



Cedar
Circle
Farm

Crops to Tabletops



Family Fun ~
Celebrate The Harvest!
4th Annual Pumpkin Festival
Sunday, October 8, 10-5
Rain Or Shine!

Farmstand & Education Center
CERTIFIED ORGANIC

Fall 2006

Community Supported Agriculture Our Crops to Your Tabletops!

At Cedar Circle Farm, we believe that Community Supported Agriculture, or CSA, is an important element in creating a healthy and self-sustaining community. This marks our third year of providing weekly baskets to our CSA members. During the first CSA season, we started out with 23 members. That number jumped to 62 members the second year, and this year reached 96! Due to the increasing demand for this program, the number of families in our CSA program is expanding on an annual basis.

The CSA process begins very early in the spring when the families on our mailing list receive their CSA registration forms. Once the forms have been completed, we can begin planning for the season. CCF Field Manager Luke Joanis states, "One of the benefits of a CSA system is that it provides us with a precise number of crops to plant for the families we will be feeding throughout the

growing season."

After the CSA member sign-up and planning phases have taken place, the most exciting phase—planting the fields—begins. Each of Cedar Circle Farm's fields is planted in succession, so that every week we can fill all 96 baskets with a wide variety of fresh-picked, in-season, organic produce. There is a natural bell curve resulting in an abundance of vegetables

**OPEN THROUGH
OCTOBER 29**

FARMSTAND
Tuesday-Saturday
10 AM-6 PM
Sundays
10 AM-5 PM

HELLO CAFÉ
Wi-Fi now available!
Tuesday-Friday
7 AM-5 PM
Saturday-Sunday
8 AM-5 PM
Closed Mondays

that peak during the mid-summer season, and are more limited during early spring and late fall, just before frost. One of our CSA members stated while picking up her basket, "My family is going on its third CSA membership

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Photos by Jim Mauchly, Mountain Graphics Photography



From left: CCF field manager Luke Joanis picks corn. Sarah Herr, CCF's assistant field manager, packs CSA baskets. Kami Pepe, a CSA member for three years, picks up her share.





Dinners in the Field Delight All

Among the many great CCF activities of the summer were three very special Dinners in the Field held in late July and August. The first dinner, “Divine Flavors of the Field,” featured our wonderful guest chef Peter Heaney, from the renowned Twin Farms Resort in Barnard, Vermont. Peter prepared an amazing spread of delicious salads from the freshest ingredients the farm had to offer, such as heirloom tomatoes and mozzarella di bufala with basil and garlic; new potato salad with Pommery and Dijon mustards, shallots, and parsley; arugula salad with honey-ginger vinaigrette; cucumber and wakame salad; beet and broccoli salad; balsamic grilled vegetables; and quinoa salad with tomatoes, cucumber, lime, and mint. As a main course, Peter prepared Asian marinated quail from Cavendish Game Birds in Springfield, Vermont, and steamed sweet Maine lobster. He talked with guests about the local cheeses served, and the benefits of cooking and eating farm-fresh, organic produce. For dessert, guests enjoyed Strafford Organic Creamery vanilla ice cream with CCF blueberries and our signature rosemary ginger cookies. Due to a magnificent thunderstorm, this dinner was held under

the barn awning and in the Hello Café.

The second dinner was “Italian Night,” and this time, we had the good fortune of a gorgeous evening. Guests enjoyed dinner at our beautiful riverside setting. The main dishes were vegetarian lasagna (made from CCF vegetables), and savory local lamb skewers catered by Orford, New Hampshire restaurant owner and chef Jim Peyton. Several vegetable dishes, including a Caprese salad, a Mediterranean eggplant dish, and roasted rosemary potatoes, were prepared by CCF staff. After a welcome from CCF co-managers Kate Duesterberg and Will Allen, our guest, Jeremy Stephenson, a Norwich, Vermont-based importer of farmstead Parmesan cheeses, talked about the local Italian traditions of these cheeses. He brought a full 80-pound wheel of Parmesan and proceeded to demonstrate, using a special set of tools, how these blocks are cut. Once the cut was complete, everyone cheered and then enjoyed the delightful cheese. After that, local chef/entrepreneur, Horace Palmer, owner of Boldo’s in Fairlee, Vermont, led a discussion on traditional ways of making Italian sausage and salami. One guest said, “This was the highlight of my summer. The food was delicious and the setting was

gorgeous. What a great idea.”

The third dinner, “Mexican Night,” was again held under the barn awning and in the Hello Café due to a beautiful thunder storm that came in that evening. The entire Mexican feast was prepared by farm staff. Will Allen led an interesting discussion on foods from the Americas, while guests enjoyed handmade vegetable, cheese, and pork enchiladas in a mole-based enchilada sauce. We made pork and veggie tamales, as well as Spanish rice, black beans, and farm-fresh green salad tossed with beets. To top off the spiciness of the meal, guests enjoyed Strafford Organic Creamery vanilla ice cream, a cinnamon crisp, and a sprig of mint, drizzled with Mexican chocolate.

The Dinners in the Field offer the community an opportunity to enjoy great food prepared from the freshest possible ingredients, in a beautiful farm setting and also in the company of their friends and neighbors. We encourage everyone to reinvigorate the traditions of cooking from the garden and enjoying meals with family and friends. One of the guests commented, “This has to have been the first time I have eaten dinner with any of my neighbors. I see them in passing and almost every time I pick up my CSA basket, but rarely do we have a chance to visit, let alone enjoy a meal together.”



Robert Eddy

Left to right: Zuri Allen, Kate Duesterberg, Guest Chef Peter Heaney, Will Allen, Madi Arnold and Mary Arnold display salads served at the Divine Flavors of the Field dinner.



Community Supported Agriculture

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here and we can always tell what time of the year it is just by checking out the contents of our baskets.”

This year we added a “newzette” that is placed in each basket. *The Cedar Circler* provides shareholders with information about basket contents, updates of farm happenings, agriculture news, and tasty recipes. The recipes are specific to the contents of the baskets, so families will feel more comfortable cooking veggies they may be less familiar with, such as fennel, bok choy, and kohlrabi.

We offer three CSA pick-up days to better accommodate people’s varied schedules—Mondays (Tuesdays in September and October), Wednesdays, and Fridays, from 3:30 to 6:30, at the farmstand. A typical pick-up day

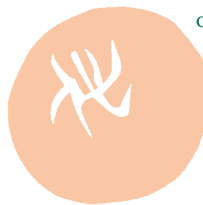
begins with field manager Luke Joanis assembling a crew to pick vegetables based on ripeness, quantity, and variety. By 9 AM, over 100 pounds of potatoes are unearthed, rinsed, weighed, and bagged. Several crates are filled with sweet corn, green cabbage, rainbow chard, lettuce, or large heirloom tomatoes. By 10 AM, the chard and lettuce are washed, cooled, and bagged. The field crew steadily brings in a harvest of artichokes, carrots, or cucumbers. After lunch, assistant field manager Sarah Herr packs each basket individually with set quantities of the vegetables picked that day.

In addition to the produce harvested by the crew, members are often invited to pick their own produce throughout the season. This year, we offered pick-your-own blueberries, flowers, and herbs, with

pumpkins available in October.

CSA members start driving up to collect their baskets, shop, and visit the Hello Café around 3:30. One of CCF’s farmstand crew states, “It’s an exciting time of the day because the families come in and the first thing they say is, ‘What’s in my basket today?’ It feels great to hand them their baskets and see them smile!”

CSAs play an important role in sustainable agriculture by tying the knot between families and farms. When members sign up, they “buy” a piece of the farm for a season. That in turn becomes another season for the small family farm to provide locally grown food to the community.



Feast in the Field Benefit for Valley Food

On September 9, a fundraiser and community celebration was held at Cedar Circle Farm. The “Feast in the Field” dinner was a benefit for Valley Food and Farm, a program of the Upper Valley non-profit Vital Communities, whose goal is to create a “self-sustaining and community-driven local food system.” All of the food for the feast was donated by or purchased from local vegetable growers and meat producers. More than 300 people attended the event that was fortunately (again, rainy weather) held under a beautiful tent set with tables adorned with fabulous flower arrangements provided by Brigadoon Herb Farm in Orford, New Hampshire. This was yet another opportunity to enjoy the bounty of summer with friends and neighbors while supporting a great community organization.

Home-Grown Sunflower Oil

Is that France? No, it’s not even North Dakota. This beautiful field of sunflowers is growing right here on our farm in East Thetford, Vermont. The oil for the flowers is destined to be used as fuel in our recently installed Clean Burn multi-oil heating system in Greenhouse #8. The oil will be heating early season spring crops and also some experimental winter crops.



Jim Marchetti, Mountain Graphics Photography

Will Allen’s Salsa Recipe

Featured at the Mexican Dinner in the Field

Ingredients:

- 10 slicing tomatoes
- 1–5 jalapeños (to taste)
- 2 medium onions
- 3 cloves garlic
- 1 Tbsp. fresh oregano
- 1/2 bunch fresh cilantro
- 1 Tbsp. cumin
- 1 tsp. salt
- 1 tsp. black pepper
- 1 Tbsp. lime juice

Core tomatoes and chop or pulse chop in food processor. Allow tomatoes to drain off excess juice in sieve or colander. Roughly chop jalapeños, onions, and garlic; toss into processor with oregano and cilantro; pulse until diced. When tomatoes have finished draining, stir with onion mixture in large bowl; stir in cumin, salt, pepper, and lime juice. Season to taste. Makes a good bit. Enjoy with friends!



Announcing Wi-Fi in the Coffeehouse!

In another new and exciting development, we have installed a wireless Internet service in the Hello Café. The signal is broadcast by satellite since DSL is unavailable in our area of the state. So far, customers have had good luck with the connections. Combined with good organic coffee, it's a pleasant way to check your e-mail or search the Web for the latest information or product. And, don't forget to check out our yummy zucchini bread, soon to become yummy pumpkin bread! All in a season's work...

Mailing List Maintenance

Would you like to continue receiving mailings from Cedar Circle Farm? If NOT, please call us at 802-785-4737, e-mail us at growing@cedarcirclefarm.org, or send us a postcard requesting that we remove your name from the mailing list. Simple as that! Or if you are not currently on our mailing list and would like to be, please let us know that too!



Farmstand & Education Center
 CERTIFIED ORGANIC
 225 Pavillion Road
 East Thetford, Vermont 05043





Good for \$5 off your next purchase of \$25 or more of fall flowers and decorations—mums, sedum, flowering cabbage and kale, pumpkins, gourds, corn stalks, and more!

COUPON GOOD THROUGH OCTOBER 29, 2006





HORSE-DRAWN WAGON RIDES TO THE PUMPKIN PATCH

Saturdays and Sundays,
 Oct 14-15, 21-22, 28-29
 11 'til 4



Pumpkin Festival Schedule Sunday, October 8, 10-5

- 10-4: Horse-drawn wagon rides to and from the pumpkin patch. Ongoing kids' activities: pumpkin and face painting, cider pressing
- 11: Organic food concession opens—homemade pumpkin pie, pumpkin bread, hearty fall soups, grilled local sausages and veggie burgers, hot cider, and Strafford Organic Creamery ice cream
- 11:30: Draft horse cultivation demonstration
- 11-2: Ongoing cooking demonstration with Ellen Ecker Ogden of Manchester Center, Vermont, author of *From the Cooks Garden*
- 12 & 3: Guided horse-drawn informational farm tours with CCF Farm Manager Will Allen
- 12-3: Live folk and blues music with Ricker Winsor and Keith Friedland
- 5: Festival ends