

# Local Roots Community Supported Agriculture

## Box Contents for October 11<sup>th</sup> & 12<sup>th</sup>

1 bunch carrots

~1# parsnips

1 bunch Rainbow chard

1 bunch baby bok choy

1 large or 2 medium leeks

2# Yellow Finn potatoes

Delicata squash

2 sweet peppers

1 head escarole – NOT LETTUCE!

### Large box additions

extra Delicata

extra parsnip

1 bunch sprouting broccoli

1 or 2 tomatoes

## Local Roots Farm News

### The End is Near

Hello dear CSA members. This is the 18<sup>th</sup> week of the CSA season, which means that only two more weeks remain. October 25<sup>th</sup>/26<sup>th</sup> will be the last week of our regular season. We're in the heart of autumn now, and have said goodbye to the summer vegetables. For the next few weeks you'll be seeing a lot of roots and hearty greens, with a sprinkling of winter squash. Due to the cool weather in June and July, we didn't get the production we had hoped from our winter squash, so you won't be getting as much as we would like to give you, but the Delicata you are getting is supremely delicious. I sometimes wonder why we grow anything other than Delicata squash.

### Extended Season?

As we move from October to November, we enter that mysterious time of year known as "flood season." In our valley, we've experienced major flooding of the Snoqualmie River as early as November 6<sup>th</sup>, which is the main reason we end the CSA in the last week of October. We just can't be sure that we won't be underwater the first week in November, and we don't want to take your payment for something we can't reliably deliver. On the other hand, we may not flood at all, and in previous seasons we have offered a small extended-season CSA program, where we keep delivering boxes of produce until we flood, freeze, or run out of food. Jason and I have been talking about the prospect of an extended season this year. We do have a large quantity of a small number of items: beets, carrots, parsnips, and potatoes, namely, but we're also pretty tired. Instead of a multi-week extended season, this fall we'll probably offer a box full of storage vegetables, and then take a much-needed break.

On this day last year I was in the hospital, in labor with baby Felix. We had no idea what we'd be doing in the 2011 season. Our former business partner had given us the boot, we were about to have a baby, and had never laid eyes on this 40 acre property where we now live and farm. We spent the months of November and December adjusting to life as new parents and negotiating the purchase of this property. In January, we got to work here, laying out fields, cleaning up the run-down houses, and building greenhouses. We started our first tomato seedlings in February. It's been an extremely long haul for us, with no real down time since, oh, say, January of 2010.

Stay tuned for details on our storage veggie box.

Happy fall vegetable eating! - Siri and the Local Roots Farm crew

## Ideas and info for this week's produce

**Leeks** - Two hot tips about leeks: one, you can use the whole thing, not just the white part. The green upper leaves are just fine – they are a little bit tougher, but in a dish like potato leek soup will become just as creamy and delicious as the white parts. Two, cleaning leeks is easy. Cut the stalk lengthwise, leaving the root end intact. Fan open the two sides, and run under the tap, flushing water through the leaves to remove dirt.

**Potatoes** - \*\*Please remove potatoes from plastic bag for storage.\*\* Potatoes need air and darkness to stay happy. The best place to store them is in a dark cabinet, the cooler the better. Don't store them in the fridge.

### *Recipe – Potato Leek Soup*

Clean leek and slice into half moons. Cut potatoes into medium size chunks (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!

**Escarole – This is not lettuce!** If you think it is you will be surprised and possibly unhappy. Please pass this info on to anyone who shares your box. Escarole is in the same family as lettuce, but it's much more cold hardy and somewhat bitter. I enjoy the inner, light green leaves in salad, and use the outer, darker green leaves for cooking. Cut into ribbons, the outer leaves are a great addition to chicken soup. I'll include a recipe for braised escarole with garlicky breadcrumbs in the email today.

**Parsnips** – Parsnips get sweeter with cold weather, and so far it hasn't been that cold. These are pretty mild, sort of like a carrot. They are great in a medley of roasted root vegetables, or boiled together with potatoes and mashed. If you're going to mash them, peel them first. For roasting or sautéing, it's fine to leave the skin on.

**Delicata squash** – Oh joy! This is one of my top five vegetables, for sure. No need to peel, the skin is tender and completely edible. Cut in half lengthwise, scoop out seeds, then cut into "C" shapes about ½" thick, spread in a single layer on an oiled cookie sheet, and bake at 350. Turn once, when the bottom begins to brown, and cook until tender.