



NEW CITY
URBAN
FARM

New City Urban Farm

Down on the Farm:

The last couple weeks we've been preparing the hoop houses for winter vegetables and putting seeds in the ground. We've started storing potatoes, garlic, onions, and shallots for the long months ahead. We've watched our winter squash carefully to see that they reach the proper ripeness in order for them to keep. Sometimes it would just be easier to be done in October. All of this preparation and consideration makes us extremely thankful for our shareholders. This kind of work comes from another time. Why store squash or potatoes when we can just get some at the store any time of the year? Our members have decided to join us in this journey to a bygone era because something was lost when we moved forward for progress. Perhaps it is bodily health that brings us to this farm, or the feeling of connection to the land in our region. Maybe it is the return to the kitchen and the taste of real food. Whatever it is that has brought you to the farm, we are truly thankful. We are also proud, and hope that you are of yourselves as well. As a culture we have moved away from food like this because it isn't convenient. You should feel proud that you don't make all decisions based on convenience alone.

What's in My Box: Brussels Sprouts

Kids across the nation have declared war on Brussels sprouts. Many a Thanksgiving meal has ended in a tableside standoff over these members of the cabbage family. Just as beets get a bad rap, Brussels could do for a PR makeover. One of their biggest issues is similar to beets, overcooking. There is actually a point in cooking Brussels that they lose their color get very mushy. You can actually smell when they have reached this point because a compound containing sulfur is released, giving the sprouts a rotten egg smell. To avoid overcooking Brussels sprouts remember that they can be eaten raw. In fact, you can make cole slaws with sprouts by simply replacing the cabbage. So don't be afraid of undercooking them a little, that is always better than overcooking. When you do cook Brussels, try roasting them at high heat. A little sweet caramelization goes a long way for these sometimes bitter vegetables. You can also glaze them with a sweet or spicy sauce.

Recipe: Honey Sriracha Roasted Brussels Sprouts

1½ lbs.	Brussels sprouts
2 Tbsp.	Olive oil
To taste	Salt
1 Tbsp.	Sriracha
3 Tbsp.	Honey
1	Lime, juiced

Preheat oven to 400°F. Cut off the stem end of the sprouts and pull off any yellow outer leaves. Cut large sprouts in half. Place sprouts in a large bowl, drizzle with olive oil and season generously with Kosher salt. Toss to coat. Place in a single layer on an aluminum-foil lined baking sheet. Roast for 35-40 minutes, shaking the pan a few times throughout the cooking process, until crisp and golden brown on the outside and tender on the inside. Meanwhile, combine sriracha, honey, and lime in a small bowl. Season with Kosher salt. Remove sprouts from oven, transfer to large bowl, and drizzle with sauce. Toss lightly to coat and serve immediately.

