

The Harvest Report

WEEK 1

DECEMBER 2, 2009

SPECIAL POINTS OF INTEREST

- Yay! First week of our Winter CSA is here!
- Please let us know if you have any questions or comments!

Word from Farmer Anna

Hello and thank you for participating in Heavenly Harvests first Winter CSA Program! We look forward to providing you and your family with local produce, breads, meat and honey throughout these cold winter months.

The winter CSA program lasts 15 weeks, offers 4 pick up locations (once the Corvallis Indoor Winter Market starts) and a home delivery program while providing fresh produce and bread weekly along with honey the 2nd week of every month.

We also offer add-ons of Free Range eggs and All Natural meats. If you chose to participate in the egg add-on they will be in your box weekly with the pro-

duce and the meat add-on will be week of every month. Please note that the meat is frozen upon pick up. So if you are unable to get home right away you will want to bring a cooler to store for safe keeping!

You may bring your own bags to transfer the goods into or take our box home with you. If you chose to take our box home please remember to bring the empty box with you the following week.

Since Christmas and New Years Eve fall on a Thursday this year we will be moving the pick up/delivery days to earlier in the week so that you may enjoy your goodies with your family during

the holidays. We will let you know next week what the holiday schedule will be.

We will be posting recipes on a weekly basis and please feel free to forward some of your own recipe creations to share with other CSA members.

Please feel free to contact me with any feedback, questions, or concerns you may have throughout the season and I look forward to meeting al of you!

Happy Holidays-
Anna

In your box this week...

Veggie Box:

- Classic Sourdough Bread
- Potatoes
- Purple Cauliflower
- Carrots
- Fennel
- Broccoli

- Romaine Lettuce
- Delicata Winter Squash
- Red/Green Savoy Cabbage
- Kohlrabi
- Honey *Monthly*-You will receive next week

Add-Ons:

- Eggs *Weekly*

- Meat *Monthly*- You will receive this week

Steamed Mussels with Fennel, Tomatoes, Ouzo, and Cream



Fennel growing in the bottom field.

INGREDIENTS

1 tablespoon olive oil
 2 shallots, finely chopped
 4 cloves garlic, finely chopped
 1 bulb fennel - trimmed, cored and thinly sliced
 1 large tomato, cubed
 1/2 cup white wine
 1/4 cup ouzo
 1/2 cup heavy cream
 4 pounds mussels, cleaned and debearded
 1/3 cup fresh basil leaves, torn
 salt to taste

DIRECTIONS

Heat olive oil in a medium saucepan over medium heat. Stir in shallots and garlic, and cook until tender. Stir in fennel and tomato, and continue cooking about 5 minutes.

Mix white wine, ouzo, and heavy cream into the saucepan, and bring to a boil. Gradually stir in mussels, 1/2 the basil, and salt. Cover saucepan, and continue cooking about 5 minutes, until the mussels have opened. Garnish with remaining basil to serve.

From: All Recipes.com: <http://allrecipes.com/Recipes/Fruits-and-Vegetables/Vegetables-A-M/Fennel/Top.aspx>

Italian Stuffed Savoy Cabbage

Ingredients

1 1/2 pounds of Savoy Cabbage
 3 carrots
 1/2 large onion
 6 slices of bacon (or pancetta),
 4 Tablespoons of extra virgin olive oil
 1/2 cup of grated parmesan cheese
 Salt and pepper to taste



Directions

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- Remove eight good looking outer leaves from the cabbage. Blanch them briefly in boiling water and lay on a paper towel to drain.
- Chop the remaining cabbage, the carrots and the onion. Fry briefly in the olive oil until wilted but not browned; add the bacon, and season with salt and pepper.
- Place a well-drained cabbage leaf on a plate or chopping board, fill with 1/8 of the stuffing mix and sprinkle with half a tablespoon of parmesan cheese. Fold the sides towards the middle and roll the leaf up, place with folded side down on a baking sheet. Repeat until the ingredients have been used up. Sprinkle with the remaining parmesan.
- Bake 15 minutes at 350 degrees
- Serves four.

Recipe by: www.italianfoodrecipes.com

Easy Fennel Recipe:

Coat Cut Fennel

Base (no Stems) with

Oil and Balsamic

Vinegar and Roast in

Oven until Tender

and Caramelized!

-Sara

We hope you enjoy these. If you have a recipe you would like to share, we'd love to try it! Send it in to CSA.HeavenlyHarvest@hotmail.com