

# Local Roots Community Supported Agriculture

## Box Contents for October 2<sup>nd</sup> & 3<sup>rd</sup>

1# tomatoes  
1/2# cucumbers  
1 bunch beets (various colors)  
1 bunch Pink Beauty radishes  
1 bunch mustard greens  
1 beautiful red cabbage  
5 sweet peppers  
2# Yellow Finn potatoes  
~1/2# leeks  
1 little sprig green coriander

### Large box additions

1 Treviso radicchio  
1 red oakleaf lettuce  
1 bunch carrots

Next week's produce (we think): more tomatoes – carrots – parsnips – garlic – winter squash – cauliflower – lettuce

## Local Roots Farm News

Welcome to October! The weather continues to be spectacular and the crops are responding to the unusual fall with mixed results. Kale is taking a beating from all sorts of insects, but almost everything else is thriving.

Today, while some of us harvested restaurant orders and others boxed up your CSA veggies, Brady and Leah wrapped up our fall garlic planting. Last fall, we planted about 2000 cloves of 'Music' garlic, which we bought from Peaceful Valley farm supply. Of the roughly 250 pounds of garlic that we harvested from that planting, we saved 100 pounds of the best heads to divide and replant. That ended up being about 5400 separate cloves, each of which (we hope) will become a big beautiful head of garlic. We also bought a small quantity of another variety, 'Purple Italian', and will save the majority of the crop for replanting next fall.

Garlic is a relatively easy crop to grow in our area, with the biggest challenge coming from weeds. The crop will be in the ground from now until next July, and it's very difficult to kill weeds during the wet months of winter and early spring. Last year, we mulched our garlic beds with old hay, and it did a pretty good job of keeping weed growth in check, at least until spring. This year we are planning to do the same, but lay it on even thicker. The dry weather is also giving us a chance to kill little weeds even before the garlic has sprouted and emerged from the soil. This afternoon, we're turning a little lawn sprinkler on our garlic patch. Just a light watering will stimulate all the weed seeds on the surface of the bed to germinate, and in a few days we'll be able to run our tractor-mounted tine weeder over the bed to dislodge and dry out millions of little weeds. Then, in another few weeks, we'll spread a thick layer of mulch over the garlic, tucking them in for the winter. Just like that, our first 2013 crop is already underway!

Five more weeks to go! Enjoy the sun! ~Siri, and crew

## Ideas and info for this week's produce

**Tomatoes** – We are so pleased with this year's tomatoes. I think we are now experiencing the rapid ripening of the last big flush of fruits, which may give us another week or two of good tomatoes (!) No promises, or course. Cold, foggy nights are causing some disease problems, but for the most part the plants still look great.

**Baby Leeks** - These leeks are a little small, I think because they were growing in a very dry part of the farm. Our big crop of fall leeks is almost ready, so in future weeks you'll be getting some big fat leeks.

### *Recipe – Potato Leek Soup*

Slice the entire leek and rinse the pieces in a colander to remove hidden dirt. Chop up about a pound of potatoes (russets or Yellow Finns are best) and place them in a pot with the chopped leeks. Add enough water to cover the veggies and a pinch of salt, and bring to a simmer. Cook until leeks and potatoes are very soft and begin to fall apart. The final texture should be somewhat chunky and thick. You can add caraway seeds and dill at any point during the cooking, and at the end you may add butter, milk, and/or yogurt or sour cream if you like. However, it is just as delicious without the dairy additions. Enjoy!

**Mustard Greens** - These curly green leaves are an item in our salad mix when they are at a smaller stage of growth. They are sweet and spicy when raw, but cooking eliminates the spiciness. A simple sauté is great. My sister makes a delicious risotto with beets and goat cheese, and adds chopped raw mustard greens at the last minute.

**Green Coriander** – When cilantro goes to seed, it makes coriander. You can buy dry coriander seeds in the spice section, and these are the green, uncured seeds, still on the stalk. They have an amazing herbal, floral, perfume-y flavor. Just remove them from the stalk, crush them with the side of a heavy knife, and add to a dish just before serving. They'd be great with beets, cabbage, next week's carrots. Use your peppers to make fajitas, and top them with a shredded cabbage and coriander slaw.

**Salad without lettuce** – I'm a salad lover, and think a meal is incomplete without some raw vegetable + tangy dressing course. This week, there are no leafy salad greens (unless you count mustards), so try cabbage & radish slaw or tomato, pepper & cucumber salad instead. Lettuce should make its return next week.