

Local Roots Community Supported Agriculture

Box Contents for October 23rd & 24th

1 bunch beets (mixed types)	
1 Butternut squash	
1 bunch Red Russian kale	Large box
1 head romaine lettuce	additions
1 bunch bok choy	½# spinach
1 or 2 heads broccoli	1# tomatoes
1 head Romanesco cauliflower	1 bunch curly kale
1.5# parsnips	
1 small head celery	

Next week's produce (we think): pie pumpkin – carrots – cilantro – cabbage – celery root – garlic – cauliflower

Local Roots Farm News

After a wonderful late summer and early fall, we have now definitively entered the cold and dark time of year. Although we haven't had frost again, the last week has been rainy, windy, and pretty cold, especially in the morning. Night comes much earlier, too, so the time available for us to get our daily work done is suddenly much shorter. Happily, we still have loads of produce out in the field, most of which will tolerate rain and occasional frost, just waiting for us to pick it and send it to you or the farmers market.

We are about to enter uncharted territory with our CSA season. In every other year, this would be the last week of regular CSA delivery. November 1 marks the beginning of "flood season" here in the Snoqualmie valley, and even though there's no certainty that we will have a flood in November (or at all), in any given season, we have had record flooding as early as November 6. So, we've never felt comfortable offering a CSA season that extends into November... until now. We have plenty of storage capacity here on our new farm, and this year we have grown a LOT of storage crops. We have ample roots and squash to fill the last couple weeks of the CSA, plus tons of fresh greens in the field, at least for the foreseeable future. The last few weeks of the season will be plentiful and varied.

In whatever time we can spare from our regularly scheduled harvests and delivery-making, we are bringing in the rest of our official storage crops: special long-keeping carrots, beets without tops, storage turnips, daikon, parsnips, celeriac, leeks, plus the potatoes and squash that we picked earlier this fall. We are still working out the details, but we will be offering an extended CSA season option this year. Most likely it will be one or two large boxes, timed for delivery before Thanksgiving. We'll keep you posted. Enjoy the colorful bounty of fall!

Ideas and info for this week's produce

Celery – I love celery. The celery we grow is pretty different from "supermarket celery", and has different merits. It's pretty strong flavored, and may not be the best for raw snacking, but it is wonderful for cooking, full flavored, and not too watery. Celery will keep a long time in your fridge (up to a month, if stored in a sealed plastic bag), and a little goes a long way with this stuff. Celery is essential for chicken soup, winter stews, lentils, and many other hearty fall meals. I like to use the leafy top parts of the stalks as a flavoring for roast chicken or just a simple mixed vegetable soup.

Romaine lettuce – Our fall lettuce continues to impress with its sweet flavor and resilience to varied weather conditions. This variety is called 'Winter Density' and it is a buttery-textured, but crisp, Romaine type.

Butternut squash – It has become a tradition for me to give squash and kale in the last week of the CSA, along with this superstar of a recipe, which is adapted from a recipe from Lynn Rosetto-Kasper of public radio's "The Splendid Table":

Recipe – Pasta with Roasted Squash and Greens

- 1 medium winter squash peeled, seeded and cut into chunks
- 1 medium onion, cut into 1-inch chunks
- 2 big handfuls of kale, chopped
- 1/3 tightly packed cup fresh basil leaves or 1 tsp dry basil
- 16 large fresh sage leaves, torn
- 2 large cloves garlic, coarsely chopped
- 1/3 cup good-tasting extra-virgin olive oil
- 1/4 teaspoon hot red pepper flakes
- 1 tightly packed tablespoon brown sugar
- Salt and freshly ground black pepper to taste
- 1/2 cup half-and-half
- ½ lb cooked short pasta (rotini or penne work well)

1. Set oven at 450°. Slip a large sheet pan (I use a half-sheet pan from a restaurant supply house), or two small ones in the oven to heat up. Then prep the ingredients.
2. In a big bowl, toss together all the ingredients except half-and-half, pasta and cheese. Be generous with the salt and pepper.
3. Pull out the oven rack with the sheet pan on it. Taking care not to burn yourself, turn the squash blend onto the pan. Spread out the mixture and bake 25 minutes, turning twice, or until squash is tender.
4. Once the squash is tender, flip on the broiler to caramelize it. Watch closely, turning pieces often. Anticipate about 5 minutes under the heat. You want crusty brown edges on the squash and wilted, almost crisp greens.
5. Scrape everything into a serving bowl. Add the half-and-half, hot pasta, and ½ cup parmesan cheese. Toss to blend, tasting for salt and pepper. Adjust seasonings and serve hot.

Other veggies - Check out today's email for more veggie info!