

Stoney Meadow Farm CSA Weekly Beet



Locally grown with care~
your farmer

Week of September 27th, 2009

What Might Be In The Bag

Tomatoes	Cherry Tomatoes
Carrots	Dill
Radishes	Arugula
Summer Squash	Winter Squash
Beets, Red or Chioggia (Stripped)	

Recipe of the Week

Carrot Cupcakes with a Lemon Cream Cheese Icing

Adapted from [The Frog Commissary Cookbook](#)

Makes 24 normal-sized cupcakes

For the cake:

1 1/4 cup vegetable oil
2 cups sugar
2 cups flour
2 teaspoons cinnamon
1/4 teaspoon ground nutmeg
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
4 eggs
4 cups carrots, grated (about 1 pound)
1 cup chopped pecans



For the Icing:

8 ounces soft unsalted butter
8 ounces soft cream cheese
1 1-pound box of powdered sugar
1 teaspoon vanilla extract
zest of one medium lemon, chopped

To Prepare the Cupcakes:

Preheat oven to 350 degrees. Have a muffin tin ready with cupcake liners.

In a large bowl, whisk together the vegetable oil and sugar. Sift together the flour, cinnamon, nutmeg, baking powder, baking soda and salt. Add half the dry ingredients into the sugar-oil mixture and stir blend. Add in the rest of the dry ingredients while adding the eggs, one by one. Combine well. Add the carrots and pecans. Divide evenly into muffin tins. Makes 24 cupcakes.

To Prepare the Icing:

In a mixer (or large bowl and with a hand-mixer), cream butter until smooth. Add room-temperature cream cheese and whip, until combined and fluffy. Gradually add in vanilla extract, lemon zest and powdered sugar

A Brief History of Carrots

Carrots originally grew wild and probably originated in Afghanistan. But they may have existed in other Asian and African areas as well. The "original" carrots were red, purple or even black (probably a very dark purple). Along the way carrots have been found in other colors as well such as yellow and white. The carrot has long been known as an orange vegetable thanks to patriotic Dutch growers who, in the 17th century, bred the vegetable to make it less bitter than the yellow varieties, and then it was adopted as the Royal vegetable in honor of the House of Orange. Carrots were originally purple or red, with a thin root. The species did not turn orange until the 1500's when Dutch agricultural scientists and growers used a mutant yellow carrot seed from North Africa to develop a carrot in the color of the House of Orange, the Dutch Royal Family. In an attempt to "nationalize" the country's favorite vegetable they began experiments on improving the pale yellow versions by cross breeding them with red varieties. These varieties contain beta carotene to produce orange-colored roots. This was developed to become the dominant species across the world. Another interesting finding reading the history of carrots is about the baby carrots. Have you ever wondered where baby carrots came from? When I was a child, there was no such item in the produce section. The process was invented in the late 1980's by Mike Yurosek, a California farmer, as a way of making use of carrots which are too twisted or knobby for sale as full-size carrots. Yurosek was unhappy at having to discard as much as 400 ton of carrots a day because of their imperfections. He was able to find an industrial green bean cutter, which cut his carrots into 5 cm lengths, and by placing these lengths into an industrial potato peeler, he created the baby carrot. It turns out to be a great business success and today in the Disney World, burgers come two ways: either with fries or baby carrots. And 80% of carrots sales in US market are baby carrots. Wow!

(Adapted from various internet sources.)

What's Happening on the Farm

As I sit here today working in this newsletter, the impending frost this week is weighing heavily on my mind. How exactly do we protect what needs to keep growing and pick all the rest. The crops that we have had growing for the fall have looked amazing. They have taken a little longer to grow because of the lack of rain for three or so weeks, but they are finally ready or almost ready to harvest. Hope you are enjoying the fall. Take care. Your farmer~ Andrea



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