

Local Roots Community Supported Agriculture

Box Contents for October 25th & 26th

1# parsnips
1 bunch carrots
1 bunch Rainbow chard
1 small head lettuce
½# Brussels sprouts
1 ½# Yellow Finn potatoes
2 leeks
1 Delicata squash
2 sweet peppers
1 bunch red or Chioggia beets

Large box additions

1 bunch sprouting broccoli
extra Delicata

Local Roots Farm News

Last week of the season

We're both happy and sad to see the end of the CSA season. This has been an absolutely amazing year for us - truly the most successful, most fun, and most eventful of the five years we have been farming. Today, with the sun shining and the birds chirping overhead, it's hard to imagine that the season is at a close, but we really are on the verge of the dark, cold, flood-y time of year. It's time for Jason and I and our hardworking crew to have a little rest. For the last twenty weeks we've woken up every Tuesday morning and harvested a huge amount of food: 60 pounds of salad greens; 240 heads of lettuce; 120 bunches of carrots; etc, etc. It's going to be great to wake up next Tuesday and not harvest anything.

We've been joined this year by an exceptional group of farm apprentices. Above all we want to acknowledge Brady, Leah, Rita, and Marisa, our core crew who have been here since the beginning of April, doing everything from planting seeds to delivering the CSA boxes to keeping Felix entertained during the harvest. We also thank Cara, Collin, David, and Cameron, who each joined us for a few months this season. We are very proud of our crop of future farmers, and expect big things from them in the coming years. Besides the farm crew, we also received untold help this year from our families. 2011 has been full of life events, some happy and some very sad, and we're grateful to have such wonderful and supportive families around us.

Looking forward

We're taking stock of the crops that remain on the farm, and will be contacting you about getting a box of storage crops sometime in the next couple weeks. We'll also be attending the Broadway Farmers Market on Sundays as long as the Snoqualmie River stays below its banks. If you come to the market, please let us know that you are a CSA member and you'll get a discount on your market purchases.

At this time last year, we were in a much different place. We had a two-week-old baby, and we weren't sure if we'd be farming at all this year. Thanks to all of you who have stuck with us over the years, and to our new members for joining us on the continuing adventure. Have a happy and healthy winter, and we'll see you next season! ~Siri, Jason, Felix, and crew

Ideas and info for this week's produce

This week's column courtesy of farmer Jason:

Brussels Sprouts

Brussels sprouts are one of our favorite vegetables. But a vegetable that improves markedly with a frost. We haven't a frost yet, but they are still good. I have two favorite ways to cook them. One is to cut them in half and roast them at 400-ish degrees on a cookie sheet until they get brown and crispy. The other is to cut them in half and sauté them in bacon fat until they are brown and crispy. If you have bacon fat, it means you probably just cooked some bacon. So crumble the bacon on top of the Brussels and enjoy!

Recipe – Brussels braised with cream

- *Cut sprouts into halves or quarters through the stem end.*
- *Mince a small onion or shallot*
- *Cook the onion in butter over medium heat until translucent then add the sprouts.*
- *Turn the heat up a little and cook the sprouts until they start to brown. Add milk or cream to cover and turn down the heat, making sure you don't curdle your dairy product of choice.*
- *Cook over low heat until the sprouts are tender. Add salt and pepper to taste.*

Roasted Vegetable Medley

As the temperature declines, we find ourselves roasting everything. The heat of the oven caramelizes the vegetables and warms the house simultaneously. I like to cut some combination of beets, potatoes, Delicata, carrots, parsnips, etc into similar sized chunks, toss with oil and salt, and roast at 325 or 350 until soft. I finish them at 425 to brown the edges. The key to good roasted veggies is to make sure all the roots have space in the pan. Use two pans or cookie sheets if one seems crowded.

Delicata Squash

Delicata are so good, I sometimes wonder why we grow any other squash. The skin is edible and they are so sweet. If you happen to find some chanterelle mushrooms lying around, the mushrooms and squash pair nicely – each exhibiting a slightly nutty/apricot-y flavor. Consider picking (up) some this fall and adding them to your Delicata.