

# Local Roots Community Supported Agriculture

## Box Contents for October 14<sup>th</sup>

1 bunch Nelson carrots  
1 bunch Lacinato kale  
1 head baby red romaine lettuce  
1.5# fingerling potatoes  
2 sweet peppers  
½# tomatoes  
1 bunch golden beets  
1 romanesco  
1 sprig green coriander  
1 Winter Luxury pie pumpkin

### Large box additions

Extra tomato  
Curly kale  
Red radishes

Next week's produce (we think): carrots – beets – kohlrabi – celeriac – collards – more squash – bok choy – cauliflower – last of the peppers!

## Local Roots Farm News

I really don't know what to make of the weather right now. It was 70 yesterday, and it has barely fallen below 50 degrees at night so far this month. In many ways, this is a gift – when the air and soil stay warm, plants continue to grow, which means more of everything for us (and you!). On the other hand, some of our crops need some cold weather to become delicious (Brussels sprouts and parsnips especially). Also, plants respond to the normal gradual cooling of fall by producing more sugar and toughening up their cell walls to prepare for freezing weather... a sudden onset of freezing temperatures will kill plants that have not had sufficient time to "harden off". For now, freezing weather does not appear on the 10-day forecast, so while we work on bringing in a slow and steady stream of root crops we are also still picking those darn tomatoes. October! It's a strange one this year.

We are, at least, getting some typical fall rain. So far it's been just enough to help water in the acres of cover crop that we've been putting in. We are almost done with this very important fall chore, and soon our expanses of bare dirt will be transformed into carpets of green. Just a few plots with vegetables remain in the fields, a block of parsnips here, a whole field of kale and chard close to our house, a beet patch over there... most of these will be coming out of the field in the next two to four weeks, but others will stay out all winter, taking their chances with the weather. If we are lucky, we'll have freshly harvested kale, radicchio, and chard all winter long. If not, these plants will get frozen or flooded sometime between November and March, and we'll be reduced to eating our (still impressive) assortment of storage crops. But before we know it, it will be time to plant spring crops. We start our first little seedlings in the warmth of our germination room in late January... only three months away.

For now, enjoy this amazing extended run of Summer 2014's best produce: lettuce, tomatoes, and peppers in October? Nothing to complain about.

## Ideas and info for this week's produce

**Fingerling potatoes** – These are some fancy potatoes, although some of them are not as small and finger-like as you may have seen in the store. Potatoes are a funny crop. We really don't have any way to control how large the tubers grow... I think that small potatoes must be grown in very dry places where they can regulate the amount of water the plants get. Here, mid summer rain will cause potatoes to grow huge, such as they did this year. Their texture remains the same as when they are little baby-size potatoes, and these fingerlings have a "waxy," dense, smooth texture that is great for roasting or pan-frying.

**Winter Luxury pie pumpkin** – These beauties are truly outstanding. In *The Compleat Squash*, a definitive tome on the large and diverse squash family, author Amy Goldman says, "Winter Luxury Pie makes the smoothest and most velvety pumpkin pie I've ever had." She is right. It is also so sweet that you can easily reduce the amount of sweetener in your chosen pie filling recipe. Taste the squash puree before you add any other ingredients – it will tell you how much extra sugar you need.

Here is how we do pie in our house: Take a whole Winter Luxury pumpkin, poke it all over with a paring knife, and put it in a 325° oven. After about an hour it will have softened and slumped a bit – poke it with a knife to make sure it is thoroughly softened, and then take it out to cool. Once cooled, you can peel off the skin. Create a small hole and excavate the seeds. Scoop the soft flesh into 1.5-cup units (a cottage cheese container works perfectly), and freeze whatever you aren't using immediately. The one and only detraction for this squash is that it is not a good keeper... so you'll want to use it within about a month. Keep an eye out for soft spots, particularly around the stem. If you see signs of decline, use right away.

**Green Coriander** – These are the uncured seeds of the cilantro plant, and they are a very special treat. They have an amazing floral/herbal scent and flavor that is perfect with beets and or squash. Just pluck the seeds off the stems, lightly bruise with the side of a knife, and sprinkle on something...

Order of Eating for this mid-October box:

**ASAP:** Lettuce, kale, beet greens

**Within a week:** Tomatoes, romanesco, peppers.

**Will store a week or more:** Carrots, beets, pie pumpkin, potatoes, green coriander