



by Erin McKinney

It is official, fall is here. The short days, long shadows and cool breezes are sure signs of its arrival. A couple of very cold nights (38 degrees on Sunday morning!) have changed a lot of the plant life around the farm. The field of winter squash, that was so lush and beautiful with foliage, has begun to die back showing off its beautiful fruits. The summer squash have also been dying back and not showing many fruits. The tomatoes are done, with not much remaining but a lot of trellising that needs to come down. The peppers however are just living it up, getting sweeter with time.

The cabbage and broccoli look wonderful. They are still far from heading up, but on schedule and doing well. The root crops are really liking all these sunny days, but who doesn't? We are still struggling with flea beetles on some of our fall greens. Although this is nothing new to us or to most people that try to grow these delicious greens (such as arugula) outside. They turn the foliage into a lace-like skeleton in just a matter of days. We use several different applications of deterrents on the plants, but we don't always win the battle. However, this isn't the case at all with the new crop of kales and collards. They are tender, delicious and couldn't be prettier. There are a few different varieties of kale that we are growing. The Red Russian is (of course) the one with the purplish-red stem and flat leaves. This is a favorite of mine, always tender with a mild flavor. Siberian kale is a curlier kale, adding a little more bulk to a dish. Especially when very lightly cooked. I always make sure to use the stems of my kale too, especially while it is still this young and tender.

So as the seasons change, so do the vegetables. Enjoy the last of the warm weather crops including tomatoes, peppers, herbs and fresh flowers. We are looking forward to cooler weather, changing leaves, winter squashes, hardy greens, rutabegas and other root crops.

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Cook's Column By Steve Spanelli

Potato Blinis

4 ounces potatoes, boiled and mashed
1 Tbl dry yeast
1 ½ cups all-purpose flour
oil for pan
sour cream
smoked salmon



- ~ Mix together the potatoes, yeast, flour, and 1 ¼ cups very warm water. Let it rise for 30 minutes.
- ~ Using a non-stick pan, heat a little oil over medium. Drop small spoonfuls onto the pan and cook for about 2 minutes per side until golden.
- ~ Serve with sour cream and a slice of smoked salmon.

Kale, Potato, and Chorizo Soup

½ pound kale, stemmed and chopped
½ pound chorizo sausage, cooked and sliced
1 ½ pounds potatoes
8 cups vegetable stock
salt and pepper



- ~ Boil potatoes until fork tender, drain and mash adding some of the stock to make a thick paste.
- ~ Bring the stock to a boil in a soup pot and add the kale and sausage. Cook for about 5 minutes then add the potato mash. Stir well. Lower heat and simmer for another 15-20 minutes. Season as needed.

IN THE GREENHOUSE

**New Mums
Just Arrived!**



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

COMMUNITY CALENDAR 2010 Registration

Registration for 2010 Community Harvest has begun 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. Questions? Call Katy.

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)