

# Local Roots Community Supported Agriculture

## Box Contents for October 21<sup>st</sup>

1 bunch Nelson carrots  
1 bunch kale (White Russian or Lacinato Rainbow)  
2 sweet peppers  
1 bunch red beets  
1 amazing cauliflower  
1 butternut squash  
1 celeriac (with leaves)  
1 kohlrabi

### Large box additions

broccoli  
extra kohlrabi  
Delicata squash

Next week's produce (we think): carrots – potatoes – parsnips  
– baby lettuce (we hope!) – pumpkin – chard – fennel – parsley  
– green tomatoes

## Local Roots Farm News

For the first five years on our farm, this would have been the last week of the CSA. Those first few years, it seemed like a miracle that we even had produce to get us through the end of October, while now we are confident that we will have an ample (and fairly diverse!) supply of produce for you for a full month more. This is partly due to us being much better farmers than we were before, and (mostly) the investment we have made in storage facilities to keep the October bounty fresh and happy for many weeks past harvest. This year, we are also aided in our extended season ventures by the CRAZY warm weather. We are definitely getting a bit of rain now, but the days and nights remain freakishly warm. Parsnips are still on the list for you to receive next week, but they taste like a weak imposter of what a parsnip should be. We have a lot of parsnips in the ground, waiting, waiting, waiting for the weather to turn cold, and turn them from bland to exceptionally sweet.

Another casualty of this warm weather seems to be our fall lettuce crop. This is a bit counterintuitive, but the damp weather brings an assortment of fungal diseases to lettuce that are usually mitigated by cold temperatures, which keep the mold spores from propagating. This current combo of warm and wet is causing our sweet little fall Romaines to suffer, but we hope to have enough decent looking ones to put them in the box next week.

In other miscellaneous fall farm news:

- Tomatoes are finally nearing the end of their epic run. Vines will be coming out soon so you'll be getting green tomatoes next week.
- Cover cropping is complete and the fields are sprouting a fine green fuzz as the first little leaves emerge.
- I looked it up, and this year's cauliflower crop is an entire month earlier than last year! Good news for you... if you like huge lovely heads of cauliflower.
- Felix turned 4!

## Ideas and info for this week's produce

**Butternut squash** – After almost eight full years of CSA-ing, I have some produce combos and recipes that I return to again and again. This week's butternut and kale is one such combination, and it brings with it one of my all-time favorite recipes, originally from Lynne Rossetto-Kasper, of public radio's *The Splendid Table*. It's a longish recipe, so I will put a link to it in the email. It calls for mixed greens, but any greens will work great – I suggest mixing kale and beet greens, as well as any other forgotten leaves that might be hanging around your fridge. The onion, garlic, basil, and sage seasoning is great. You can use this technique with other vegetable combinations as well, and there's no need to mix it with pasta – it's an excellent way to use up assorted leaves and roots to make a hearty side dish.

How to tackle your squash: Butternut has a hard, inedible rind that is a challenge for some people to deal with. I suggest cutting the squash into "rounds" 1-2" in thickness. Then you can use a sharp knife to cut off sections of skin, turning your round into an octagon, or perhaps a dodecahedron. From there you can slice, dice, or whatever you like.

**Celeriac** – This was the most-disliked vegetable of the year, according to last year's CSA survey. I believe this is partly due to the intimidating exterior, which certainly doesn't look appealing... But don't be afraid! All you need is a sharp paring knife to cut away the knobby exterior. Celeriac is a very versatile root vegetable with a mild celery flavor. It's great for roasting or soup, but is also one of my favorite things to eat raw, as a classic French *remoulade*. Recipes in the email.

Attached to your celeriac you will see some green things that look a lot like celery... these stalks are great for cooking, and will taste just like "regular" celery. I recommend detaching them from the celery root and storing in the crisper. You can pull out a stalk or two to mix with carrot and onion for a perfect base to fall soups.

**Cauliflower** – As I mentioned, cauliflower is VERY early this year. It also happens to be huge and beautiful. We have made an effort to give reasonable-size heads in the CSA, but some of the heads that we have been taking to market have been over four pounds. A couple CSA member-endorsed recipes will be in today's email.

Order of Eating for this mid-October box:

**ASAP:** Kale, cauliflower

**Within a week:** Peppers, beet greens

**Will store a week or more:** Carrots, beets, squash, celeriac, kohlrabi