

# Local Roots Community Supported Agriculture

## Box Contents for November 4<sup>th</sup>

3# Bolero carrots  
2# red beets  
3# red and blue potatoes  
6# Delicata and Butternut squash  
2# “mild” parsnips  
1# rutabaga  
1 big kohlrabi  
1 bunch green chard  
1 bunch lacinato kale  
1 Brussels sprouts tree

## Large box additions

2 acorn squash  
1 bunch collard greens  
1 extra kohlrabi  
1.5# yellow carrots

November 18th produce (we think): carrots – beets – potatoes – squash – celeriac – parsnips – radicchio – leeks or onions – cabbage – more Brussels sprouts – any bunched greens that we can find!

## Local Roots Farm News

Here it is: your first double box of hearty fall produce. I realized yesterday as we were packing up the boxes that this is the most produce that has ever left the farm in a single day. We have almost 30 more people in the CSA than we did last year, so this beats last year’s double-size delivery by about 600 pounds... So big props to Boris and Eva for doing the heavy lifting on the delivery route today!

As if on cue, along with a new page on the calendar, we got our first flood watch this week. The Snoqualmie is running high at the moment, thanks to the very heavy rain of the last few days (on top of soils already saturated from a super wet October), but it seems that it will stay inside its banks for the foreseeable future. A lot can change in the next two weeks, so the list of produce that we anticipate appearing in your box on November 18<sup>th</sup> is highly subject to change.

However! If we continue to get this mild and not-too-wet weather, we will have plentiful produce through the month of November. With that in mind, plus the quantities of storage crops we already have in our coolers and shipping container, we are making plans for further opportunities for you to enjoy this season’s bounty. We are working out the details for all of these options, but more info will be coming soon! Now that today’s 5,000+ pounds of vegetables have vacated the premises, it will be a little easier for us to take stock of what remains. Speaking of vacating the premises, this week sees the departure of several of this year’s farm crewmembers. Eric, Eva, and Meredith are all moving on to new pursuits, and we thank them for their hard work and fun times on the farm this season.

Now we have a week ahead of us to get a little break. Jason and I are heading to the 40<sup>th</sup> annual Tilth Producers Conference this weekend, where we will hobnob with other farmers from all over Washington and Oregon, and also maybe learn a few things... Our stalwart farm managers, Sam and Kyli, will be running the show in our absence – go say hello to Sam, Lane, and Boris at the Broadway Farmers Market this Sunday (11-3) if you want to resupply with fresh greens in the absence of a CSA box on November 11<sup>th</sup>.

OK, time to eat some root vegetables! ~ Siri, and the LRF Crew

## Ideas and info for this week’s produce

**Delicata Squash** – I believe this is the best winter squash in the world. It is so sweet, just the right size for two people to eat for dinner, and the skin is tender, so there’s no need to peel... you can eat the whole thing! The easiest way to prep these is to cut them in half the long way (scrub any lingering field dirt off first), scoop out the seeds and strings, and proceed to cut into whatever shapes you desire. We have always been a C-shape family, but lately I’ve been enjoying Delicata sliced the long way into French fry-type pieces. You can also cube, or leave the boat-like halves intact for baking.

We like to arrange the pieces on a metal baking sheet, lightly sprinkle with oil and salt, and bake/roast at about 375 until tender, flipping once so that they brown on both sides.

**Brussels sprout tree** – Fun! And also much easier for us to harvest than loose Brussels sprouts, so you get a lot more in your box than you would if we were out there picking them individually. There should be at least a pound of sprouts on these stalks, and they will store very well, so you can break off as many or few as you need. You can store your tree on a shady porch so it needn’t take up room in your fridge.

**Rutabaga** – It’s things like rutabaga that gives CSAs the reputation of being full of weird stuff that people don’t know how to cook. Rutabaga is a relative of turnips and kale (it actually has leaves that look just like Red Russian kale) that is sweet, mild, and tender. Great for cutting into chunks to roast with other root veg, or you can peel and steam for a lovely mash.

**Parsnips** – Well, we wish the weather had gotten just a bit colder before we started to pick these guys, but as it is they are good (if not great) and some of you may actually prefer them to the frost-intensified flavor you might be accustomed to. Some people think you need to remove the core of parsnips – this may be true for those that come out of storage in late winter/early spring, or from the grocery store (who knows how old those are!) but these are freshly dug and tender all the way through.

**Storage info:** Yikes! I’m out of room. I’ll include some ideas on how to best store this stuff in the email.

For this week, the Order of Eating is:

**Within a week:** Kale and chard

**Will store a week or more:** Everything else!