

GALLATIN VALLEY BOTANICAL

FRESH PRODUCE · BOZEMAN, MT

Certified Organic Veggies for the week of November 13, 2012

Microgreens

Brussels Sprouts

Carrots

Parsnips

Hakurei Turnips

La Ratte Fingerling Potatoes

Red Onion

Pie Pumpkin, Baby Pam or

Winter Luxury

The harvest crew came in from the field last Wednesday just as the rain started with the last of the storage crops from the field! We had a few hurried days, changing out the potato digger to the disc, the bed lifter to the chisel. The tractor gets more use over the last week of the field season than it does in any typical month. The field is largely ready for spring and early seeding weather permitting. It looks perfect again under a fresh coat of snow! Now we are washing carrots, Sunchokes, potatoes, keeping them in good shape for winter sales and starting in on the myriad list of farm projects: Building a shed and another greenhouse, siding the barn, and on and on!

The Brussels sprouts we gave you have cabbage aphids. We lost almost the whole crop and have waffled over whether or not to give them to you. I couldn't let it go, and we picked out the best ones for you. We have been eating them and they are as sweet and tasty as usual. We have found the best way to prepare them is to take them off the stock, cut off the butt end, cut them in half and then peel off the outer leaves and the few grayish aphids that live there. A quick soak in salt water will help take the aphids off as well. Our apologies☺ Then cook as follows: Sauté some onions over medium-high and then low heat until almost browned, halve the sprouts and add to the onions. Increase heat and continue to cook another 6-8 minutes until sprouts start to soften, turn off the heat and cover. Let stand for a few minutes to finish cooking. Add salt to taste. You can add diced, cooked bacon to this, toasted bread crumbs or nuts, dried fruit, and/or parm or other hard grated cheese.

A quick note about the greens this winter: Usually we give more greens first thing and more cabbages at the end, but this year is going to be opposite, we are going to give the cabbages in the beginning and the lettuce, arugula, kales later. The cabbages will store for 6 weeks in your fridge so you can use them for a long time.

Next week will mostly be the same for the Thanksgiving week deliveries. We will take the Livingston boxes over first thing Wed morning, and we will bring the Big Sky boxes on Wed afternoon, so that you have it for the Holiday. ~Jacy

www.gallatinvalleybotanical.com

Thank you! Enjoy your produce. Matt, Jacy, Zachary, Ania and the GVB Crew
Please CAREFULLY unfold and return your box. We will reuse them!