



www.rockvillemarketfarm.net

September 29, 2010

# Rockville Market Farm

## News From the Farm

### In your vegetable box this week:

#### Small Share

- ❖ Chard, Kale, or Collards
- ❖ Onions
- ❖ Leeks
- ❖ Potatoes
- ❖ Butternut Squash
- ❖ Beets
- ❖ Cilantro

#### Large Share

- ❖ Chard, Kale, or Collards
- ❖ Onions
- ❖ Leeks
- ❖ Potatoes
- ❖ Butternut Squash
- ❖ Beets
- ❖ Cilantro



What do farmer's do when not farming? One of the things we do on a rainy Sunday afternoon is we spend a lot of time visiting other farm's web sites. For inspiration we click on Roxbury Farm, Harmony Valley, Angelic Organics, Full Belly Farm, Full Circle Farm and Grant Family Farms.

Our own web site is the product of a company called Small Farm Central. Small Farm Central is the brainchild of Simon Huntley; who realized early in his farm career that his talents were better utilized designing web sites for other farmers. His company generates a variety of templates that market farms can use to get their information out on the web in a professional manner. They have over three hundred clients and publish a very good blog at the Small Farm Central web site.

We love Austin, Texas when we pine for the place we click on Boggy Creek Farm, Johnson's Backyard Garden, Coyote Creek Farm (although we dispute their claim of "world's best eggs"). Odd Duck Farm to Trailer has a good web site, but more importantly makes amazing food in Austin. If you ever get there bring a good bottle of wine and order the entire menu. New Farm, Nofa-VT, Nofa-Ny, Nofa-Ma, MOFGA, FOG (Florida), TOFGA (Texas), CCOFA (California) and our very own Vermont Vegetable and Berry Grower's all have wonderful farm/consumer web sites.

A very exciting new comer to community-based food is a fishery. Cape Ann Fresh Catch in Massachusetts, and Port Clyde Fresh Catch in Maine both have excellent web sites where they highlight their Community Supported Fisheries. Click on any one of these web sites and follow the links to an exciting world of progressive agriculture, you'll wonder where the time went.





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***Share the Harvest!!!***



**Our butternut squash  
peeler in action**



Butternut squash is an important crop on our farm, and we grow a lot of it. It's the crop that carries us through the winter. We have a large storage barn for winter squash, which is also set up with a line for peeling, cubing and packaging butternut squash. When the fields go to sleep for the winter, we will have butternut stored in the barn for our winter sales.

Butternut Risotto is a favorite of ours, but I use butternut squash for lots of different recipes—soups, breads, pies (better than pumpkin), muffins, cubed and roasted with herbs and onions or simply roasted, scooped, and mashed as a side dish.

## Butternut Squash Risotto

### Ingredients

- 1 butternut squash (2 pounds)
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 6 cups chicken stock, preferably homemade
- 6 tablespoons (3/4 stick) unsalted butter
- 2 ounces pancetta, diced
- 1/2 cup minced shallots (2 large)
- 1 1/2 cups Arborio rice (10 ounces)
- 1/2 cup dry white wine
- 1 cup freshly grated Parmesan cheese

### Directions

Preheat the oven to 400 degrees. Peel the butternut squash, remove the seeds, and cut it into 3/4-inch cubes. You should have about 6 cups. Place the squash on a sheet pan and toss it with the olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Roast for 25 to 30 minutes, tossing once, until very tender. Set aside. Meanwhile, heat the chicken stock in a small covered saucepan. Leave it on low heat to simmer. In a heavy-bottomed pot or Dutch oven, melt the butter and saute the pancetta and shallots on medium-low heat for 10 minutes, until the shallots are translucent but not browned. Add the rice and stir to coat the grains with butter. Add the wine and cook for 2 minutes. Add 2 full ladles of stock to the rice plus the saffron, 1 teaspoon salt, and 1/2 teaspoon pepper. Stir, and simmer until the stock is absorbed, 5 to 10 minutes. Continue to add the stock, 2 ladles at a time, stirring every few minutes. Each time, cook until the mixture seems a little dry, then add more stock. Continue until the rice is cooked through, but still al dente, about 30 minutes total. Off the heat, add the roasted squash cubes and Parmesan cheese. Mix well and serve.