



by Erin McKinney

With the sun setting earlier each evening and shortening our workdays, we have been spending the extra few hours in the evening in the kitchen. Last year, it was well into fall and much past a hard frost when we realized that we hadn't put away enough peppers, tomatoes & herbs from the summer. So this year we are making it a point to save some of these beautiful peppers through pickling and freezing. Not to mention that both of us, with our food service backgrounds, think it is a fun way to spend an evening. At home, a lot of the tomatoes from our share go into salsa. We simply saute them with a hot pepper or two, some bell peppers, oil & salt and it makes some really yummy salsas of varying heats and applications. I have been freezing some, adding some to veggie burritos (a portion of those also get frozen), as well as eating it while we are cooking (quality control, of course!).

Out in the fields, things are going very well. The late sunrises and early sunsets keep us on our toes with around 12 hours of daylight. The fall crops look great. We are finally getting the upper hand with the weeds (better late than never), just in time for the cole crops to flourish with these cool nights. Butternut squash abound in their green sea-like field of foliage. Almost all the pumpkins (pie and jack-o-lantern alike) are ripening to that classic fall orange. Leaves are collecting on the ground and I have been counting the days until Thanksgiving since I often think of that as being the real end to the season. Of course this is all dependant on the weather and I have my fingers crossed for a mellow fall to allow us to keep happily working in the fields. I had to laugh a little when I read of someone trying to explain Labor Day to a local Amish farmer. My thoughts are that it seems to make very little sense at such a busy time of year to take holiday. Or does it make more sense than I think to take a break at one of the busiest points of the season? Either way, we labored on Labor Day. Not because we had to, but because it is a labor of love for us and we wanted to. So from our fields to your table, and everything in between, enjoy!

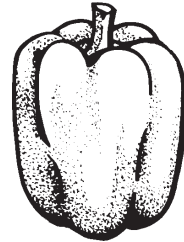
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## Cook's Column By Steve Spanelli

### Lentil, Red Pepper, and Basil Basmati

2 Tbl olive oil  
1 leek, white stalk sliced  
1-2 red peppers, diced  
2 cloves garlic, minced  
1 serrano chili, sliced  
2 tsp cumin seed, toasted and ground  
¼ cup basil, chopped  
salt and pepper  
1 cup cooked lentils  
2 cups cooked basmati rice



~ Heat the oil in a sauce pan over medium-high and sauté the leek, pepper, garlic, Serrano chili, and cumin for about 5 minutes. Stir in the rice, lentils, basil, salt and pepper.

### Heirloom Tomato Sauce

3-4 heirloom tomatoes, cored and diced  
¼ cup olive oil  
1 leek, sliced  
2 garlic cloves, minced  
1-2 chili peppers  
¼ cup basil, chopped  
¼ cup parsley, chopped  
salt and black pepper



~ Heat a sauce pan over medium-high and sauté the leek in the olive oil until they just become translucent. Add the garlic and chili peppers and sauté for a couple minutes.  
~ Add the tomatoes, stir, and continue cooking until the liquids release and reduce.  
~ Season with herbs, salt and fresh pepper.

### IN THE GREENHOUSE

## Mums, Mums, and more Mums!



**Summer Hours**  
Mon-Fri ~ 9am to 6pm  
Sat ~ 9am to 5pm  
Sunday ~ 10am to 5pm  
**Harvest Shop (814) 466-3411**  
[taitfarmfoods.com](http://taitfarmfoods.com)

### COMMUNITY CALENDAR

## 2010 Registration starts now!

Registration for 2010 Community Harvest begins this week for present members. If you would like to reserve your space for next year please fill out the form provided at distribution or in the email that has been sent to everyone. No money is due now, this just reserves your space for 2010.

**State College Farmers Market**  
**Fridays ~ 11:30am to 5:30pm**  
**on Locust Lane**

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