

2011

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# West Newbury CSA Long Hill Orchard & Farm

520 Main Street  
West Newbury, MA 01985  
longhillorchard.com



## A NOTE from Cindy & John

Dear Shareholders,

We have such mixed feelings on our last distribution day for the season. We will continue to see many of you for your bulk orders and all your Thanksgiving needs. Please remember we are open daily from 10 to 6 through Christmas with a huge selection of Christmas trees, wreaths, roping, gifts, desserts, root veggies, fruit and more.

You our valued shareholders are the foundation for our farm, we are extremely grateful for your partnership and we have enjoyed this CSA season very much. Schedules relax a bit now, and we will take advantage of this season. But before long we will be jumping right into the plans and preparation for next seasons CSA.

A huge thank you to those that have renewed, it is a tremendous help for us in planning. Please continue to submit your renewals, we will be busy planning a successful 2012 season for you.

We would like to welcome all shareholders to stop by the farm stand on Saturday November 26th from 12 to 3 for a Thank you and Harvest Celebration. There will be food and cheer and some fun planned for you!

With our Sincere Gratitude,

Cindy, John & Farm Crew

## THIS WEEKS SHARE ITEMS

Red Leaf Lettuce	Brussel Sprouts	Potatoes
Radish	Turnip	Sweet Potatoes
Kale	Beets	Apples
Collards	Onions	

And whatever else we can muster up will be in limited quantities!

ORDER  
YOUR  
HOLIDAY  
PIES

### Pick-up Hours

Fridays 3-6  
Saturdays 9-12



Winter Boxed Share

## RECIPE OF THE WEEK

### Hearty Beef and Winter Vegetable Stew

- |                       |                               |                          |
|-----------------------|-------------------------------|--------------------------|
| 1 1/2 lbs cubed beef  | 1 medium sweet potato         | 1 tsp fresh thyme        |
| 1 acorn/pepper squash | 2 large white/yellow potatoes | 2 tbsp butter            |
| 3 large parsnips      | 3 cups beef stock             | 2 tbsp olive oil         |
| 3 large carrots       | 3 cups water                  | salt and pepper to taste |
| 1 small turnip        | 1 cup dry red wine (optional) | 4 tbsp all purpose flour |
| 4 celery ribs         | 4 garlic cloves               |                          |
| 2 medium onions       | 1 bay leaf                    |                          |

Peel all vegetables and cut into 1" pieces, rinse and let dry. Heat half of the oil and butter over medium heat in a dutch oven. Add vegetables except white potatoes and cook, stirring continuously until they are browned. Set aside.  
Place cubed beef in a large bowl and sprinkle with all purpose flour. Stir until the beef is completely covered in flour. Shake off excess flour and set aside.  
Heat remaining butter and oil in a frying pan. Add flour coated beef and saute until the flour turns a golden brown. Add sauteed beef in to the Dutch oven with the vegetables and stir. Add white potatoes and remaining ingredients. Bring to a boil and turn down and let simmer until vegetables are fork tender.

THANK YOU FOR A GREAT SEASON !