



# OLD PLANK FARM

Newsletter 2009 #2

## This Week's Harvest:

Lettuce  
Parsley  
Turnips  
Scallions  
Radishes

## Coming Soon:

Beets, Kohlrabi,  
Broccoli, Cilantro,  
Cabbage, Spring Onions

*and more:*

Greens and Scallions

## Featured Item:

### TURNIPS

Our turnips seem to have enjoyed the cool spring. They aren't especially large yet, but I'm anxious to give them out anyway. They are good raw in salads, or try out our recipe for mashed turnips (single and half shares may need to cut the recipe in half if there aren't enough turnips in your box).

We kept the plants covered all spring with a light, semi-transparent cloth to protect them from pests (same with the lettuce and many other things). I see deer from time to time, but I think our main self-enrolled CSA member is a woodchuck. He looks fatter every time I see him, which is often because he's not shy at all. I even chased him out of the greenhouse in the middle of the day yesterday!

Regardless, our turnips stayed safe, and we hope you enjoy them.

## News/Thoughts:

It was nice to see many of you last week. For those of you who don't know me or the farm very well yet, I'll give you a brief introduction here. This is my fifth season working to grow vegetables following organic practices. I spent time, off and on since the spring of 2005, as an intern at Springdale Farm. They are a 25 acre vegetable farm just outside of Plymouth. Most of what I know I learned from that farm, and from many, many books. I also traveled and worked for short periods of time at three other vegetable and animal farms in Wisconsin last year. And I continue to visit other farms and read more books as much as possible, with the hope of bringing home all of the best practices that I'm exposed to.

Old Plank Farm is in its opening season, and I run and manage the CSA and farm stand. The property is 25 acres, mostly hidden away from County Road C. The north property line is bordered by the Old Plank Road Trail, hence our name. This year we are growing your vegetables on a couple of acres, both down in the farm fields and up in the gardens around the yard. Our main goal (well, second to bringing you fresh vegetables each week, of course!) is to work towards healing our soils. We are on very rocky, gravelly soil which hasn't been cared for in many years (it also hasn't been treated with any chemicals for many years, which we are grateful for). Making compost, mulching, planting and managing cover crops in the fallow fields, and picking rocks are some of our regular activities. There is one intern and a number of volunteers, worker-shares, and family which make up the 'crew' this year. My 83-year-old Grandpa is the one who's been painting the buildings!

-Stephanie

## Recipe:

*MASHED TURNIPS WITH CREAM AND CRISPY SHALLOTS* (from "Asparagus to Zucchini" cookbook)

- 1 ½ pounds turnips, peeled and coarsely chopped
- 3 tablespoons butter, divided
- 1 cup thinly sliced shallots (or substitute sweet red onion)
- ½ cup heavy cream
- 1/8 teaspoon grated nutmeg
- Salt and pepper
- 1-3 teaspoons minced Italian (flat-leaf) parsley

Place chopped turnips in large pot of cold water. Bring to boil and cook until tender, about 15 minutes. Drain well and puree turnips in a food processor (or mash them with a hand-held masher). Heat 2 tablespoons of the butter in a small skillet over medium flame, add shallots, and cook, stirring often, until shallots are tender and golden brown, about 15 minutes. Remove shallots from skillet and drain them on paper towels. Combine cream and remaining 1 tablespoon butter; bring to a simmer and stir into the pureed turnips. Season with nutmeg; add salt and pepper to taste. Place in a serving dish, garnish with shallots and parsley, and serve immediately. Makes 6-8 servings.