

# Local Roots Community Supported Agriculture

## Box Contents for August 30<sup>th</sup>

2/3# tomatoes  
2 cucumbers  
1.5# 'Purple Majesty' potatoes  
1 bunch dill  
1 head assorted lettuce  
1# green beans  
1 bunch green chard 'Bietole'  
1 head escarole  
1 bunch arugula  
sprig o' basil

Next week's produce (we think): potatoes – cabbage – sage – purslane – zucchini – kale – leeks – green beans – tomatoes

## Large box additions

Carrots  
Honeydew melon

## Local Roots Farm News

One of the best things about our farm is our daily crew lunch. In our early days, we would often cook up a pot of rice and lentils with some garlic, greens, and maybe a few turnips or carrots thrown in, and our small crew would all eat a bowl of "farm gruel" together. As our crew size grew, we started informally taking turns on this task, and it eventually became a job requirement, where each crew member had an assigned day of the week. Fast forward several years, and eventually our daily crew size was often ten or more people – a pretty large number to cook for, especially for some folks who were just a few years out of high school and didn't have much experience in the kitchen. At the end of the 2014 season, Kyli, a seasoned veteran of our farm, asked if she could take over the lunch duties for the following year. This would turn out to be one of the best decisions Jason and I have ever made.

Kyli lives here, in a house with a pretty small kitchen, which she shares with a couple other members of our crew who live in travel trailers during the summer. Every weekday, she pauses her morning work at 11 and spends an hour making the most amazing lunches. Lunch is almost always vegetarian, and almost always includes a legume dish, a grain, a vegetable side dish, and a huge salad. Some of Kyli's stand-bys include:

- Chili-spiced beans with cornbread and slaw
- Indian-spiced lentils with rice, curried cabbage, and roasted cauliflower
- Cold rice and chickpea salad with olives, parsley, and peppers
- Baked veggie casserole with cheesy millet topping

Every day at noon, our hot and tired crew rolls into Kyli's house for lunch, and it always smells amazing. We relax and eat together, exchange some details about the morning work and what is on the list for the afternoon, and some people crash on the couch for a power nap. It is something we all look forward to all morning and keeps us fueled for the long afternoon.

A number of things, including our farm lunches, have been pushing me toward finding a way to encourage more sharing of recipes and just general cooking inspiration. To that end, and with a gentle shove from my little sister, we are going to try out a Facebook group for CSA members. We don't have any particular notions about how this will work, but if you are interested (and on FB) search for "Local Roots Farm CSA members" and ask to join. Could be fun! See you on the internet – Siri & Jason

## Ideas and info for this week's produce

**'Purple Majesty' potatoes** – If you like crispy potatoes (fried, baked, hashbrowned) this is the best one we have found. Many a night our fallback dinner is "creative burritos". Before we had kids we'd put all kinds of crazy stuff in there (pretty much any vegetable, plus beans and rice or corn), but now our standard lineup is refried beans, steamed brown rice, sautéed onions, braised kale, and crisped cubes of either potatoes or sweet potatoes. Plop that all into a tortilla with some sour cream, salsa, and thinly sliced cabbage and you have a pretty great meal that makes use of a lot of vegetables. I think the crispy potatoes are what really make it great. Cut into fairly small cubes (dice-size), spread in a single layer on a metal cookie sheet (it is important not to crowd them) with a little bit of vegetable oil and a scattering of salt. Bake at 375-400 degrees, turning with a metal spatula several times and shaking the pan so that all the surfaces brown. Cook until good and crispy on the outside, or at least 30 minutes.

**Dill** – One of my summer highlights is always a dish that my mom made as her go-to potluck item when I was a kid, a cucumber salad from the cookbook "The Vegetarian Epicure." Seems like the vegetarian cooking of the 70s involved a lot of dairy products. . . . And this one has lots of sour cream, along with garlic and lots of dill. I found a link to the original recipe, which I will include in the email (along with some dairy free cucumber salad ideas).

**Escarole** – One of our most commonly asked-about CSA items, escarole has fooled many a CSA member into thinking it is a head of lettuce. It is not. Escarole is a relative of lettuce, but it is heartier and a little more bitter. It will make a great salad if you know what to expect. I recommend cutting your head in half to separate the darker green upper leaves from the lower, pale, blanched parts. The blanched inner leaves are fairly sweet and tender, and great for a Caesar-ish salad or other salad with strong flavors. The upper/outer leaves can be used as a cooking green. Combine with your chard to make sautéed greens, or chop up and add to a bean soup. The escarole becomes quite silky and mild-flavored when cooked in liquid.

## **Order of eating:**

Eat ASAP: arugula, green beans, basil  
Will store for 3-4 days: lettuce, tomatoes, chard,  
Will store for a week: cukes, dill, escarole, potatoes