

Local Roots Community Supported Agriculture

Box Contents for October 7th

1 bunch Nelson carrots
1 bunch Red Russian kale
1 bunch green chard (*bietole*)
1 head Samantha lettuce
1.5# Purple Majesty potatoes
3 sweet peppers
½# tomatoes
1 bunch turnips
1 fennel
1 head garlic

Large box additions

cucumber
zucchini
celeriac
extra tomato

Next week's produce (we think): potatoes – pie pumpkin – peppers – carrots – beets – kale – romanesco (hope so!) – maybe tomatoes

Local Roots Farm News

Has there ever been an amazing stretch of weather like that which we are experiencing now?! We follow the weather very closely, because it fundamentally affects the work we plan for each day on the farm: will it be above 85°? We will start the harvest at 6 AM instead of 7. Is it pouring rain in June? We will put off transplanting work in favor of pruning and trellising tomatoes. Is there a freeze or flood coming our way? Time to shift into a higher gear and hustle the last crops out of the field.

When we get the gift of unseasonably warm and sunny weather in fall, it can lull us into a false sense of security.... It really is time to get the squash picked and the fields cover-cropped, but it's hard to believe it. It's pretty incredible to think that the amount and intensity of sunlight we are getting now is similar to what we get in mid March – about 11 hours a day. Fall can be bleak and rainy, but right now it is utterly glorious! And our plants love the sunshine too: witness the tomatoes in your box today. While not the impeccably flavored fruits of August, they are still darn tasty for October. Usually by this time of year we are ripping out the moldering tomato vines and heaping them on the burn pile, but we are peeking in the greenhouses and thinking we might even have one more little tomato for you again next week.

Fall Farm Fun – I'm guessing many of you (especially those with kids) will be out in our valley sometime this month to visit a pumpkin patch farm. Our friends at Oxbow, Jubilee, and Two Brothers are all great options, and each offers a view of a different part of the beautiful Snoqualmie valley. If you are out here for the day, please feel free to stop by. We may not have time to stop and chat, but you are welcome to visit and self-tour the farm. Look for our little red farmstand on 124th (off highway 203 between Duvall and Carnation). Come down our long driveway and park on any gravel/paved area where you see other cars. Watch out for tractors and vehicles moving about, and no dogs please.

Enjoy your produce! Siri, and the Local Roots Farm crew

Ideas and info for this week's produce

There's nothing too new or exotic in the CSA this week, so rather than recipes I thought I'd talk about some strategies for getting the most out of your weekly box of produce.

When we put the list of items together each week, I'm always trying to choose vegetables that will complement each other and offer a variety of "components" to a meal (salad, main dish, side vegetable, snacks). At this time of year, the salad-type vegetables are harder to come by, but there are also more things like potatoes and squash that act as heartier "main dish" ingredients.

If you are a big salad household (like ours is), consider broadening what you consider as a salad. As lettuce goes on the wane, we've been enjoying cold cooked vegetables, chopped up and dressed with olive oil and vinegar. Or, with a little "massaging" and a hearty dressing, kale, chard, and/or turnip greens can become a great raw salad.

I always imagine that some of you use your produce a little at a time over the course of many days, and some of you cook a couple veggie-heavy meals. On any given week, there are usually items that can be combined to make a couple large dishes (stir-fry, braised greens, big salads). This week, I can picture some of you using each of the three "greens" bunches in separate meals, and others of you chopping them all up together to make one big dish.

This week brings you just one small-ish head of lettuce, I but I think you could make a nice dinner salad for 3-4 people by adding some slices of turnip, fennel, sweet pepper, and/or tomato. You can even add some finely chopped turnip greens – they are quite mild and very tender.

Finally, many of you wrote to say you liked the "order of eating" section I included last week. I know that, despite all our efforts, produce can stack up in the fridge, and it's helpful that we are now in the time of year when more of our vegetables are "keepers."

For this week, the Order of Eating is:

ASAP: Kale, turnip greens, lettuce (all of these will keep for 3-5 days, but eating quality will be best if you enjoy within the first two days).

Within a week: Chard, tomatoes (this varies with how ripe they are when you receive them), turnips, peppers, fennel.

Will store a week or more: carrots (take greens off), potatoes, garlic.