranging from a deep, dark chocolate on the bark of the maple trees to a light gold in the remaining oat straw stubble. On this particular day, it was late in the afternoon as I looked west towards State College. The sun was just setting behind Tussey Ridge and quiet shafts of winter color gently illuminated the sky. The understated beauty of the light caught my eye, reminding me to celebrate this quiet season of understated browns, even when it is freezing cold and the pipes are frozen! ❧

## IN DISTRIBUTION

### In Celebration of Raw Carrots

Use your imagination — you can eat raw carrots in many different ways. Carry a small bag of raw carrots in a sack lunch or in your pocket, bring them to your next meeting or coffee break, or stock them in the car for a treat on the go. They can be eaten whole, in sticks, or cut into rounds with dip or peanut butter. Chop or shred in salads. Everyone enjoys carrots, so bring enough to share!

## COMMUNITY HARVEST COOKS

Create Hearty Winter Salads and Soups with Carrots!

### Sweet and Tart Carrot Salad

7 medium carrots, finely grated

1/2 c. raisins

1/2 c. orange juice

1 tbsp. lemon juice

1 tsp. minced lemon zest

1 tsp. minced orange zest

Salt (optional)

1/4 c. walnuts, toasted and coarsely chopped

❧ Combine all ingredients except walnuts in a medium-sized bowl, and toss well. Season to taste. May chill for 30 minutes. Sprinkle with walnuts just prior to serving.

Source: *Farm House Cookbook*

### Heavenly Carrot Soup

4 tbsp. butter

1 small onion, finely chopped

1 lb. carrots, finely chopped

1/2 c. white wine

1 1/2 tsp. ground coriander

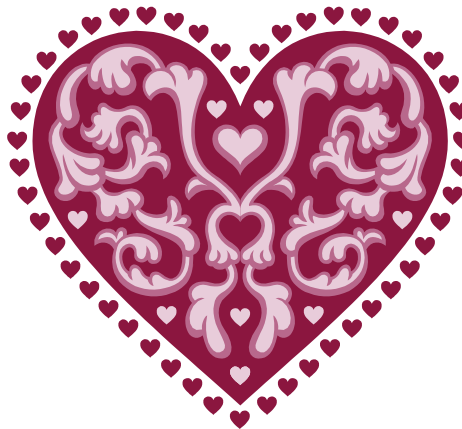
4 c. chicken broth

1/2 tsp. salt

1/4 tsp. black pepper

❧ Melt butter in a large soup pot. Sauté onion for 5 minutes, until slightly wilted. Add carrots, wine, and coriander. Cover the pot and cook over low heat for 30 minutes, stirring occasionally, until carrots are mashably soft. Remove from heat and cool enough to handle. Puree carrot mixture with 1 cup of broth. Return puree to the pot and stir in salt, pepper, and remaining 3 cups of broth. Reheat and serve immediately.

Source: *Gardeners' Community Cookbook*



The heart must have its time of snow . . . to rest in silence, and then to grow.

*Author Unknown*

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