



Cedar
Circle
Farm

Crops to Tabletops

Fall 2005



Farmstand & Education Center
CERTIFIED ORGANIC

Our 3rd Annual Pumpkin Festival Sunday, October 9

Mark your calendars, folks! The pumpkin festival, our 3rd annual, is set for Sunday, October 9, from 10 am until 5 pm, rain or shine. Autumn should be in its full glory and this season's bountiful harvest at its peak. The horses are hitched to the wagon to take folks down to the pumpkin patch where kids, big and small, pick out the best and the brightest. Pumpkins and children's faces are painted, cider is pressed from local apples, and roving veggie characters on stilts make their way through the crowds.

Live music by Panashe, a steel drum band from central Vermont, provides rhythmic relaxation under our colorful tent. Exciting and original arrangements of Caribbean tunes from Trinidad, as well as jazz, Samba, African, and pop tunes fill the air.

Guided farm tours introduce participants to the workings of our farm and the many benefits of local organic agriculture.

Teams of oxen from Heritage Ox Farm in Northfield, Vermont, demonstrate

**FARMSTAND OPEN
THROUGH OCTOBER 30**
Tuesday–Saturday
10 AM–6 PM
Sundays, 10 AM–5 PM
Closed Mondays

their handiness at maneuvering cones and pull a handcrafted oxen cart filled with giant pumpkins.

Katie and Duke, our team of Belgian-Percheron cross draft horses, show their skill at planting cover crops in the lower fields.

The cooks and bakers among us here at the farm cook up all kinds of yummy

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Festival Schedule

- 10–4: Horse-drawn wagon rides to and from the pumpkin patch
- 10–4: Pumpkin & face painting, cider pressing
- 11: Concessions open
- 10:30 & 1: Oxen demonstrations
- 11:30 & 2:30: Draft horse planting demonstrations
- 12 & 3: Guided farm tours
- 1–3: Live steel drum band



Cider pressing and pumpkin revelry



CSA Members Reap Tasty Benefits

We love picking up our CSA baskets each week and seeing what's in them. It's a surprise every week.

There are things we love, like tomatoes, and things that are new to us. We get to try vegetables for the first time, like collards and fennel!"

That's a sampling of what we hear from our CSA (Community Supported Agriculture) members who stop by the farm each week to pick up a basket of produce freshly harvested that morning. CSA is a rapidly growing movement seen around the country that allows consumers to support their local farmers by paying a set fee before the growing season begins in exchange for an allotment of seasonal vegetables each week throughout the growing season. We started the program at Cedar Circle last year with 23 members. This year, it has grown to 63! People who join tend to really care about including fresh, organic produce in their diets. Most don't have the time to grow their own, so this is the next best thing.

CCF field manager Luke Joanis says, "We try to give a good variety of vegetables to our CSA members. They get a cross section of what's in season each week. We started out in June with a few greens and cold-hardy crops. Now, the baskets are huge, with an abundance of vegetables that are in season now." In late August, folks received sweet corn, onions, green peppers, tomatoes, leeks, melons, and three kinds of beans. Each week, we also include a recipe for one or more of the ingredients.

One member said, "It's great to have recipes for the more unusual vegetables. I tried the leek recipe you gave us last week even though I wasn't sure how some of those ingredients would be together. And, surprisingly, all of us loved it! I've

made it twice already!"

Often, CSA members bring their kids to the farm on pick-up day. It gives them a chance to visit the animals (and see how quickly the pigs grow!) and play in the sandbox. The parents can shop for flowers or other Vermont products (members get a 10% discount off farmstand purchases,) or enjoy a cappuccino or cup of tea in the café.

"My daughter looks forward to coming to the farm each week. She loves the animals and seeing where the chickens live and lay their eggs. She is getting to be a good vegetable eater too because of all the vegetables we have incorporated into our menu," said a second-year CSA member.

Sign-ups for the 2006 season begin in February. We send out a notice to everyone on our mailing list. If you're not yet on the mailing list, please sign up in the farmstand, e-mail us at growing@cedarcirclefarm.org, or give us a call at 802-785-4737.



A smiling CSA family picks up their basket of veggies at the farmstand.



Have You Tried The Hello Café?!

Have you had a chance to try the wonderful organic coffee, Café Mam, that is being served in the new addition to the farmstand—the Hello Café? It's a comfortable place to relax while shopping for your fall flowers, vegetables, or harvest decorations. Some folks stop by on the way to work to get a quick coffee or espresso. Others come to spend some time with a friend.

Fresh baked goods are made on the premises such as the rosemary-ginger cookies that have developed quite a following! We also feature muffins made with ingredients grown on the farm—from blueberry to zucchini. These muffins are worth a try. On weekends, we offer farm-made breads, usually some variation of a slightly sweet yeasted bread—great for dinner and breakfast alike.

On July 3 the café served as the site for a farm activism workshop focused on the topic of genetically modified organisms (GMOs). Amy Schollenburger from Rural Vermont was there, as well as local activist Kai Cochran. An inspiring discussion ensued about the implications of genetically modified organisms for Vermont farmers and consumers. The café provides a pleasant setting for small gatherings—please contact us about hosting your next small meeting here.

If you haven't seen the Hello Café yet—be sure to come by and say hi!



“Dinner In The Field”— Tasty “Slow Food”

Imagine an intimate country dinner set in a scenic field along the banks of the Connecticut River.

It is a setting where you enjoy the company of your neighbors while dining in the open air at long tables with table linens, china plates, and silverware. You sample local farmstead cheeses and heirloom tomatoes, and dine on fresh food that was on the vine just hours earlier, grown in the very field in which you are dining. This was the setting for our first “Dinner in the Field” that took place on Saturday, August 20. About thirty people from the community attended the event to benefit Slow Food Vermont.

Dinner began with a plate of our luscious, ripe heirloom tomatoes paired with creamy handmade Mountain Mozzarella from Maple Brook Farm in West Dover, Vermont. At each table, guests sampled a platter of local Vermont farmstead cheeses including Tarentaise from Thistle Hill Farm in Pomfret, Four Corners Caerphilly from Cobb Hill Farm in Hartland, Bayley Hazen Blue from Jasper Hill Farm in Greensboro, and Vermont Shepherd cheese from Major Farm in Westminister West, as well as Tom’s Camembert, a sheep milk cheese, from Old Chatham Shepherding Company in New York. Cheese makers John and Janine Putnam, owners of Thistle Hill Farm, joined us for the dinner and talked with guests about how they developed their cheese and learned to make it.

Following the appetizers, guests feasted on locally-raised rack of lamb or shrimp paella prepared by local chef Jim Peyton, co-owner of Peyton Place Restaurant in Orford, New Hampshire. Accompanying side dishes, made from our produce, included potatoes roasted

with fresh herbs from our herb garden, green and purple beans with our recently harvested garlic and, of course, fresh corn on the cob. Dessert featured Strafford Organic Creamery ice cream



Slow Food

topped with a delightful blueberry sauce made from our own berries, along with lovely maple cookies made by one of our bakers (and field staff,) Sarah Herr.

The setting by the river was serene and lovely, and made the food taste even better! Each table buzzed with conversation. Jeff Roberts, founder of the Slow Food Vermont convivia (or chapter) and board member and treasurer of Slow Food USA, joined us to talk about the international Slow Food movement and share his extensive knowledge of the state’s farmstead cheeses. Slow Food is dedicated to the preservation and

celebration of regional foods from around the world. Founded in Italy in 1986 by Carlo Petrini, Slow Food International offers an alternative to the growing fast food trend. Jeff explained that the movement focuses on “conviviality, hospitality, taste education, biodiversity of the food supply, and promotes food culture. Participants in the Slow Food movement are food and wine enthusiasts, lovers of traditional foodstuffs, and those who want to find a viable alternative to the globalization of the world’s flavors.”

The dinner provided an opportunity to enjoy the bounty of the farm’s harvest while learning about the international Slow Food movement and Cedar Circle Farm’s commitment to its philosophy. One guest commented, “The food was wonderful and we loved being able to enjoy this with our friends, meet new people, and talk to the producers. I hope you do it again!”

We plan to, with a series of “Dinners in the Field” next season. Please watch for our 2006 calendar come spring.

Brilliant Butternut Bisque

This bright-colored and mellow-flavored recipe is from *From the Cooks Garden* by Ellen Ecker Ogden. Hard copies are available at the farmstand for \$29.95.

Makes 8 servings

Ingredients:

- 4 Tbsp (1/2 stick) unsalted butter
- 4 cups pared and seeded butternut squash, cut into 1-inch cubes
- 2 medium carrots, chopped
- 1 medium leek, white and pale green parts only, coarsely chopped
- 2 garlic cloves, minced
- 1 bay leaf
- 1 cup dry white wine, such as Chardonnay
- 4 cups water
- 2 cups half-and-half
- 1/2 cup pure maple syrup
- A few gratings of fresh nutmeg
- Salt and freshly ground pepper, to taste

Heat butter in large pot over medium heat. Add squash, carrots, and leek. Cook and stir until leek is wilted, about 5 minutes. Add garlic and bay leaf. Cook and stir until garlic is fragrant, about one minute. Stir in wine and bring to a boil. Cook, uncovered, until wine is nearly evaporated, about 10 minutes. Stir in water and return to a boil. Reduce heat to medium low and simmer until squash is very tender, about 30 minutes.

In batches, purée soup in a food processor or blender. Return to the pot. Stir in half-and-half, maple syrup, and nutmeg. Cook and stir over low heat just until the soup is piping hot. Season with salt and pepper.

Pumpkin Festival

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fall treats like hearty autumn soups, pumpkin bread, and traditional pumpkin pie with real whipped cream or ice cream from Strafford Organic Creamery. Popular and warming on a crisp fall day, our soups are made with ingredients grown on the farm—like pumpkins, butternut squash, onions, garlic, potatoes, and leeks (please see the recipe for butternut bisque soup on page 3). There's also that wonderful Italian sausage from Vermont Smoke and Cure in Barre on the grill, and hot, spiced local cider to take the chill off.

Farm manager Will Allen isn't shy about his love of food when he says,

"One of the reasons we love to farm is that we love to eat. The festival concessions feature lots of great fall crops that are grown right here on the farm. At



the same time, folks get to tour the farm and see how the produce is grown."

People who attend the festivals are often enthusiastic about the farm tours. They like to see how their food is grown. In addition, they like the kids to know where their food comes from. Parents feel that it can help encourage their children to make better food choices.

Farm manager Kate Duesterberg points out that, "Fall is all about celebrating the harvest. It's why this community festival is so exciting. People have fun; enjoy the bounty of the farm with pumpkin picking and great food prepared from farm-fresh ingredients. And they have a chance to learn more about farming and its place in all of our lives. It also gives us an opportunity to thank the community for their support of local agriculture."

Please join us for a fun-filled day!



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225 Pavillion Road
East Thetford, Vermont 05043



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Valid through October 30, 2005



Farmstand & Education Center
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HORSE-DRAWN WAGON RIDES TO THE PUMPKIN PATCH

Saturdays and Sundays • 11 'til 4
October 8-9, 15-16, 22-23



Duke & Katie Earn Their Keep

On any given day, early in the morning, you can see our draft horses at work in the fields. Driven by Melissa Gray or Dean Whitman, Duke and Katie have plowed up last year's strawberries along with several other fields of vegetables that had gone by. In addition, they've planted about nine acres of cover crops. In the process, the horses help to break up compaction in the fields and increase the soil tilth—and they sure are good on gas!

