

Local Roots Community Supported Agriculture

Box Contents for September 6th & 7th

1 bunch Nelson carrots
1 bunch green curly kale
1# mixed tomatoes
2 ears sweet corn
1 head red cabbage
1 head red oakleaf lettuce
1 big head of broccoli
1.5# Desiree potatoes
2 storage onions
1 small bunch basil

Large box additions

2 cucumbers
1 assorted lettuce
tiny sprig of sage
extra broccoli

Local Roots Farm News

Weather and crop news

The late summer goodness just keeps on coming. We are pleased to see that the corn continues to be relatively unmolested by wildlife, so we hope to have a couple more weeks of sweet corn for you. The hot weather is also good news for tomatoes and peppers, although it is proving to be challenging for our beet crops this year. One of our neighbor farmers, Erick from Jubilee Farm, says that this is the driest he has ever seen his fields. It's been a strange weather year (I know, we say that every year), very dry, but not very hot. The last time we saw any significant rainfall was back in mid-July and our beets are definitely struggling. Every year the weather brings new and unpredictable challenges. Overall, this has been one of the most forgiving and pleasant growing seasons I've ever experienced. Besides beets, there are just a couple other crops that haven't been doing well. Everything else has been thriving all summer long, both the cool season crops like kale and cabbage and the heat loving crops like corn and tomatoes. If this is our new dominant weather pattern in the Pacific Northwest, I'll take it!

Time to take a deep breath

The end of August is an intense time on the farm. We've spent the last several weeks harvesting at breakneck speed, as all the late summer crops have been demanding to be picked. At the same time, we've been finishing up our last few rounds of transplanted and direct seeded crops, moving irrigation, and trying to stay ahead of the flush of weeds brought on by the (finally) warm weather. Now that it's September, things suddenly feel more calm. We can see the light at the end of the long autumn tunnel, and we're finally done planting. With most of the season already in the books, we also can make a rough estimate of our financial situation. It's a true cliché that farming is a difficult business that is highly dependent on the weather. Even if we have a good overall growing season, a few rainy farmers markets can make the difference between meeting and not meeting our budget for the year. Thankfully, this year has been both a good growing season and a good market season, and it appears that we'll be able to pay the mortgage all winter and maybe even take a vacation! To be sure, good weather and a lot of hard work in July and August eases the pressure on us and our crew for the rest of the year. Now we can enjoy picking the bounty of autumn with a little less frenzy in our harvest week. Hooray for September!

Enjoy your lovely produce ~ Siri, Jason, Felix, and the awesome Local Roots Farm crew.

Ideas and info for this week's produce

Red cabbage – I recommend the following simple recipe for a lovely side dish:

Recipe – Braised Cabbage

Thinly slice 1 small head cabbage and one onion. Melt 2 tablespoons butter in a skillet, then saute the onions for 5 minutes. Add cabbage and ½ cup water, salt and pepper to taste. Cover, and cook for 10 minutes over medium heat. Check periodically to make sure it's not browning or scorching. Remove lid and let cook for about 15 more minutes or until cabbage is delectably soft. Serve as a side dish or over rice.

Sweet sweet corn – This week's variety is Bodacious, with just a few of the last of the Tuxedo that you received last week. Some of the ears are a little smaller, but we've found that the smaller ears are a little more sweet, if less juicy.

Carrots – Although these are great for eating raw straight out of the bunch, and it might be too hot to cook anyway, I'm including a link to an Ethiopian dish that includes many of this week's veggies.

Green curly kale – Kale. It just keeps on producing. A note of caution – this kale may have a few errant aphids on it, an inevitability at this time of year. Just rinse thoroughly before cooking and it should be fine. Speaking of delicious Ethiopian foods, as long as you're making mixed veggies with ginger and turmeric, you might as well also use this kale in place of collards in another wonderful Ethiopian dish. Link also in the email.

Onions – These are your standard old yellow cooking onions. You can use them in the braised cabbage recipe above, or hang onto them until you have a need for some regular onions.

Basil – Just a little bunch of basil for you to enjoy with your tomatoes this week. You could also mix tomatoes, sweet corn (cut off the cob), and some ribbons of basil to make a quick summery side dish.