

Local Roots Community Supported Agriculture

Box Contents for September 30th

1 Red Kuri winter squash
1 bunch golden beets
1# Nelson carrots
1 bunch curly kale
broccoli
2 sweet peppers
cauliflower OR Romanesco
½# tomatoes
1 bunch radishes
fennel flowers

Next week's produce (we think): carrots – lettuce – turnips – potatoes – kale – chard – garlic – peppers

Large box additions

cucumber
green chard
summer crisp lettuce

Ideas and info for this week's produce

Winter Squash – This is the first of a series of small-medium size squash you'll be getting this fall. Red Kuri is a kabocha squash, a sweet, dry-textured variety that is good for soups or curries (for real, Kuri curry!). It has an edible skin.

Squash Storage – Squash will store for several months with proper care. They like warm, dry conditions with minimal temperature fluctuation, so the best place to keep them is in your house. Start a collection on a mantle or sideboard! Check on your squash from time to time to look for small soft spots. When you find one, it's time to eat! Recipes in today's email.

Cauliflower or Romanesco – You are getting one or the other of these types of cauliflower today. We are hoping our next round of romanesco will size up consistently enough to give it in every box. Luckily, both of these are delicious and are interchangeable in recipes. The spiral-y green romanesco looks cooler, but I have to say my personal preference is for regular old cauliflower.

Fennel flowers – You may have seen “fennel pollen” on a restaurant menu before. What that really means are yellow fennel flowers with tiny green fennel seeds attached. These have a lovely anise flavor and would go perfectly with a salad of roasted beets or a garnish for squash soup.

Loose Carrots – Our current planting of Nelson carrots has become over taken by weeds. The carrots are already big and beautiful, but their tops are tall and spindly and prone to detaching from the roots during harvest. Therefore we are harvesting them as loose carrots for the time being... same sweet and crunchy variety, less greenery in your compost bucket.

Order of eating:

Eat ASAP: Broccoli, cauliflower, kale, beet greens.

Will store for up to a week: peppers, radishes, tomatoes.

Will store for more than a week: carrots, beets (without greens), squash

Local Roots Farm News

Well, it's never boring around here. In anticipation of our house lifting, we moved our whole wash and pack operation over to another part of the farm this week... only to find out that it's gotten too late in the season to start the lifting project. In a way, this is a relief – we were risking going into flood season with our house still up on blocks, and that was a stressful scenario for Jason and me. On the other hand, we had already prepared ourselves and the farm, so now we are just pushing this big disruption off until next spring. Our whole farm is a huge work in progress, and the stream of projects will keep on coming. Now we have a little bit of breathing room to get our important fall farm work done, and we have a second functioning wash station to use during the serious fall harvest season.

We also managed to get our third walk-in cooler built this week, and it should be getting hooked up and recharged with new coolant in the next couple days. Jason and I made a rough count of the amount of storage crops we have to bring in over the next month... our guess-timate is something in the range of 40,000 pounds of carrots, beets, cabbage, turnips, rutabaga, kohlrabi, celeriac, and parsnips. Plus our winter squash, which is about 1/3 harvested at this point. October will be a heavy month.

Speaking of storage crops, now is a good time to remind you all of what the rest of our CSA season will look like. We will continue to deliver our regular boxes for another four weeks, through October 28th. In November, we plan to deliver two double-size boxes, one on November 4th and one on November 18th. November is flood season in the Snoqualmie, and even a small flood can block access in and out of our farm for a day or two. If that happens to take place on a scheduled CSA delivery day, we will switch the delivery schedule to the following Tuesday. Flooding is a part of life out here in the Snoqualmie Valley, and we have it to thank for our fertile, rock-free, silt-loam soil. In many years, November is an uneventful month, and we can continue to harvest crops out of the field for your boxes. Other years, we have experienced major flooding in early-November, and in anticipation of this we have a harvest and storage plan that will enable us to fill your November boxes with an impressive variety of storage crops... Like I said, it's never boring around here!
~ Happy Almost October!~