



by Erin McKinney

Fall seems to be in full swing here at the farm! The fall crops are filling up the storage bins and the summer crops are on their way out, or completely gone. The peppers are still going strong! How lucky are we? An abundance of organic red bell peppers is like a dream come true for a farmer! The hot peppers from our high tunnel have been harvested and all their plants pulled up so that we can replace them with winter greens, such as spinach. We always dehydrate some hot peppers to have over the winter for seasoning, but I am still sad to see them go. I also hear that just tossing them in a zip-lock bag whole and freezing works well too.

Steve has been hard at work getting all the winter squash out of the field and accounted for. A whopping 7900 pounds of squashes were harvested! Now that is a lot of lifting! This must be record breaker for us, as the storage bin is almost full to the brim. So you can look forward to these hearty delights showing up in distribution soon.

The rain and cool evenings last week put an end to the basil, but was the perfect combination for our fall crops. The root crops plumped up very quickly. Some fall greens, such as broccoli raab, boc choy and tatsoi, have grown by leaps and bounds. The strawberries that were planted last month are standing tall, looking promising for the spring harvest.

But for now, we have pumpkins for October! Don't forget to roast the pumpkin seeds, they make a delicious snack.

This week begins our Community Composting project. All members will be receiving a 5 gallon bucket that you can put your compost in and bring it to the farm on your distribution day. These are intended for vegetable scraps only. **Please no meat, dairy, plate scrapings, oils or compostable plates.** There is a list on the side of the bucket for reference and you can always call us and ask if you have any questions.

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Cook's Column

By Amos Goodall - CH member

Causa - Peruvian Potato Salad

- 2 yellow potatoes
- 2 blue potatoes
- 2 white potatoes
- Pinch of saffron
(or pinch of Sazon Goya)
- 4 ½ Tbsp butter or margarine
- sea salt

Olive Mixture

- 1/3 cup of finely chopped kalamata olives
- 1/3 cup finely chopped green olives
- 3 cloves of minced garlic
- 1-1/2 Tbsp. minced capers
- 2 Tbsp Finely chopped parsley
- 1 roasted red bell pepper, peeled & chopped
- 1 Tbsp olive oil
- juice of 1 lemon

Peel and cut potatoes into small pieces. Boil each of the 3 types of potatoes in separate pots. Add saffron or Sazon Goya to the yellow potatoes. Cook all potatoes until tender (about 20 mins.) Drain the potatoes, and mash each type separately adding 1-1/2 Tbsp butter or margarine & sea salt to each. In a mixing bowl, combine all the ingredients for the olive mixture. Line a 9X4 loaf pan with plastic wrap, extending the wrap over the edges of the pan. Layer one variety of mashed potatoes in the bottom of the pan and spread evenly. Spread ½ of the olive mixture on top of first potato layer and add a layer of another variety of potato, another layer of olive mixture and finish with a potato layer. Fold the plastic wrap over to cover the top and chill in refrigerator overnight. Lift the plastic wrap carefully onto a serving platter, remove plasticwrap and slice.

Serve with Huancaína Sauce (below).

Huancaína Sauce

- 3 Tbsp. Olive oil
- 1 white onion, chopped
- 3 cloves garlic, minced
- 2 hard-boiled eggs, sliced
- 1 Tbsp ground turmeric
- 1 can evaporated milk (or soy milk)
- 3 ounces goat cheese or feta cheese
- 3 ounces cream cheese
- ½ cup ground almonds

Heat oil in a pan, add onions, garlic, & eggs. Saute over medium heat until the onions are transparent, approximately 5 mins. Add the turmeric and continue to simmer for an additional 1 to 2 mins. Stir in the milk and simmer for another 3 mins. Add mixture to food processor and process until smooth. Add cheeses and almonds. Chill in the refrigerator.

IN THE GREENHOUSE

There is still plenty of time to plant bulbs and enjoy mums!

Fall 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

If you have not yet reserved your space for 2010 Community Harvest please do it soon. We will be opening registration to our waiting list within the next couple of weeks. Fill out a form at distribution or call Katy at the office, 466-2386

**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)