

Local Roots Community Supported Agriculture

Box Contents for September 1st

1 bunch lacinato kale
1 head savoy cabbage
1.5# red potatoes
1 head lettuce
½# green beans
¾# tomatoes
1# broccoli
2 zucchini
1 sprig sage
dill flowers

Large box additions

½# salad greens
1 extra pound potatoes

Next week's produce (we think): carrots – potatoes – celery – turnips – sweet corn – lettuce – sweet onions – beets – parsley

Local Roots Farm News

Well, it finally happened. Real rain has fallen, and continues to fall, here on the farm. We've received close to 3" of rain so far, plus we got an 18-hour power outage as part of the bargain. All in all, not so bad, especially since most of the time we were without power was overnight so work was not majorly disrupted and things stayed pretty cool in the not-running refrigerators. We have long discussed the possibility of getting a generator to help us deal with the inevitable power outages... the major problem being that our infrastructure is very spread out. We have three walk-in fridges on the farm, and each of them runs off a separate meter! Plus, there are three houses, and two different wells that both run off electricity. In order to keep all the systems running we would need at least three generators! So, instead, we are just biding our time until those fancy next-gen Tesla house batteries are on the market. And then we will install hundreds of square feet of solar panels on our huge barn roofs and go off the grid. Electric delivery vans! Well, we can dream, right? For now, we just muddle through. Usually we lose power during the winter, so keeping produce cool is less of a problem then. This summer, though, we have lost power twice! Having power-less fridges full of produce when the temperatures are above 70 degrees is no fun... if the power had not come back on Sunday morning we were all set to go buy the QFC out of ice in order to keep all the broccoli cool.

But, back to the rain thing. Yay! We are delighted! Everything on the farm is getting watered all at once. This is like irrigating with over a million gallons of water, just counting the 14 or so acres we have currently in production. Using our regular irrigation systems at full capacity, it would take us at least a week and a half to move that much water onto our fields. Now we rapidly shift from installing drip tape to removing it from the field. The grass, which has been lying dormant all summer, will suddenly begin to grow again, burying all our hoses and lines in vegetation. This is when the farm really starts to look great! We get all the plastic out of the field, do some final vanity weeding projects, and then turn our attention to the big fall harvest push. Hooray for seasonal changes! This is what keeps us sane!

Enjoy the rain! Siri, and the soggy LRF crew.

Ideas and info for this week's produce

Potatoes – Our potato crop this year has really taken a beating. The combination of super dry weather and hasty, late irrigation seems to have resulted in a crop that is both small (due to lack of water) and also damaged by our worst pest, the wireworm. Usually, damp springs give a good boost of growth to potatoes, and summer dryness drives the wireworms into dormancy. We have used this weather pattern to our advantage, harvesting pretty early in order to get the potatoes out of the soil before the fall rains... but by irrigating in July and August we allowed the wireworms the wet soil they need to continue to nibble the potato tubers as they form. So, we have ugly potatoes, and not many of them! Bummer. The good news is that these potatoes are accompanied by some other things that go together to make one of my favorite recipes: *pizzoccheri*, a northern Italian baked pasta dish that uses buckwheat noodles, potatoes, cabbage, sage, and a lot of butter and cheese ☺. More info, and recipe, in today's email.

Broccoli – I know I've mentioned this before, but broccoli roasted at medium-high heat on a metal sheet pan is really outstanding. If you are not usually a fan of broccoli stems, I think this cooking technique will change your mind. Just peel the stems (pretty aggressively, down to the translucent inside part), cut into chunks, oil them up, add salt, and roast until browned.

Sage – This is in here specifically so you can make the pasta/potato/cabbage dish I mentioned, but if that doesn't happen, you can also use it with carrots, celery (maybe you have some of these things hanging around your fridge?) and onion to make a delicious base for beans, either fresh shelling beans, should be you lucky enough to have some, or any old beans out of a can or cooked from scratch. Fresh sage, roughly chopped and added to the vegetable mix, makes beans extra good. You can also make a tea from sage leave. Just pour boiling water over the leaves and allow to steep for about 5 minutes. Mild and soothing, and probably good for you!

Order of eating:

Eat ASAP: broccoli (for peak flavor), green beans (same), tomatoes (depending on degree of ripeness),

Will store for 3-4 days: lettuce, kale,

Will store for a week: potatoes, cabbage, zucchini, herbs (keep in a jar of water!)