

# Local Roots Community Supported Agriculture

## Box Contents, September 22<sup>nd</sup>, the Last Day of Summer

Winter Luxury pie pumpkin

¼# arugula

1# mixed rainbow carrots

2/3# tomatoes

¾# green beans

1 bunch collard greens

broccoli

2 sweet sweet peppers

1.5# Yellow Finn potatoes

1 cucumber

1 bunch dill flowers

### Large box additions

Lacinato kale

Extra sweet peppers

Next week's produce (we think): carrots – beets – radicchio – celery – peppers – romanesco – tomatoes – lettuce (maybe...) – broccoli

## Local Roots Farm News

Oh fall – it's by far the best time of year on the farm. All (well, most) of the stresses of spring and summer are over, and the fields are full of delicious food. There are still some lingering issues to address, most alarming being the ongoing aphid onslaught in our Brussels sprout and fall kale field. We got to chat with some other valley farmers at the Sno-Valley Tilth pig roast last Saturday, and it sounds like everyone is experiencing aphid Armageddon at the moment. Andrew Stout, farmer at Full Circle Farm, recommended an organic soap spray, so we are going to try that this week in hopes of salvaging our Brussels. The plants are big and healthy, and the sprouts are beginning to size up. At this point we just need to prevent the aphids from destroying the baby sprouts. I think the hot and dry summer has caused a lot of stress to our long-season plants, and they are weaker and more susceptible to disease and pests than in normal year.

In the Good News category, our winter squash harvest continues to be bountiful. Squash will continue to sweeten up post-harvest, in a process called 'curing.' We cure our large squash in our greenhouse and the small ones in bins our insulated shipping container, and do periodic taste tests to make sure each variety is good and tasty before we begin to give them in the CSA. Last week we ate our first pumpkin pie of the year in a test of our Winter Luxury pumpkins, and deemed them ready to go! This is considered a pie pumpkin, but you can use it just like any other squash. It's shape makes it a little challenging to peel and cut raw, but for soup, risotto, baking, or baby food it is so easy to cook the whole pumpkin right in the oven and then peel and extract the sweet flesh. General tips in the "Ideas" section, and more recipes in the email.

Lastly, we had a great little group come out for our open house last Saturday! It's so fun to meet CSA families in "real life". We are already planning more on-farm events for 2016.

Enjoy today's colorful mix of summer and fall veg! - Siri

## Ideas and info for this week's produce

**Winter Luxury pie pumpkin** – These beauties are truly outstanding. In *The Compleat Squash*, a definitive tome on the large and diverse squash family, author Amy Goldman says, "Winter Luxury Pie makes the smoothest and most velvety pumpkin pie I've ever had." She is right. It is also so sweet that you can easily reduce the amount of sweetener in your chosen pie filling recipe. Taste the squash puree before you add any other ingredients – it will tell you how much extra sugar you need.

Here is how we do pie in our house: Take a whole Winter Luxury pumpkin, poke it all over with a paring knife, and put it in a 325° oven. After about an hour it will have softened and slumped a bit – poke it with a knife to make sure it is thoroughly softened, and then take it out to cool. Once cooled, you can peel off the skin. Create a small hole and excavate the seeds. Scoop the soft flesh into 1.5-cup units (a cottage cheese container works perfectly), and freeze whatever you aren't using immediately.

**Squash Storage** – Uncooked squash will store for several months with proper care. They like warm, dry conditions with minimal temperature fluctuation, so the best place to keep them is in your house. Start a collection on a mantle or sideboard! Check on your squash from time to time to look for small soft spots. When you find one, it's time to eat!

**Rainbow Carrots** – For most of the year, we give 'Nelson' carrots in the CSA. These are the absolute best for fresh eating, and are also very good cooked. But we grow 5 other varieties of carrots, mostly to be harvested in bulk (no tops) and stored for fall and winter CSA distribution and restaurant sales. Today you are getting a mix of some of these varieties: Purple Haze, Jaune de Doubes (the yellowy one) and some of your regular old Nelsons. We roasted all these types last night and had a carrot taste comparison. Jason and I both thought the purple was the tastiest, although the yellow one we tried was a bit undersized. Something many people don't know about carrots is that they only reach their best flavor potential when they are full grown. Baby carrots – bah!

**Collard greens** – Don't be worried... collards can be used just like kale. Strip leaves from stalks, roll up a stack of leaves, and cut into thin strips. It's a fun prep job.

**Dill flowers** – use with cucumbers, potatoes, or carrots!

### **Order of eating:**

**Eat ASAP:** green beans (for peak flavor), broccoli (same), tomato (depending on ripeness)

**Will store for 3-4 days:** arugula