

# Local Roots Community Supported Agriculture

## Box Contents for August 18<sup>th</sup>

1 bunch red beets  
1 bunch carrots  
1 bunch red Russian kale  
1 bunch bok choy  
1# broccoli  
½# salad greens  
1.5# tomatoes  
sprigs of basil  
2 zucchini

Next week's produce (we think): radishes – cucumbers return – lettuce – carrots – cabbage – lacinato kale – tomatoes – onions – corn – tomatillos

## Large box additions

Extra broccoli  
Oakleaf lettuce

## Local Roots Farm News

Yay! It finally rained! We got a goodly amount of rain out here last Friday, over ¾". It was just enough that we were briefly tempted to start easing up on our ceaseless irrigation chores, but the forecast is calling for another long spell of dry and fairly hot weather... so we persist. The burst of growth we always see with hot weather plus adequate water will be gratifying to all of us. This week's broccoli is one such result. This planting was one of the first to get our "leave the drip tape in the beds and just water all the time" treatment, and it has grown up to be beautiful heads of broccoli! That's in stark contrast to our first large planting of broccoli, which made sad tiny heads. See... we are learning! All of our fall broccoli, cabbage, cauliflower, and romanesco are getting this same treatment, so if all the other wild cards work out in our favor, we are looking forward to a bountiful autumn to balance out this stressful summer.

We had a fun little CSA member potluck on Saturday with lots of kids, who all got to climb inside our huge hollow cedar stump. There was also some great blackberry and cherry tomato picking, and a surprisingly well-balanced meal! You never know what you're going to get with a potluck, but instead of six different types of cucumber salad, as I had feared, we had deviled eggs, kale salad, meatloaf, pasta salad, and pie! Perfect! In today's email I'm sending along Michelle's awesome kale salad recipe, which everyone raved about on Saturday. Remember, next CSA day on the farm is September 19<sup>th</sup>. It's a real treat for me and Jason to get to spend time with our CSA members. We think about you guys all the time! I mean, on a daily basis we ask ourselves, "What will the CSA members think about X?" "How many cucumbers are too many for the CSA members in a week?" so it's really fun to get to talk to some of you in real life. In our unscientific poll of 5 CSA families, all but one gave a thumbs UP to purslane! So, if you have feelings about purslane, you should make it a point to come to our September gathering ☺.

Enjoy our vegetables! Lots of great stuff this week! ~Siri

## Ideas and info for this week's produce

**Beets!** – Beets are usually more of a staple item in our CSA boxes, but have been a real challenge this year. We are happy to be picking from a nice healthy planting of them now, but we will definitely be seeing less of them this year than normal. Beet greens are awesome, and you should definitely eat them! To store beets, cut the roots off the greens and store them separately. The beets will keep... forever, almost. The greens will be best eaten within a week.

### *How to cook it – Basic boiled beets*

- Trim greens from roots, leaving a little stump on.
- Scrub any visible dirt.
- Place whole beets in pot of cold water.
- Boil until you can poke them easily with a fork (15-20 minutes, depending on size of beet).
- When tender, drain, and run beets under cold water. Skin will easily slip off with a little rubbing.
- Now you have cooked beets, ready to eat. You can save them in a covered dish in the fridge for up to a week.

**Broccoli** – As I mentioned, this is really the first successful broccoli planting we have grown this year. Boy, is it good! I doubt you need any advice on how to enjoy broccoli, but let me just suggest that you eat it soon. Fresh broccoli is so much sweeter than old stuff from the grocery store! Broccoli, bok choy, and zucchini would make a great stir-fry or curry. In our house we almost always cut our broccoli into long spears and roast.

**Zucchini** – Despite optimal conditions for zucchini to massively overproduce (like our cucumbers have been doing), we actually were in short supply for a few weeks. This week you are getting a break from cucumbers, but zucchini is back. A word on zucchini storage: Although they don't love the cold temps in the fridge, they will store better in there than on your counter. One risk of refrigeration is that they may develop little sunken spots. This is not spoilage, and will not affect flavor. By keeping on the countertop, they will start to get dry and spongy, which I think is worse than the superficial blemishes that sometimes appear when refrigerated. So. Put 'em in the fridge. You'll be glad you did. Wrapped or stored in a sealed container is best (for just about all produce!)

### **Order of eating:**

**Eat ASAP:** broccoli (for peak flavor), tomatoes (depending on degree of ripeness), basil

**Will store for 3-4 days:** salad, kale, beet greens, bok choy

**Will store for a week:** zucchini, beets, carrots