

# Local Roots Community Supported Agriculture

## Box Contents for October 28<sup>th</sup>

1# Bolero carrots  
1 bunch green curly kale  
1 head Savoy cabbage  
1 Winter Luxury pumpkin  
1 bunch parsley  
1-2 tomatoes (this is really it!)  
1 small head of lettuce (mixed varieties)  
1.5# red potatoes

Next week's produce (we think): carrots – beets – potatoes – squash – rutabaga – bunched greens – kohlrabi – Brussels sprouts – parsnips (maybe!)

## Large box additions

Collard greens  
Bok choy

## Local Roots Farm News

For many years, we have run out of our special Winter Luxury pumpkins before Thanksgiving, so this year we planted a couple extra beds... turns out, it's a bumper year for this particular variety of squash, so rather than rationing them, we are actually able to give them to you TWICE! Remember, pumpkin isn't just for pie – this super smooth and super sweet squash is great for any recipe that calls for pureed squash: risotto, muffins, cookies... just in time for Halloween.

In farmy news, we are now definitely in the thick of fall weather. We even had a power outage this weekend, which left us in the dark from Saturday evening until Sunday night. We have a woodstove and a propane grill with a burner, so we can cope ok with a short power outage... the most inconvenient thing for us is that our well runs on electricity, so no power = no running water. The next item on our country living wish-list is a generator, so we can keep water and some of the other basic things running during an outage. We have a LOT of produce in our refrigerators right now... maybe the most we will have all year, as we've been stocking up for the upcoming double-size CSA boxes. Thankfully, power outages that happen in the fall and winter are not such a serious problem for produce storage, since it's usually cool outside when the power goes out. A day or two at temps in the 50s is ok for most of our root crops.

Now that our Thursday farmers markets are all done for the year, we are quickly moving through the last of our fall chores on the farm. One last big project will be happening tomorrow: garlic planting! I love this event, because it is the first planting of the 2015 season. Garlic goes in in October, and by February we will see the little green spears poking their way through the straw mulch we lay down. Garlic is the only crop we officially "overwinter." We leave chard, kale, and radicchio in the field over the winter to take their chances with the weather, but those are large, established crops that won't be affected by weeds. Garlic, on the other hand, will not grow well if we allow the beds to get weedy, so we apply a thick layer of straw or hay to keep the weeds down over the winter. Once that's done, all that will be left for us to do in 2014 is harvest and deliver lots of sweet fall vegetables!

## Ideas and info for this week's produce

**Bolero carrots** – One of the consequences of the power outage this Sunday is we were unable to run water to wash carrots! Instead of bunched 'Nelson' carrots as we were planning, we dipped into our supply of already-washed storage carrots. This variety is called 'Bolero,' and it's a great multi-purpose carrot. Not quite as sweet or juicy as Nelson, but still good for eating fresh as well as cooked.

Carrots are a ubiquitous item in your box each week, and I don't often give a recipe or cooking suggestion for them. We get very positive feedback about our carrots, so we feel pretty good about giving them regularly, and I figure that most of you eat them as a raw snack. But there are so many great things you can cook with carrots! We just bought Yotam Ottolenghi's cookbook *Jerusalem*, and it inspired us last night to make a couple of simple sauces that we ate with an assortment of roasted veggies. The carrots we cut lengthwise into long skinny wedges, and we roasted them on a sheet pan along with Delicata squash and romanesco. I made a tahini, garlic, lemon sauce and a yogurt garlic sauce to which I added a bit of sumac. Dinner was just a heap of vegetables with lots of delicious sauces and a handful of chopped parsley, plus a Greek salad with the last of our tomatoes... so great!

**Savoy Cabbage** – What a beautiful botanical specimen this is! Even if Savoy cabbage wasn't delicious, I'd be tempted to grow it just for its amazing texture and color at this time of year. Cabbage can be used in so many different dishes, but I am very partial to a simple preparation: slice the cabbage and a large yellow onion into thin ribbons, and add to a wide pan with a bit of water, a pinch of salt, and as much butter as you want. Cover, and simmer on medium-low heat until the cabbage is meltingly soft.

Another great use for this cabbage, if you still have last week's red beets hanging around, is borscht-y beet soup. You can use beets, carrots, cabbage, potatoes, and tomatoes if you are feeling like you want to use up a lot of vegetables all in one go. I'll put a link to a basic recipe in today's email

For this week, the Order of Eating is:

**ASAP:** Lettuce, kale

**Within a week:** Tomatoes, parsley

**Will store a week or more:** Carrots, potatoes, pumpkin, cabbage