

# Local Roots Community Supported Agriculture

## Box Contents, September 29<sup>th</sup>

1 bunch red beets  
1 bunch Nelson carrots  
1 head celery  
1 head Castelfranco radicchio  
2 sweet peppers  
1 head romanesco  
~1# broccoli  
½# tomatoes  
1 bunch tat soi

### Large box additions

2 ears corn  
sweet onions  
zucchini

Next week's produce (we think): carrots – sweet peppers – broccoli – cabbage – green chard – turnips or radishes – fennel – salad greens – mint

## Local Roots Farm News

Hi! Guest newsletter writer here! My name is Sam and I will am filling in for Siri this week because the whole Erickson-Brown-Salvo family is on vacation. Never thought I'd see the day. Anyways, an introduction is in order since I have worked at Local Roots for nearly four seasons and somehow have never written one of these.

I farm because I love to eat. My love of all things eating sprouted in the sprawling, concrete suburbs of Chicago. While my sister requested blue box mac n' cheese and chocolate cake for her birthday meal, I always chose artichokes and carrot cake. Eventually all I wanted were reservations at the best restaurants in Chicago's stupendous food scene. After high school, I left city life, attending college in Iowa, and have not yet returned. Despite being surrounded by hundreds of flat miles of corn and beans, Iowa did not spark my interest in farming. In fact, my passion for food fell by the wayside during those years because I lost my sense of smell.

As you have surely noticed when you have a head cold, food tastes bland when your nose is stuffed up. That is because you can only perceive taste, not flavor, which requires your brain to combine taste and smell. Sensed by the buds on your tongue, taste only includes the experience of salty, sweet, bitter, sour and umami. While these provide the ever-important backdrop of flavor, smell paints the rest of the picture. So you can thank your tongue for the slightly bitter boldness that this week's castelfranco radicchio brings to a salad, but also remember to appreciate your nose when enjoying the subtle nuttiness of the broccoli romanesco or rich earthiness of the red beets.

Thanks to the wonders of modern medicine, I regained my sense of smell and my passion for food with it. I bought a one-way ticket to Seattle after reading an article highlighting Seattle's ingredient-driven food scene in the New York Times, and started a farm internship hoping to provide food to restaurants. I fell in love with the job and have been farming year-round ever since.

On to the vegetables.

## Ideas and info for this week's produce

**Romanesco** - The amazing green example of sacred geometry in this week's box is broccoli romanesco. However, this is a bit of a misnomer because romanesco cooks and tastes a lot more like cauliflower than broccoli. Something was lost in translation when this vegetable arrived in America and was rebranded by farmers. Of all the heavy brassica flowers, romanesco is my favorite. It has a nutty flavor and great texture. I usually just snap off the florets, trim the stems to a uniform size, toss with olive oil salt and pepper, and roast in a 400 degree oven until fork tender. I love how the pointy parts get brown and crispy.

**Castelfranco radicchio** - This time of year our radicchio heads bring a stunning fall color and that rich bittersweet taste to dishes in restaurants throughout Seattle. However, in past years we have hesitated to put this vegetable in the CSA because many people find it too bitter. Well not this year! We are determined to convince you, and that is why we are starting with Castelfranco radicchio. This type of radicchio is milder than the red varieties such as Treviso. If already a bitter-lover, you can use this to make a raw salad. On the other hand, you can rub with olive oil and grill or pan-sear until browned and soft all the way through to further moderate any bitterness and bring out its flavor. I usually include something sweet like sautéed leeks or diced fruit. I used a Honeycrisp apple last night.

**Tat Soi** - The bunched green that looks like spinach is actually tat soi, which you might recognize as one of the staples in our spicy salad mix. This green makes a nice addition to any stir-fry or soup. It cooks much faster than spinach though so make sure to add it as you finish cooking. When using it alone, I like to dress it with sesame and tahini. Make sure to use the stems too, which add a nice juicy crunch to any salad.

**Beets and greens** – Just a reminder that your beet greens are edible and delicious! We are still experiencing a lot of aphids amidst our kale, so this is a good opportunity to try beet greens in whatever manner you usually make kale or chard. Cut beets off greens and store separately to keep greens fresh and unbruised.

### **Order of eating:**

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

**Will store for 3-4 days:** tat soi, beet greens

**Will store for a week:** everything else