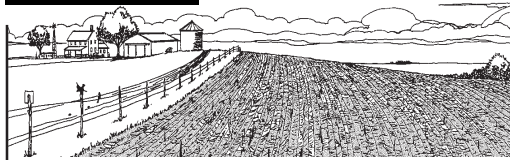




COMMUNITY NEWS

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by Erin McKinney

I always feel that rutabagas are one of the most underrated vegetables. They are so similar to a potato (America's favorite vegetable) that it makes me wonder why they don't get as much respect. They are much harder and crispier when raw than a potato is, but don't let that scare you away from them. We harvested these particular rutabagas after the hard frost so that they have a sweeter, milder taste. To me they do not have the earthy distinction of a turnip or beet and can easily be thrown into any dish that a potato is in without anyone knowing the difference. If I am making a soup, I will dice or cube rutabagas the same size as the potatoes. However I do add the rutabagas a good 10-15 minutes before I would add the potatoes since they are a bit denser, and take a little more time to get fork tender. This is especially true when being used with russets, which is what we are currently giving out. They also make a wonderful addition to mashed potatoes (another one of my favorite ways to have them). They are full of vitamins B6 and C, as well as calcium.

No greens again this week. I was getting a little ahead of myself in hopes of iron rich side dishes. It seems like the weather now is warm and that everything should be growing like crazy, but it is only 40 degrees. However, it will be more worth while to let everything grow a little more for next distribution. But this recent thawing has enabled us to check out the chard and spinach that is over-wintering in the fields under a protective layer of remay. It all looks great, having survived 10 degree weather like a champ. I can't wait until April when we are pulling bushels of the first spinach harvest out of the field.

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

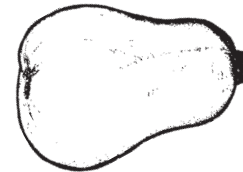
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Cook's Column
 By Steve Spanelli

Butternut Squash with Caramelized Onions & Bleu Cheese

- 1 lb. butternut squash
- 1 TBS olive oil
- 1 TBS butter
- 1 large onion, julienne
- ½ C bleu cheese, crumbled
- salt and pepper



- ~ Peel, seed, and dice the squash. Blanch in lightly salted boiling water until just tender, about 7 minutes. Drain and set aside.
- ~ Heat the oil and butter in a large sauté pan over medium-high and add the onions. Toss several times and cook until they are well browned.
- ~ Add the squash and heat through. Toss in the bleu cheese and adjust the seasoning.
- ~ Try it with crumbled bacon or pancetta.

Baked Rutabaga Chips

- ½ lb. rutabagas
- 1-2 TBS Tait Farm Olive & Rosemary Oil
- salt, pepper and onion powder
- or your favorite seasonings

- ~ Preheat oven to 425°F. Peel and slice the rutabagas 1/8" thick. Toss to coat with oil and arrange a single layer on a sheet pan. Season with a little salt. Bake 12-15 minutes making sure to flip them twice. Remove when golden brown and season.



IN THE HARVEST SHOP & GREENHOUSE

Seeds are In!

Plan your 2010 garden!

- ~ Vegetables ~ Flowers ~
- ~ Organic Seeds ~

Winter Hours

Mon-Sat ~ 10am - 5pm
 Sunday ~ 12noon - 4pm

Harvest Shop (814)466-3411
 taitfarmfoods.com

COMMUNITY CALENDAR

Distribution Dates

January 19 & 22
 February 2 & 5
 February 16 & 19

COMPOST

Compost will be accepted on distribution days only. If you fill your bucket before then, just use another bucket from your home. Thanks!

Needed:

Clean, plastic grocery bags