

# Local Roots Community Supported Agriculture

## Box Contents for August 19<sup>th</sup>

about 1# Broccoli

1 Savoy cabbage

1 bunch Italian chard

1 head celery

1.5# tomatoes

1 head lettuce

1 head frisee

1 bunch carrots

2 zucchini

5 cucumbers

### Large box additions

1 bunch leeks

1 bunch kale

1 bulb fennel

Next week's produce (we think): blue potatoes – purple carrots – red beets – tomatoes – collard greens – garlic – zucchini – cucumbers

## Local Roots Farm News

Jason here! Siri is experiencing newsletter burnout, so I'm making my annual randomly scheduled newsletter-authoring appearance. I apologize for any repeat information you may receive. I read and edit all these newsletters, but what news and recipes Siri has included don't stick with me.

This was a fun box to make because it took more strategizing than usual. You see, we had a wedding on the farm this past Sunday. Long-time employee Kyli's sister got married out here in a beautiful, low-key event.

The problem for us to solve, was that Sunday is a big CSA harvest day for us. In order to manage to get everything picked for this week's box, we started harvesting things that hold earlier in the week. On Thursday, we picked some tomatoes, cabbage, celery, and frisee; all things that store really well. On Friday we picked broccoli, cukes, and zukes. On Sunday we picked more tomatoes and carrots. On Monday, we picked the lettuce and chard. It took some up-front planning to figure out what could be harvested that early, and some reshuffling of our weekly tasks to make sure we had time in the week to do that picking. It's a complicated dance we do out here, but it's a fun one. Especially when the result is the beautiful food you are getting in your box each week.

In the four years that we've owned this property, we have hosted three weddings: one each of the past three summers. They are fun, stressful, and ultimately very rewarding events. We do not want to become a wedding venue to the general public, but under the right circumstances, for CSA members and friends, we would love to host your special event. What we've had to offer so far is a beautiful spot for the do-it-yourself-er with a limited number of amenities. If you are interested, let us know.

## Ideas and info for this week's produce

**Savoy Cabbage** – I am such a huge fan of cabbage. I love its versatility: eat it raw or cooked. I love its storability: eat it today, eat it in a month. My absolute favorite thing to do with Savoy is to slow cook it with onions or leeks & lots of butter.

*Recipe: slow cooked Savoy with onions*

- Halve cabbage and slice into thin strips.
- Halve an onion and cut into long thin strips.
- Toss together in a deep pan with a lid, add ½ cup water and ½ stick of butter (or less, it will still be good.
- Turn heat to medium low and let simmer, stirring occasionally to make sure everything is coated in butter.
- Serve when onions are sweet & tender.

**Frisee** – Yum! Frisee is a traditional French salad ingredient. It's a bit bitter, but combined with the right things it's so amazing. The most traditional way to eat frisee is as a salad, served with lardons (bacon), a poached egg, and a lemon-y dressing. It's also fun to cut it in half and sear it on a cast iron pan or broil in the oven.

**Tomatoes** – Not that you need any advice for how to eat these beauties. Mostly I just wanted to pat our collective self on the back for managing to have a pound and a half of tomatoes for all 235 CSA boxes. That's a lot of tomatoes. We are having an epic tomato year so far, and I'm overjoyed to really share that particular bounty, as it's one that's difficult to reliably get here in western Washington. Ways I've been gorging on tomatoes recently include:

- Tomato sandwiches (open faced, white bread, butter or mayo, salted tomato)
- BLT (see above, but with bacon, lettuce, closed faced)
- Caprese salad with burrata
  - If you don't know what burrata is, ask for it at the grocery store, or go to PFI or Calf & Kid. It's fresh mozzarella filled with cream. It'll ruin all other Caprese salads forever, but is totally worth it.
- Greek Salad (use those cukes and any leftover parsley from last week. Add feta. Yum!)

**Zucchini & Cucumbers** – Ever wonder why you get so darn many zukes & cukes in the CSA each week? These are plants that fruit like crazy and we have to pick every two days to stay on top of them. We are swimming in cucurbits and give away hundreds of pounds of the food bank every week too. If you feel like you are getting too many, remember, both zukes and cukes can be pickled. Zucchini can also be sliced thin and roasted in the oven into delicious chips.