



Backyard Bounty Connections

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Have something to share?

Backyard Bounty Connection is open to submissions: Articles about local food, recipes, event listings, pictures of your gardens and other submissions are most welcome. Email info@backyardbounty.ca and put 'Backyard Bounty Connection submission' in the subject line.

Contact Julianna at:

Phone: 519-803-2539

Fax: 519-829-3836

Email:

info@backyardbounty.ca

Please feel free to circulate this newsletter!



Julianna, Backyard Bounty's Project Coordinator sports the new t-shirt!

Garden Report

We are now into the fall and harvesting the late season crops like winter squash and leeks. We have beautiful winter squash available including Guatemalan Blue Banana, Curry, and Butternut Squash. It looked like there was going to be a frost last Saturday, so we cleaned up the rest of the summer squash and cucumbers and very soon we will sadly see the end of the eggplants for this year. Other vegetables like mesclun mix, spinach, arugula, kale, and swiss chard are frost hardy so we will be continuing to harvest them fresh for the next 3 weeks. Some gardens are now being closed up for the winter. For instance, Scott is today pulling up all the finished tomato plants from one garden, which has the benefit of making more room for carrots.

About a month ago, Scott and the team put together a great wash station, reusing the cap from our old truck and adding a bathtub, created a very convenient and efficient space to wash all of our veggies.

We are still accepting applications for the two head farmer positions. If you have some management experience and at least 2 seasons experience market gardening, we welcome you to submit your application! .



Check out organicweek.ca and attached...



T-shirts are In!

FINALLY! After many weeks and a couple months of planning and painting, the Backyard Bounty T-shirts are finally finished! These beautiful shirts have been generously donated by Hempire in Guelph, and printed by Champion Print Studios in Oakville. The artwork was wonderfully created by Karen Kesteloot, a fantastic artist in Guelph and a part of the Backyard Bounty team. The shirts come in bamboo and hemp.

You can get your shirt for \$25 at one of our markets or by contacting us. Volunteers who have helped for at least 20 hours get a shirt for free!

Visit our website:

www.backyardbounty.ca



In this weeks share! And...Recipes

CSA members received the following vegetables in their shares this week: leeks, squash, carrots, potatoes, beets, turnip, kale, hot peppers, and herbs (sage, thyme, greek oregano, cilantro, parsley, and/or sorrel). Enjoy!

Featured Vegetable: Turnip!

The turnips we have in our gardens are the 'Purple top globe turnip', and are not-surprisingly a part of the brassica family (doesn't it seem like most veggies are?). They can be sown as early as you can work the soil, but by planting them later in

July, they can be harvested into the fall. The frost improves the flavor, and the roots can be harvested when they are at least 4 inches in diameter. Turnips have many nutrients including fiber, vitamin C, vitamin B6, folate, calcium, potassium and copper and are a cancer fighting veggie.

Thanksgiving recipes from Alex and Dan



Beet Soup

- 10 large beets*
- 3 large onions chopped
- 5 cloves of garlic
- 2 vegetable bouillon cubes
- 3 tbsp of extra virgin olive oil
- 3 tbsp of butter
- 2 tsp of dried thyme
- 2 tsp of finely chopped fresh rosemary

Wash beets and place in a large pot of cool water. Bring pot to a boil and cook over medium heat, covered, until beets are tender. Drain beets (saving the cooking liquid) and allow them to cool. Once the beets are cool enough to handle, remove skins (make sure to wear gloves as hands will stain).

While the beets are cooking, place chopped onion in olive oil and butter in a pot and cook over medium heat until they are translucent. Add the thyme, rosemary, and bouillon cubes to the onions. Mix until incorporated.

Add the peeled beets and the cooking liquid to the onion mixture. Simmer for 20 minutes to allow flavours to incorporate. Allow soup to cool before transferring in batches to a food processor. Puree the soup adding a clove of garlic to each batch before pureeing.

To serve, place hot soup in bowls. This soup can be garnished with a slice of crusty bread or blue cheese. Enjoy this soup as a main course or a starter to a dinner party.

*Use locally grown and organically produced vegetables when possible

Turkey Pot Pie

- 4 large potatoes washed and cut into cubes
- 3 large carrots cubed
- 2 cups of frozen peas or green beans
- 2 large onions diced

- 2 tbsp of vegetable, sunflower, or canola oil
 - Left over cooked turkey cubed or shredded
 - 2 cans of mushroom soup
 - 2 cloves of garlic crushed
 - 1 tsp of dried thyme
 - 1 package of frozen puff pastry
 - 1/3 cup of butter or olive oil
 - Salt and Pepper to taste
- Note: only peel vegetables if they are not organic

Place potatoes in a pot of water with 2 tablespoons of salt and bring to a boil. Add carrots when the potatoes are 10 minutes from being fork tender. Drain potatoes and carrots and place in a large bowl. Add frozen peas, crushed garlic, thyme, and turkey.

Add onion to a frying pan with the vegetable oil. Cook over medium heat for at least 15 minutes until the onions start to brown. Remove from pan and add to the bowl.

In a separate bowl mix mushroom soup and 2 cans of water. Whisk until combined. Add to the vegetable and meat mixture.

Place in a baking dish and cover with pastry. Brush the top of the pastry with the butter or olive oil and bake at 350 degrees or until pastry is browned and casserole is hot.

If freezing, allow mixture to cool to room temperature. Cover with parchment paper and then tinfoil and place in the freezer to enjoy later.

Happy Thanksgiving Everyone!

Local Just Got Closer!

It's all here

We set the seeds
 Speak to the sky
 Nurture the plants
 Drink the rain
 give back to the soil
 Curse the cold
 Dance to the sun
 Sing with the wind
 Weep at the passing
 Dream with the moon.

We open our hands and accept another season of hope
 Fulfilled or not
 Balancing burdens with blessings
 Rocks and eagle feathers
 Carrying the harvest home.

Listen.
 The birds are singing the earth awake.
 The spiraling cosmos is bursting open
 seeds climbing to the light
 There's a crackle of joy in our hearts
 ignited by the sun-
 a flower filled with flame.

Listen.
 The plants will tell you
 Of sending roots deep to survive
 the dry times.
 The seasons will show you how nothing
 is ever really gone but keeps
 Turning out and over
 Again and again and again,
 Just as the ancestors smile down from
 The clouds
 Onto the faces of children
 Yet unborn shining up
 From rain spattered stones on the path
 We walk.

Listen.
It's all here.

- Sherrie Mickel