

Local Roots Community Supported Agriculture

Box Contents for September 8th

1 bunch curly kale
1 bunch golden beets
1 bunch carrots
¾# tomatoes
¾# broccoli
zucchini
cucumbers
2 ears sweet corn
celery
parsley

Large box additions

2 heads lettuce
bok choy

Next week's produce (we think): cabbage – potatoes – turnips – carrots – sweet peppers (maybe) – tomatillos – salad greens – onions

Local Roots Farm News

Yesterday was one of the highlights of my whole year. Rawley Johnson, of Early Bird Farm, and his sweetie, Rebecca Taxier, got married on their farm in Tacoma. Those of you who have been CSA members for the last few seasons may remember hearing all about Rawley and his chickens. In 2012, Rawley came to work with us at Local Roots as our crew manager, and in 2013 he began his laying hen flock here as our first “incubator” farmer. He already had several years of farm experience, and we were the last step on his path to owning his own farm. After two years working here, he and Rebecca bought a sweet little farm outside Tacoma, where he now raises vegetables, fruit, and bees, along with his eggs, all of which he sells at the Broadway Farmers market each Sunday, just down the way from our stand.

Rebecca and Rawley met and fell in love while Rawley was working here and living in a decidedly un-romantic (and occasionally leaky) travel trailer. We all admired Rebecca's appreciation of our rustic (read: dirty) ways and how she supported Rawley's farming dreams right from the start. Rebecca gamely helped with chicken chores, egg-washing, and all the ups and downs that come with livestock farming. When she wasn't here on the farm (her real job is as a pediatrician) Rawley would spend evening hours on the phone with her while he washed and packed eggs in the little shack in our backyard.

Watching these two people marry yesterday, I could almost imagine how parents feel at the weddings of their children. That may sound silly, since Rawley and Rebecca are the same age as me and Jason, but we've seen so many wonderful things unfold for them over the last four years and they have passed through many major life changes since we've known them. Their wedding was a perfect reflection of the kind and genuine people that they are and the simple joys that they create and share together. Jason and I feel so very lucky to have been a part of their journey, and look forward to many years of friendship, good food, and farm talk with Rawley and Rebecca. *Mazel tov*, my friends!

Ideas and info for this week's produce

Golden Beets – I will not go on at length about beets, but will include the “Basic Beet” info in the email today. Golden beets are the mildest and most approachable of the beet types we grow, and they don't get your hands and sink all covered in dark red juice.

To store your beets, cut the greens off right at the point where they meet the root. Use the greens as a side dish on their own, or blanch and mix with eggs to make a fritatta or omelette. The beet roots can be stored in a sealed container or plastic bag for, literally, months. Beets are one of the absolute best storage vegetables and their eating quality does not decline with age. If you DO plan to eat your beets soon, today's parsley makes a nice accompaniment to a simple beet salad with oil and vinegar dressing.

Celery - Celery is loving the change in the weather. We have been watering the celery and celeriac patch on a weekly basis for the last three months, but only now that we have received an extra 4” of rain have the plants really started to look happy. Today's celery still won't look or taste like the uber-irrigated grocery store stuff, but it is a little more juicy and mild than the celery you got a few weeks ago. If you are a celery lover like me, you might want to use the whole thing, including leaves, to make a soup, stir-fry, or pan of roasted vegetables. I like the extra complexity that chunks of celery add to a roasted root dish. If you usually use celery as a flavor base for soup or stew, you can preserve it for the winter by cutting into pieces and lightly sautéing or blanching. Cool, and freeze in recipe-sized containers.

Corn – Oh, joy! It's been a mixed bag for corn this year. The plants are small due to lack of water, but the corn is so sweet. On the downside, the windstorm last week knocked most of our plants over and allowed our resident murder of crows to have their way with the ripe ears... until then they had just been able to peck around the outside. Normally we pick corn last-thing before we pack the boxes so it gets to you as fresh as can be, but we picked on Saturday this week to ensure we had enough for today. Crows seem to be able to eat dozens of ears a day ☺.

Order of eating:

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

Will store for 3-4 days: kale, beet greens

Will store for a week: everything else