

# Local Roots Community Supported Agriculture

## Box Contents for October 18<sup>th</sup> & 19<sup>th</sup>

1# not-yet-ripe tomatoes

1 bunch baby turnips

mixed HOT peppers

2 baby lettuce

1 small red cabbage

1 bunch Nelson carrots

1 ½# Desiree potatoes

½# shallots

1/3# Brussels sprouts

1 bunch purple or green mustard greens

## Large box additions

Extra tomatoes and

peppers

2 little eggplants

1 head cauliflower

## Local Roots Farm News

### **Planting Garlic**

We're using this glorious weather to plant our first crop of the 2012 growing season – garlic. Garlic does best in the Pacific Northwest when it's planted in the fall. During the (mainly) mild winter, it will grow very slowly, but as soon as we get warm and sunny days in the early spring it will start to grow rapidly, putting on several inches of green leaves before the soil would be dry enough to begin a spring-planted garlic crop. This spring, as early as we could work the ground on the new property, we put in about 1000 cloves of garlic, hoping to get at least a small garlic harvest for domestic use and to put in the CSA. This crop struggled a lot with weeds and never grew very big – hence the miniature garlic you've been receiving in the boxes this season.

This fall planting of garlic, if all goes well, should produce much more satisfactory results. The variety we prefer is named 'Music'. It's a "hardneck" variety, which means that it forms a stiff central stalk around which a small number of large, easy-to-peel cloves will form. We'll be planting 40 pounds of garlic this week, which should result in about 1600 individual plants. Next August, when we harvest the garlic, we'll set aside about half the crop to replant in the fall of 2012 and give the rest of the garlic to you in the CSA. If we get a good yield, the 800 plants that we save will multiply into 4000 cloves to plant for the following season. In a couple years, we'd like to get to a point where we can give big, beautiful heads of garlic every week in the CSA. This first fall planting of garlic here on our new land feels like a real investment in the future of our farm. Here's to good garlic growing!

### **One more week to go...**

Just a reminder that next week (October 25<sup>th</sup> & 26<sup>th</sup>) will be the last week of this season's CSA. Lots of goodies are coming in next week's box, including more Brussels sprouts, parsnips, carrots, leeks, potatoes, beets and Delicata squash.

## Ideas and info for this week's produce

**HOT PEPPERS!!** - Alert! These peppers are spicy! This is a mix of all the different hot peppers we grew this year - skinny Cayennes, wrinkly red Padrans, dark green Jalapenos, and larger, milder Anaheims. These peppers will keep for quite a while, especially the smaller ones, so just keep them on the counter (or string them together with a needle and thread and hang from the ceiling) and use a little bit at a time. We use a bit of chopped hot pepper in dishes where we'd otherwise use red chili flakes – sautéed greens, tomato sauce, roasted broccoli.

**Baby Lettuce** – Two different varieties of lettuce today: Samantha (red oakleaf) and a crisp and sweet "Summercrisp" style lettuce. These are much more tender than the lettuce we grow and harvest in the warmer time of year, and their thinner leaves don't keep as long in the fridge. I recommend you make a lovely salad ASAP.

**Shallots** – Speaking of salad, you should definitely try making a vinaigrette dressing for that salad with the shallots you're receiving this week. If you aren't in the habit of making your own dressing from scratch, try it this week. Some experimentation with different vinegars, herbs, and other additions will find you a go-to vinaigrette that's much cheaper and higher quality than bottled dressing from the store.

The basic ingredients are vinegar, salt, seasonings, olive oil, and mustard. Start with vinegar in a bowl or a jar with a lid. Add salt – more than you think you should – and black pepper, minced fresh herbs, a dollop of prepared mustard, finely chopped shallot and/or a whole clove of garlic, lightly smashed under the side of a knife. Add all these to the vinegar and swirl around to mix. I like to do this part before dinner, then finish making the dressing just before we're ready to eat salad. When you're ready to dress the salad, add a generous amount of olive oil, and whisk or shake vigorously in a jar.

Several different European cultures have a similar proverb regarding the proper proportions of vinegar, oil, and salt when dressing salad: "It takes three people to make salad dressing: a miser with the vinegar, a generous person with the oil, and a genius with the salt." Basically, don't use too much vinegar, use plenty of oil (I think a ratio of 1:4 is a good start), and use salt judiciously – you can always add a little more after the salad is dressed.

**Tomatoes** – These just won't quit. We've torn all the vines out of the greenhouses, but first we harvested all the green and pink fruits. Now we're sending some of them home to you. Leave them on the counter to ripen. Some of them will be red when ripe, others will be more like dark pink. They're ready to eat when soft. I suggest cooking or using in a dish with lots of other stuff – they definitely won't be as good as vine-ripened tomatoes.

Oh no! Out of room and I haven't even mentioned Brussels sprouts! I'll try to get something into the email...