



Cook's Column
By Steve Spanelli



by Erin McKinney

Bitter cold January has set in! There is snow everyday in the 10 day forecast and it never even gets close to 30 degrees. In the high tunnel, plants manage to stay alive, but in a sort of comatose state. You won't be seeing any greens in your share this week because this is the point when they don't grow at all. The days are getting noticeably longer and the more daylight, the more the plants begin to grow. So on clear, sunny days the plants will begin to thaw out and thrive again.

The cold has also kept us away from the wash station. Usually there is at least one warm day where we can wash something if needed before distribution. Warm meaning 32 degrees and above. But this time, it would be doing more harm than good to wash the dirt off of your potatoes. The ambient temperature wouldn't allow for them to dry, and you would just have messy, icy taters. (And popsicles for farmers!)

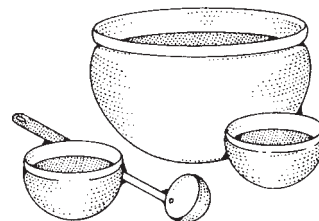
Although summer itself seems a million miles away, a taste of it will come with your share this week. For the past couple of years we have successfully managed to find time in the middle of summer to put away tomatoes of all varieties. They were cleaned, cored and frozen. Steve developed a recipe that includes carrots, onions, garlic, spices and more that results in this delicious tomato sauce. Use it just as you would any other tomato sauce, but it should be used in a week. It freezes fine if you do not want to use it right away. So be sure to enjoy a big bowl of pasta, or a hearty root stew and stay warm while we count the days til spring! Just 75 days or so away...

Community Harvest members receive a 10% discount on Harvest Shop purchases. (excluding consignment & sale items)

Community Harvest/Office ~ (814)466-2386
Katy/Office ~ taitfood@earthlink.net
Erin ~ communityharvest@earthlink.net

Roasted Garlic Broth with Potatoes and Gruyere Croutons

2-3 whole garlic bulbs
1 lb. potatoes, diced
1 TBS olive oil
½ onion, sliced thin
8 C vegetable broth
salt and pepper
French baguette sliced 1" thick
½-1 C gruyere, grated



- ~ Roast the garlic (in it's skin) in a 375°F oven until it is soft, about 30 minutes. Cool and squeeze out the cloves discarding the skin. Par cook the potatoes in salted water until just fork tender, drain and set aside.
- ~ Heat the oil in a soup pot and sauté the onions until they begin to caramelize. Add the broth and bring to a boil. Add the roasted garlic, potatoes, salt and pepper. Simmer for 20 minutes.
- ~ Top the baguette slices with the Gruyere and toast until melted. Float on top of the soup at service.

Winter Root Chowder



2 TBS olive oil
2 TBS butter
1 onion, diced
3 cloves garlic, minced
3 TBS flour
½ C white wine
1 C carrots, diced
1 C parsnips, diced

1 C turnips, diced
1 C black radishes, diced
1 C potatoes, diced
5 C vegetable broth
salt and pepper
rosemary, minced
2 C heavy cream



- ~ Heat the oil and butter in a soup pot over medium-high and add the onions and garlic. Saute for 5 minutes, lower the heat and then stir in the flour. Cook for another few minutes to lightly toast the roux.
- ~ Stir in the wine, increase heat and add the carrots, parsnips, and broth. Bring to a boil and then add the remaining ingredients Except for the cream. Cover and simmer until the roots are tender, around 20 minutes.
- ~ Stir the cream in the last few minutes of cooking.
- ~ Try it garnished with some crumbled bacon or ham.

IN THE HARVEST SHOP

Winter Sale!
50% off
Remaining
Holiday Inventory



Winter Hours (start Dec 26)
Mon-Sat ~ 10am - 5pm
Sunday ~ 12noon - 4pm

Harvest Shop (814)466-3411
taitfarmfoods.com

COMMUNITY CALENDAR

Distribution Dates

January 5 & 8
January 19 & 22
February 2 & 5

COMPOST

Compost will be accepted on distribution days only. If you fill your bucket before then, just use another bucket from your home. Thanks!

Needed:

Clean, plastic grocery bags