



Field Notes

by Al Max

It's early Saturday morning Oct. 13th and the temperature reads 30 degrees Fahrenheit. When I go to write it down on the calendar I see a note that there was a hard frost exactly a year ago. Déjà vu and it's good to know that I was still alive then. These cool, still mornings bring a familiar sense of peace and mental comfort as the fall season continues as it has for thousands of years.

I heard on the public radio that all political parties in Europe need to have a position on global warming to stand a chance for election. As usual they are years ahead of the good old U.S.A. As usual there are numerous ads for shiny, 2008 model automobiles on television. Though most of the cars only have minor cosmetic changes they're excitingly new. Unfortunately they still all burn gasoline, undoubtedly preferable to burning all of our domestic corn production.

Though we didn't grow corn this year because of space considerations and the difficulty of keeping out the insect larvae, we may try again in the future. For some reason it's never done that well in our soil. Root crops, however, seem to like it here very much and though handicapped by a lack of moisture are doing well. While the summer crops sprawled languidly as they produced fruit and seed, the carrots, beets and rutabagas put their energy into storing nutrients for the next growing season and can regenerate if left in the ground until next year.

Thanks to all the folks who have signed up with us for another year. It's been a pleasure providing you with some of your food. I often think that though Kim is my employer I actually work for our Community Harvest members who provide me with a job, fresh air and exercise . . . and money for gas.

COMMUNITY CALENDAR

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



Cook's Column By Steve Spanelli



White Bean and Kale Soup

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| 1 medium onion, diced | 2 medium tomatoes, peeled, seeded, and diced |
| 1 small carrot, diced | 6 cups veggie stock |
| 3 cloves garlic, minced | 3 teaspoons salt |
| ¼ cup olive oil | 1 pound kale, cut in 1 inch strips |
| 2 bay leaves | Parmesan cheese, shaved |
| 1 1/2 cups cannellini beans | |

- ~ Soak the beans in water overnight and then drain.
- ~ In a large soup pot, combine the onion, carrot, and garlic with the olive oil and a little water. Cover and cook over medium-high until they turn translucent.
- ~ Add the bay leaves, tomatoes, and beans and cook for about 5 more minutes. Pour in the stock and bring to a boil. Lower the heat to a simmer and cook for about 1 ¼ hours. Add the salt and the kale then continue to cook for another 20 minutes. The beans should be soft not smashed.
- ~ Top each bowl with some Parmesan and enjoy.

Sauteed Kale with Red Onions

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| 1 tablespoon olive oil | 1 lemon, zest grated |
| 3 red onions, half-moon slices | 2 tablespoons brown rice syrup |
| 4 cloves garlic, minced | 2 pounds kale, rinsed, and sliced |
| Sea salt | pinch red pepper flakes |

- ~ Place the oil, onions, and garlic in a deep fry-pan over medium heat. When it begins to sizzle add a pinch of salt, pepper flakes, and lemon zest and saute for a few minutes.
- ~ Add the syrup and lower the heat slightly. Cook stirring frequently until the onions have browned, approximately 15 minutes.
- ~ Stir in the kale and another pinch of salt, cook over low heat until the kale is wilted.



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