

Local Roots Community Supported Agriculture

Box Contents, October 6th

1 bunch Nelson carrots
Broccoli
Cauliflower
½# tomatoes
1 bunch green chard
1 head fennel
2 sweet peppers
½# fall salad greens
1 sprig mint

Next week's produce (we think): carrots – winter squash – green peppers – kohlrabi – parsley – tomatoes – cauliflower or romanesco – kale – bok choy

Large box additions

Lacinato kale
1# carrots
2 extra sweet peppers

Local Roots Farm News

Last week was a major milestone for us. Leaving the farm for a week took a whole lot of planning, coordination, and extra work from us and our crew. Everything went swimmingly here on the farm, and we got a nice respite away, even if “vacationing” with small kids is not particularly relaxing.

Now we are back in action, and getting geared up for some big harvests of fall storage crops, as well as getting all our empty fields cover cropped, and starting to pull our old tomato peppers plants out of the hoopouses. We have been irrigating a lot the last couple weeks, both drip to keep our fall crops happy and overhead sprinklers on our cover cropped fields just to get the seeds to come up. It's been warm and dry, but the weather folks assure us that rain is coming this week. There are definitely pros and cons to the onset of real fall weather, but I think this year we will be embracing the rain and the muddy boots that come with it.

Fall CSA outlook – We are really at the end of the summer produce season, with its lovely lettuces and sweet tomatoes. We have some straggling peppers and maybe some tomatillos yet to come, but now we are entering the season of heavy veggies. Today is the 18th week of our 25-week season. We have three more weeks of normal size boxes, and then we switch to every-other-week pickup for the month of November. Our planned November dates are the 3rd and the 17th, but if we are flooding either of those weeks we will reschedule. November 1st marks the beginning of flood season for us, and although many years we have no flooding at all, we have also experienced major flooding as early as November 7th. When it floods, we lose access in and out of the farm. Sometimes this is just for a day, and sometimes for four or five days. We are always well prepared for these events, and will be able to notify you of any changes several days in advance.

November can be a most exciting time here in the Snoqualmie valley. Because of the possibility of flooding, we harvest and store all the produce we will need to fill your November boxes in the event of a flood (or freeze). This means lots of root crops and squash. But! If the weather cooperates, we will still have fresh picked things to augment the hearty roots. Whatever the skies bring us, we will have a great assortment of produce for your cozy fall evenings. Hooray for autumn! ~ Siri and all the stalwart LRF-ers ~

Ideas and info for this week's produce

Fennel – Fennel is one of the vegetables that got us into farming! After WWOOF-ing on a farm in Tuscany way back in 2002 (a work-trade for room and board) Siri and I came home and were dismayed at the high price and low quality of many of the vegetables we came to love while living and working in Italy; fennel was foremost among those vegetables. It was a desire for higher quality veggies such as fennel that inspired us to start a vegetable garden in the small yard of our apartment. More than a decade later, fennel remains one of my favorite vegetables, yet one of the least favorite among our CSA members. We try and strike a balance between giving you all familiar and (mostly) universally liked veggies and trying to expand your horizons by putting lesser known veggies in the box. Fennel falls into the latter category.

My absolute favorite thing to do with fennel is to simply slice it up and drizzle high quality olive oil and salt on it. You can take that fennel salad to another level by adding other sliced-up fruits and veggies such as grapefruit, oranges, apples, pears, cabbage, carrots, walnuts, etc. Another favorite fennel recipe is as follows:

Recipe – carrot, fennel, & mint cooked in brown butter

- cut up 2-3 carrots into shapes ~ ¼” thick
- slice ½ bulb fennel into strips ~ ¼” thick
- in a skillet, melt 2 tablespoons of butter over medium-high heat until the butter starts to turn brown and bubble
- turn heat down to medium, add the carrots and cook until the carrots start to brown and soften ~ 15-20 minutes
- As the carrots cook, roughly chop up 8-10 leaves of mint
- once the carrots have softened, add the fennel and cook 5 minutes more.
- Toss in the mint, salt to taste, and serve.

Order of eating:

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

Will store for 3-4 days: salad mix

Will store for a week: everything else