

# Local Roots Community Supported Agriculture

## Box Contents, October 12th

1 bunch Nelson carrots  
Broccoli  
Cauliflower  
½# tomatoes  
1 bunch lacinato kale  
1 bunch parsley  
1 Red Kuri squash  
1 head escarole  
mixed sweet and green peppers

Next week's produce (we think): beets – carrots – celeriac – cabbage – pie pumpkin – bok choy – potatoes – kale or chard

## Large box additions

¾# green beans  
kohlrabi  
broccoli

## Local Roots Farm News

Today is a pretty special day. Our sweet little pumpkin, Felix, turns 5 years old! When he was born, we were in the final days of our four-year stint as partners/tenants on our original land. Just after Felix arrived, we finally officially cut ties with our partner/landlord and began to consider what our options were for continuing to farm. We were landless farmers for about a month that fall, until some pretty amazing serendipity led us to this farm, where we live and grow today.

We've often said that having a baby was what really motivated us to get serious about working "smarter, not harder." We really stretched ourselves thin our first four years, but tiny people have their own agendas, and they often don't allow moms and dads to catch up on bookkeeping and email from 10 PM to 1 AM, as I was wont to do in our early days. The first big change for me was setting aside time to sit at my computer during the normal workday, so that I could reserve the nighttime hours for, you know, sleeping. Finding, training, and keeping great people has been the key to our farm's success the last five years. We've had lots of wonderful people come to work on the farm over these years, and we also continue to work at being better communicators, mentors, and managers of our ever-changing crew. Trusting others to do a lot of the jobs we used to exclusively do ourselves has been both challenging and rewarding. Jason and I know this time with our young children is fleeting, and we strive to find the right balance.

Felix is a true farm kid. He knows the names of all the tractor implements, and can identify a dozen different weeds. He loves to be outside and REALLY loves to get dirty. His favorite vegetable is cauliflower, his favorite dessert is pumpkin pie, and when he grows up, he wants to be an "everything." He's a sweet and patient big brother to 17-month old Beatrice, despite her rough and tumble efforts to steal his toys and snacks. He'll be starting kindergarten next fall, and I'm looking forward to this last winter of less-structured family time. It's the biggest cliché there is, but wow, they sure do grow up fast.

Happy birthday, little Felix! We love you so much!

## Ideas and info for this week's produce

**Tomatoes** Ok, ok, this is really it for tomatoes. They are still surprisingly tasty for October. This is the 11<sup>th</sup> week you'll be getting tomatoes in your box. I'm pretty sure that's a record for us, and not surprising given the crazy summer we had. Many of today's tomatoes are under-ripe, but they will ripen up in a few days if you leave them out on your counter.

**Cauliflower** – It's been a great year for our cauliflower! We usually try to avoid giving the same thing multiple weeks in a row, but will make an exception for exceptional things like this. We mentioned the glories of roasted cauliflower in last week's email but I just want to reemphasize how delicious it is. It also seems to reduce the volume of cauliflower by a fair bit, so if you are feeling overwhelmed by cauli it's a great option.

**Escarole** – Lettuce season is definitely over, but escarole can make for a great salad. I really enjoy taking some extra brown and crispy roasted cauliflower and mixing it with a freshly-dressed escarole salad. The sweet cauliflower is a great complement to the slightly bitter greens.

**Parsley** – Tis true, tis true: bunches of herbs are always too big. It's a strange convention, but you can use it to your advantage! After using a few sprigs for this and that (like the cauliflower salad I will link to in today's email) just blend up the rest of your parsley with some oil, salt, and maybe some garlic. Freeze in an ice cube tray, and use to brighten up bean or vegetable soup this winter.

**Red Kuri squash** – Is this the most attractive squash we grow? Some people would say so, although I am personally partial to the subtle beauty of the Winter Luxury pumpkin. Red Kuri is a dry-fleshed 'kabocha' style squash, with a texture sort of like a baking potato. This is good for risotto, gnocchi (if you are feeling ambitious) or curry. I like a green curry with squash and green peppers, which are conveniently also appearing in your box today. Remember, squash is a storage vegetable... you can use it as festive fall décor for several weeks (or even months) before finally eating.

### **Order of eating:**

**Eat ASAP:** broccoli (for peak flavor), cauliflower (same)

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

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