

Local Roots Community Supported Agriculture

Box Contents for November 18th

2# Bolero carrots
2# golden beets
3# Yellow Finn potatoes
4# Delicata and acorn squash
3# frost-sweetened parsnips
1 Winter Luxury pumpkin
1 head garlic
1 Treviso radicchio
1 head red cabbage
1 bunch Rainbow lacinato kale
1 Brussels sprouts tree

June 2015 produce (we think): lettuce – salad greens – radishes – green onions – baby turnips – tender spring kale – bok choy... June is just 7 months away!

Large box additions

Extra bunch of kale
2# Fingerling potatoes
1# loose Brussels sprouts

Local Roots Farm News

Wow! What a change in the weather we have experienced since our last CSA delivery two weeks ago. It's been extremely cold here in the valley for the last week, with temperatures falling into the teens every night. These are killing temperatures for a lot of our crops (fennel, kohlrabi, chard), and even stalwarts like kale and leeks can be significantly damaged by prolonged exposure to these low temperatures.

We always expect to get a spell of cold weather sometime in the winter, but this one did arrive earlier than normal. The forecast only called for temperatures to fall into the mid-twenties, which would have definitely damaged many things, but we were pretty unprepared for the weather to get as cold as it did. What would we have done differently with a more accurate forecast? Well, because our coolers (which serve to keep their contents above freezing in situations like this!) were already pretty full, we wouldn't have been able to bring in much more of the crops in the field, but we could have spent more effort on applying row cover (spun fabric that helps insulate crops), and we definitely could have squeezed a few more boxes of produce into the nooks and crannies of the walk-in coolers. Well, enough about all that. As the weather warms (starting today, supposedly) we will get a better idea of what did and did not survive out there, and next year we will be more on guard about frigid weather in early November.

This is the last box of the regular CSA season, a big milestone for us each year. It takes a lot of planning, coordination, and heavy lifting for us to get 250 boxes out the door and (usually) accurately delivered 23 times over the summer and fall. Everyone on the crew participates in the CSA production, whether harvesting, packing boxes and/or driving the delivery route. Our 2014 crew has begun to disperse, with some moving on to the next life adventure and some taking a break (or at least slowing down) before returning for 2015. Here are the lovely people you have to thank for growing, picking, and delivering your vegetables this year: Jason, Sam, Kyli, Eric, Kevin, Dustin, Lane, Eva, Boris, Meredith, Brendan, and a bevy of flex crew workers, work-sharers, friends, and family. Just as important as the people who grow this food are the people who eat it: you! Every year we grow more and more thankful for the Community of cooks and eaters that Support our Agricultural endeavors. We love to grow food for you, and we are already excitedly laying plans for next season. Stay tuned for news about the winter farm and the 2015 CSA throughout the next several months. Thanks for a great 2014!

~ Siri, Jason, Felix, baby Beatrice, and the 2014 LRF Crew

Ideas and info for this week's produce

Brussels sprout tree – *Please Note!*****

These trees were harvested on Sunday in the brief thawing period between 1-3 PM. We did quite a bit of quality control experiments with them to verify that they would be good to eat (mostly this involved cooking a lot of Brussels sprouts this week), but our assessment is that they should be eaten ASAP. The freezing damages the leaves and they will eventually turn to mush.

Parsnips – Well, one thing that is happy about this cold weather is our parsnip crop. Enjoy these sweeties! We like to make mixed root “chips” with parsnips, carrots, and beets. We slice into round coins, about 1/4” thick, toss with oil and salt, and bake on a metal cookie sheet until cooked through and slightly browned. With this week's golden beets you will end up with a mélange of roots that are similar to each other in color... and then you can play “guess the root” when you eat them.

Kale - This is another one that we picked mid-cold snap. The leaves are a little floppy, due to the desiccating effect of the dry air and frozen ground... but they are perfectly good eating, and also extra sweet from the cold! Eat soon.

Treviso radicchio – Those of you who have been in the CSA for a while are probably familiar with our radicchio proselytizing. One of its (many) virtues is its cold-hardiness. We have many hundreds of heads of radicchio still out in the field, and although they may have sustained some superficial damage in the cold, very few of them will have outright died. They will provide a reliable supply of greens for cooking and salads for us all winter long. To help you approach the unapproachable Treviso I will include several recipes in today's email. Learn to love radicchio!

For this week, the Order of Eating is:

ASAP: Brussels sprouts and kale

Will store a week or more: Everything else!