

Local Roots Community Supported Agriculture

Box Contents for November 6th & 7th

1 bunch Nelson carrots
1 head cauliflower
1 bunch green curly kale
1 head Samantha oakleaf lettuce
1 Delicata squash
1 leek
1.5# parsnips
1 Treviso radicchio

Large box additions

1 bunch beets
extra Delicata squash

Next spring's produce: lettuce, spinach, arugula, kale, salad greens, radishes, turnips, bok choy, mustard greens..... Coming around June 11th.

Local Roots Farm News

Here we are, the last week of this season's CSA. It's been an amazing year for our farm, and we are feeling good about the future. Jason and I are very happy to have four of this year's crew members coming back to work with us for another season: Rawley, Kyli, Sam, and Annie. As I mentioned in an earlier newsletter, we are actively pursuing a size and scale of farming that will allow us to pay a living wage to our employees, and we'll be taking a big step in that direction next year with these four all becoming full-time, salaried employees. We are feeling very positive about our progress toward reducing turnover and retaining great people.

On that note, we have had the great good luck to have three exceptional returning members of our crew this season: Brady, Leah, and Cara. Brady started with us back in 2010, when we were still tenant farmers and had no idea we'd be buying our own property and starting over from scratch in 2011. Brady's contribution to our success during and since our big transition cannot be overstated. He is extraordinarily hardworking, reliable, and smart, and we've been very lucky to have him. Leah and Cara both worked with us in 2011, and we were thrilled to have them come back for 2012. There are lots of reasons why this year went well, but a big part of it was having experienced people who knew us and our farm, and could jump right in and get things done. Brady, Leah, and Cara are all moving on to new phases of life at the end of this season, but I know that they will always be part of our extended farm family.

November is an exciting time of year. The days are shorter, and although we are still working pretty steadily, we have time in the evenings to start making plans for the upcoming season. In our farming model, where most of our crops are short season annuals, each year is a chance to start anew. We have lots of things to be proud of this year, but there are also plenty of things we would like to improve. Right now, 2013 is all possibility, opportunity, and excitement.

Finally, I want to thank each of you. Your families support our family, and our family works together to feed you the best food we can grow. We love our CSA, and we can't wait to do it again next year! Have a healthy, peaceful, and joyous winter.

~Siri, Jason, Felix, and the All-Star 2012 Local Roots Farm crew

Ideas and info for this week's produce

By this point in the season, you should be pretty familiar with all this stuff... except for one thing:

Treviso radicchio – This is our farm's "signature" crop, a gorgeous jewel of a vegetable that absolutely thrives in our soil and climate. We have always been hesitant to include a lot of radicchio and other bitter greens in the CSA boxes because bitter flavors are not everyone's favorite. The vast majority of the radicchio we grow goes to our restaurant clients (although between Jason and I we easily consume 200 heads a year), and at this time of year is featured on many menus around the city of Seattle.

So, what should you do with this beautiful bundle of red leaves? If you are partial to the bitter flavors, I suggest salad. When we have radicchio newbies over for dinner, we frequently roast up some sweet veggies (cubed squash and cauliflower would be great), and/or sauté leeks or onions on low heat until melty, and add the warm cooked veggies to thinly sliced leaves of radicchio. Finish with a balsamic-based vinaigrette and maybe some soft cheese, and you have a lovely hearty salad.

If you want to temper radicchio's bite, it is also incredibly versatile for cooking. One recipe I've really been enjoying comes from "The River Cottage Cookbook". I'm including a link to a great article, including the recipe, in today's email.

Cauliflower – We've had a bumper crop of cauliflower this fall. Despite squeezing our plants close together in an effort to produce small heads, the heads in your box this week are on the large side. Thankfully, roasted cauliflower is delicious, and shrinks a lot in the oven ☺.

Lettuce – We've had the best run of fall lettuce ever, and it's a great little refreshing complement to all the sweet, hearty vegetables of fall.