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September 22, 2010

Rockville Market Farm

News From the Farm

In your vegetable box this week:

Small Share

- ❖ Chard
- ❖ Kale
- ❖ Arugula
- ❖ Pie pumpkin
- ❖ Delicata
- ❖ Red and yellow onions
- ❖ Jalapeños
- ❖ Turnips

Large Share

- ❖ Chard
- ❖ Kale
- ❖ Arugula
- ❖ Pie pumpkin
- ❖ Delicata
- ❖ Red and yellow onions
- ❖ Jalapeños
- ❖ Turnips



Beyond raising our four kids and running a farm with a busy harvest season upon us, we live a fairly monotonous life. The routine includes a lot of driving around (kids and produce), harvesting, packing, shipping, tractor work, animal chores, etc. Sometimes we have to change it up a little bit. This weekend after the Burlington Farmer's Market we skipped out of town and headed to Montreal for a twenty-four hour get away. We checked into our hotel and headed out for a recommended hole-in-the-wall Chinese restaurant where you can order hand pulled noodle dishes and homemade lamb and coriander pan-fried dumplings...mmmmmm! We spent Sunday at the Jean Talon Market. If you've never been we can't recommend it enough, especially this time of year. The place was hopping with people, the stalls are jammed full of produce, street musicians playing and prepared food galore. We have too many favorites to name them all, but the fried calamari, the hand stuffed olives, and the gelatos are awesome. The olive and spice store is a must, and if you walk a couple blocks to the southwest (in Little Italy), you'll find Dante's Hardware, which is by far the coolest kitchen gadget/gun store we've ever seen—maybe the only one we've ever seen. Head north. It's a great city.





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Share the Harvest!!!



Turnips have lots of Vitamin C as well as being good sources of many other vitamins and minerals, including calcium. They are very low in calories and great sources of fiber, and they are reputed to help fight against cancer. On the downside, they can be difficult to digest for some people (like their cousins, rutabaga and cabbage). Turnips can be sliced thin or into matchsticks and eaten raw. For a simple recipe, try the caramelized turnips, and for something a little more like comfort food, the turnip casserole.

Caramelized Turnips

8 small turnips
1 teaspoon olive oil
salt to taste
freshly ground black pepper

1. Preheat oven to 425°F.
2. Turnips that are sufficiently young and tender need only be rinsed and dried before cooking; older purple-top turnips will need to be peeled. Cut the turnips into halves, or quarters if they are small. Big ones should be cut in half lengthwise and the halves sliced into wedges.
3. Toss the turnips in a bowl with the olive oil and salt and pepper. Spread them out in an even layer on a baking sheet and roast them for about 10 minutes, then toss them once (if tossed more frequently, they tend to break apart as they become tender).
4. Roast for 5 minutes more and check for doneness - depending on the water content of the turnips, they can take from 15 to 30 minutes. The turnips are done when they are fork tender and nicely caramelized (golden brown). This recipe serves 4.

Turnip Casserole

2 c. mashed turnip
1 c. bread crumbs
1 tbsp. Parmesan cheese
1/4 c. melted butter
1 tbsp. sugar
1 tsp. salt and pepper
2 eggs, beaten
Mix all ingredients well. Place in greased casserole dish. Brush top with butter and bake at 350 degrees for 1 hour.