



by Erin McKinney

What a hearty helping of fall greens! Between flea beetles, deer pressure, and even snow, I have to admit I am relieved to get them out of the field and into your kitchen.

The broccoli raab, or rapini, is just delicious this time of year. It seems to have endless possibilities in the kitchen and is full of nutrition. Raab is an Italian green and is wonderful in pasta dishes of all kinds. I couldn't wait to get some home and sauté it with thai peanut sauce and rice. It also makes for a tasty layer in a grilled cheese sandwich.

In America, radicchio is most commonly found as an ingredient in salad mixes. However, this red and white head can be grilled (yep, grilled), sautéed, steamed or roasted. Radicchio even makes a great pizza topping. It is bitter, but in a good way, and the bitterness mellows when it is cooked. Radicchio is also an Italian green. The different varieties are commonly named after the region of Italy that they originated from. Deer love radicchio, and can plow through beds of it in no time, so we were pleased to get a good harvest.

Bok Choy is the close relative of Tatsoi and usually the more familiar of the two. It is commonly used in stir-fries, but also does well on its own as a side dish. It can be eaten raw using the white stems like you would celery sticks. It pairs well with ginger, garlic or soy sauce.

Plentiful greens won't last for long- so enjoy them while they are here. There is snow in the weather forecast again for this week, and our farm forecast has lots of root vegetables coming your way.

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

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**Cook's Column**  
By Steve Spanelli

## Fettuccini with Radicchio and Leeks

½ pound fettuccini, cooked al dente  
4 Tbl Tait Farm Olive & Basil Oil  
1 leek, sliced and rinsed  
2 cloves garlic, minced  
1/3 cup walnuts, chopped  
1 cup radicchio, sliced thin  
¼ cup parsley, chopped  
½ cup Parmesan, grated  
1 lemon, juiced



Sauté the leek and garlic with the olive oil in a large sauté pan over medium-high heat until lightly browned. Add the remaining ingredients and toss until they just begin to wilt.

## Tempeh and Spring Raab Stir-Fry

2 Tbl olive oil  
½ tsp sesame oil  
4 oz Tempeh, medium dice  
1 leek, sliced and rinsed  
3 cloves garlic, minced  
1 pound spring raab, chopped  
peanut sauce



~ Heat a large sauté pan or wok over medium-high and add the oils and tempeh. Cook for a couple minutes then add the leek and garlic. When they start to brown add the raab and toss until it lightly wilts.  
~ Add your favorite peanut sauce stir to coat and serve over rice.

## Tait Farm Open House

November 13, 14 & 15  
at the Harvest Shop  
Friday Evening ~ 4pm to 8pm  
Sat. & Sun. ~ 10am to 5pm

New Products & Recipes  
Exciting Gift Ideas  
Holiday Home Accents

### Fall Hours

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

## COMMUNITY CALENDAR

### REMINDERS FOR NOVEMBER:

- ~ Tuesday November 24, is the only distribution during Thanksgiving week. **Everyone should come on Tuesday Nov. 24.** It will be held from 2-6pm in the barn.
  - ~ Tuesday November 24 is also the **last distribution** of the year for **Half Year** members.
  - ~ Turkey pickup (for those who ordered) will be Tuesday, Nov.24.
- Questions? Call Katy, 466-2386.