



**Baby Bok Choy
Curley Parsley
Burdock Root
Bulk Carrots**

**Fennel
Wheat Berries
Bunched Cipollini Onions**

**Globe Artichokes
Purple Potatoes
Lacinato Kale
Bosc Pears**

Incorporating Grains Into Your Diet

Grains are known as “prairie gold” for many reasons, including that they trap sunlight and store it to be used as fuel or protein. Grain production is an important part of the energy cycle at a sustainable farm, providing nourishment for livestock, humans and the soil. In 2008 our farm produced the following types and quantities of grain at four of the fields that we lease:



During the month of September and the first of October, Sam harvested 7 types of grain that we grow on our farm. The standard method of harvesting is to use our John Deere Combiner.

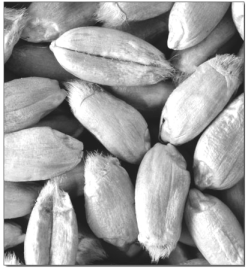
<u>GRAIN</u>	<u>QUANTITY</u>	<u>FIELD</u>
Wheat	8 tons	Woodcock
Barley	55 tons	N. Wilson
Triticale	2.5 tons	Meadowbrook
Vetch	4.5 tons	Meadowbrook
Rye	50 tons	Wheeler
Buckwheat	2 tons	Meadowbrook
Oats	5 tons	N. Delta

The wheat berries in your box this week are extremely nutritious because they have not undergone any processing or refining and they still contain their bran, germ and endosperm. The berries can be ground into flour if you have a hand-crank or electric grinder, or they are a tasty *and* chewy addition to casseroles, soups, salads, and more.

Before cooking wheat berries, soak them overnight and then drain. This will help them cook faster and you will digest them better. After soaking and draining, put the wheat berries on the stove, covered by a few inches of water. Bring them to a boil, then lower the head, cover the pot, and simmer until they're tender (about 1-2 hours). Add ½ teaspoon of salt. See the recipe page for a delicious preparation idea with your pre-cooked wheat berries.

Note: You might notice small round dark brown peas in your wheat berries. Although we sorted the grain as best we could, some of our nitrogen-fixing Vetch (which is a legume we use for cover cropping) is still a bit mixed up in the wheat. The peas certainly won't hurt you, but if they're bugging you pick 'em out. We recommend just enjoying them.

Wheat



Evidence exists that wheat originated in Mesopotamia and has been consumed as a food for more than 12,000 years. Wheat was introduced to the Western Hemisphere in the late 15th century, but it wasn't until the late 19th century that wheat cultivation flourished. A hardy variety of wheat (Turkey red), was brought over by Russian immigrants who settled in Kansas. Today, It is estimated that approximately one-third of the world's people depend upon wheat for their nourishment. In 2007, the largest commercial producers of wheat were Russia, the United States, China, India, France and Canada.

Whole Wheat With Chickpeas, Lentils and Tarragon

Recipe adopted from Deborah Madison's, *Vegetarian Cooking for Everyone*.

Ingredients:

- Generous drizzles of olive or walnut oil
- 2 red onions, diced
- 1 handful of carrots, diced
- Handful of finely chopped fennel
- 1 tablespoon chopped tarragon
- 3/4 cup French lentils
- 2 cups cooked wheat berries
- 1 1/2 cups cooked chickpeas

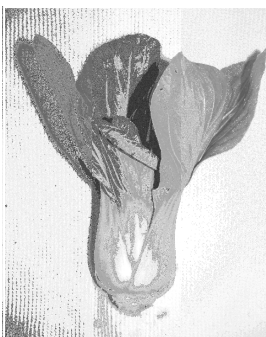
Directions:

1. Heat the oil in a small soup pot.. Add the onion, carrot, fennel and tarragon and cook over medium heat, stirring frequently until the onion begins to color (about 7 minutes).
2. Add the lentils, 5 cups water, and 1/2 teaspoon salt. Bring to a boil, lower the heat and simmer covered, until nearly tender (about 20 minutes).
3. Add the wheat berries and chickpeas. Continue cooking until they're warmed through and the lentils are tender (about 5 min). Drain (reserve liquid for stock) and pour the grains into a serving dish.
4. Taste for salt, season with pepper and drizzle generously with olive or walnut oil.

Serves

Variations: *A splash of fresh lemon juice, chopped parsley and additional fresh tarragon transform this dish into a salad. Any leftovers can be used with pasta along with fresh herbs and toasted chopped walnuts.*

Baby Bok Choy



Baby bok choy (*Brassica chinensis*) is classified as a cabbage. However, baby bok choy bears little resemblance to the round European cabbages found in western supermarkets. It's light green stalks resemble celery without the stringiness, while the darker green leaves have a similar texture like spinach. If you refer to last week's newsletter, you will find that it can be used the same way that **tsoi sim** can be used.