

# Local Roots Community Supported Agriculture

## Box Contents for September 13<sup>th</sup> & 14<sup>th</sup>

1 bunch beets  
1 bunch Rainbow chard  
1# mixed tomatoes  
2 ears sweet corn  
½# salad greens  
1 big head of broccoli  
2# Yellow Finn potatoes  
2-3 shallots  
eggplant  
1 or 2 cucumbers  
1 little bunch of flowers

### Large box additions

zucchini  
1# Romano beans  
1 head cauliflower

## Local Roots Farm News

Your guest newsletter writer today is Cara, one of our stellar farm apprentices. Not only can she harvest and weed, she can also write about vegetables!

### **Cover Crops, Cover Crops : Thinking Fall Thoughts**

We stopped seeding crops in late July, and we transplanted our last round of lettuce to the fields last week. Our fields have been producing food for months now, and they deserve a little R&R, just like us farmers. Because of the flood prone nature of our land, we have to plant something to prevent soil erosion, as well as to out-compete weeds over the winter. This is where cover crops come in -- crops like rye, vetch, wheat, and clover, which will be planted now, and tilled in sometime in winter or early spring to make way for more food crops.

It is exciting to be working on new land, and trying to provide the nourishment and protection that our soil needs to be ready in spring. But it also reminds us how much we have to learn -- which areas are most flood prone? Which will stay waterlogged? Where have we done a good job of combating rhizomatous grasses? Where do we need to provide mineral support? These are some of the many questions that we'll be answering over the coming winter and spring, as we learn more about caring for our land (!) during the off season.

### **Drying Things**

The September slow-down means we're finding time to pull our storage crops out of the ground, and dry them for fall. Our shallots will keep food tasty in winter, as will storage onions, garlic, and the garlands of corn we have drying in our greenhouse. We're also persistently dehydrating tomatoes, basil, sage, and zucchini, so that summer pappardelle can be eaten in December, too. It feels like a lot of effort right now, but then we remember how it's even sweeter to eat our farm tomatoes when we can't just pick them off the vines any time we have the urge. So we say to you, let the squirreling season begin!

## Ideas and info for this week's produce

**Sweet Corn** – Alas, this will be the last week for corn in the CSA. We've been carefully metering the amount of corn we pick each week, trying to stretch it for as many weeks as possible. Now, the starlings have discovered that persistent pecking will give them access to the sweet kernels, so we won't have enough for next week... hope you enjoyed it!

**Flowers** - The flowers in your box are for your table, but not for your salad :) These are a mix of various zinnias and foraged farm greens.

**Rita's Eggplant**-- This is a great side dish.

2-3 eggplant  
olive oil (or your favorite cooking oil)  
miso (we use yellow, but any kind is fine)  
5 garlic cloves, diced  
salt + pepper  
Preheat your oven to 400 degrees.  
Halve your eggplant lengthwise. Drizzle your eggplant with oil so the whole surface is saturated. Use about a teaspoon of miso per eggplant half, and dot it around the eggplant -- it will spread out when it cooks. Salt lightly, and pepper to taste. Stick the eggplant in the oven. After about 20-25 minutes, pull the eggplant out, and sprinkle with diced garlic. Put it back in the oven, and cook until very tender.  
\*\*make sure the eggplant is 2/3 cooked when you put on the garlic, so you don't burn it in the oven.

### **Creamed Chard with Shallots**

2 tablespoons butter  
3 tablespoons finely minced shallots  
1 Bunch Swiss Chard, leaves cut into ribbons, 1/2 the stems reserved and finely diced  
1/2 cup heavy cream  
1/2 cup grated parmesan cheese  
Salt, to taste  
Freshly ground black pepper, to taste  
Heat the butter in a large skillet, preferably nonstick, over medium heat and add the chard stems. Cook for 2-3 minutes, then add shallots. Cook, stirring frequently, until the shallots soften, 3 to 5 minutes.  
Add the chard to the skillet and cook, stirring occasionally, until the chard wilts, 2 to 4 minutes.  
Add the cream and raise the heat to medium-high; cook, stirring frequently, until the cream reduces and thickens. Stir in the parmesan and season to taste with salt and pepper.  
Serve immediately.  
\*\*If you're really feeling decadent, use bacon! Dice and cook the bacon first, and remove. Use bacon fat in the place of butter, and follow the remaining steps. Add bacon back to pan just before adding cheese.