

# Local Roots Community Supported Agriculture

## Box Contents for September 2<sup>nd</sup>

1 bunch 'Nelson' carrots  
1 bunch arugula  
1.5# Yellow Finn potatoes  
1 bunch green curly kale  
4 cucumbers  
2 little leeks  
1 head red oakleaf lettuce  
1 Savoy cabbage  
½# green beans  
½# tomatoes  
fresh dill heads

Next week's produce (we think): beets – escarole – carrots –  
broccoli (probably) – turnips – zucchini – tomato - celery

## Large box additions

1 bunch bok choy  
Cherry tomatoes

## Ideas and info for this week's produce

This week's produce is just your typical late summer staples. A last hurrah for green beans, and some of the loveliest arugula around. Most everything should be fairly user-friendly, so I'll just list a few of our favorite things to do with these vegetables:

**Potatoes, leeks, and dill** – Some weeks things just work out perfectly in vegetable land. We had an almost complete loss of our onion and leek crop this year, due to a terrible soil-dwelling pest, the wireworm. Today's small leeks are the only survivors, which we are pulling at a small size because they are starting to show signs of damage from the dastardly insect. The good news is that you are getting the leeks along with the best potato for making soup, plus a nice bit of dill for flavoring. We make a pretty simple soup, but it can be embellished with all sorts of decadent dairy products:

### *Recipe – Potato Leek Soup*

Slice the entire leek and rinse the pieces in a colander to remove hidden dirt. Chop up about a pound of potatoes and place them in a pot with the chopped leeks. Add enough water to cover the veggies and a pinch of salt, and bring to a simmer. Cook until leeks and potatoes are very soft and begin to fall apart. The final texture should be somewhat chunky and thick. You can add caraway seeds and dill at any point during the cooking, and at the end you may add butter, milk, and/or yogurt or sour cream if you like. However, it is just as delicious without the dairy additions. Enjoy!

**Cucumbers** – Dill is also a natural companion to cucumbers, either in the form of easy refrigerator pickles or in a salad. A little cucumber and tomato salad with chopped dill would go very nicely with potato leek soup and some roasted or sautéed kale for a pre-fall meal tonight.

**Green Curly Kale** – This variety is the best for making these addictively delicious "chips":

### *Recipe – Oven Kale "Chips"*

- Preheat oven to about 400°.
- Strip leaves of kale from the central stem, roughly chop or tear, and spread on a large cookie sheet.
- Sprinkle generously with olive oil (no need for anything super fancy), a big pinch of salt, and toss to coat.
- Bake on the middle rack for about 5 minutes, then use kitchen tongs to turn and redistribute leaves. The top edges will crisp. Any parts where the leaves are layered together will steam rather than crisp, so frequent turning will aid in the crisping.
- Continue cooking until crisped to your liking.

## Local Roots Farm News

**Reminder of upcoming farm fun:** There are two different opportunities to visit the farm this month. On the 13<sup>th</sup>, we are part of a valley-wide farm tour day, which is followed by a great party/fundraiser at Jubilee Farm. Details in the email. On the following weekend, (September 20<sup>th</sup>) is our second CSA member potluck. Come by any time after 4 for farm tours – dinner at 5 PM.

**"Harvest Season"** I put that in quotes because, as you all know, it's always harvest season on a diversified farm like ours. That being said, we are heading into a time of year when we bring in a whole lot of crops that do not immediately leave the farm, things like potatoes, beets, carrots, and winter squash. This is the backbone of our extended CSA season. When we pass the November 1<sup>st</sup> mark, we enter the mysterious time of year known as flood season. Maybe we will get a flood as early as the first week of November, maybe not until January... maybe not at all! Nevertheless, we want to be prepared to fill your November CSA boxes come hell or high water, so we bring in the roots and store them away in our growing fleet of walk-in coolers. We hope to be able to keep harvesting hearty greens and other fresh crops all the way through to the end of the CSA season, but there are no guarantees with this weather business.

We got almost all our potatoes out of the field last week and now are preparing to dive into winter squash. Some varieties of squash mature much earlier than others, so we hope to spread out the heavy work of squash harvest by starting with the early varieties ASAP. We'll start hauling them in, let them cure in the greenhouse while the weather stays warm, and then store them in our insulated shipping container for the winter. A farmer-author I like wrote that success in farming is dependent on finding efficient ways to handle materials. This is most obviously true in the fall harvest season!