

# Local Roots Community Supported Agriculture

## Box Contents for October 3<sup>rd</sup>

Red Kuri squash  
Purple daikon  
1 bunch mizuna  
1 bunch red Russian kale  
1 head red butter lettuce  
1 head Treviso radicchio  
3 sweet peppers  
1 jalapeno pepper  
1 head red cabbage

## Large box additions

Sprouting broccoli  
1# carrots

Next week's produce (we think): potatoes - kale - pie pumpkin- sweet peppers - romanesco (we hope!) - Brussels sprouts - something salad-y - sage

## Local Roots Farm News

Whew! October is always a bit of a roller coaster, and this past week was a doozy. In the end, everything is all fine and dandy here, but we did spend several very stressful days watching the weather forecasts and trying to decide how to deal with our fleet of plastic-covered greenhouses/hoophouses. In a normal winter windstorm, our greenhouses have always been fine, with just a few instances of the more flimsy hoophouses getting some minor damage. But, in a windstorm of the proportions being forecast last week, we felt it was a strong possibility that we would lose the plastic, or worse, that the plastic would stay attached and part (or all!) of the structure would actually lift out of the ground! This is not unheard of, and the saturated soil after the 6" of rain we have received so far in October makes it more likely.

So, all day on Friday and Saturday we fretted, weighing the pros and cons of cutting the plastic off before the storm versus waiting until the winds hit, etc, etc... ad nauseam. In the end, we opted to take plastic off of our two least robust houses, but left it on the others, and the windstorm that wasn't passed us by. Sigh. We have also started our regular fall/winter routine of checking the flood forecast on a daily basis. The rainfall amounts so far this month have been impressive, and there is sort of a flood-y feel in the air... but the prognosticators say no flooding expected in the next seven days, so we will just put on our rain suits and keep on slowly but steadily bringing in the fall harvest.

Every year, I like to take a moment to say "Happy Birthday!" to our sweet little pumpkin, Felix. He was born just a few months before we bought this farm, so his life and the life of our farm are very closely tied... He turned six last week, meaning we are nearing the end of our sixth full year here on this property. He's a patient and caring older brother, he loves digging in the dirt, bird-watching, music, and looking for clues to mysteries. His favorite vegetable is cauliflower, and he also likes radicchio, as long as it has good salad dressing. We love you, Felix!

Finally, as I have alluded to several times now, we do plan to offer a limited number of extended season CSA shares. I will do my very best to get the details out to you this week. Thanks! Farmer Siri

## Ideas and info for this week's produce

So much amazing color in this week's box! It's just a coincidence, but I'm delighted by the spectrum represented here ☺

**Treviso radicchio** – This has become our farm's signature crop, but we don't often include it in the CSA because a lot of people find it bitter. Yes, it is bitter, but it is worth learning to love. If you aren't inclined to use it raw, try pairing it with squash in some way. Squash risotto is fantastic and beautiful with a handful of shredded Treviso leaves mixed in at the end. Cubed squash, sliced shallot, and chopped radicchio all roasted together until nice and soft would be great on their own or as a pasta topping... or just add to some liquid, keep cooking, and make it soup! For an in-between approach to radicchio, slice thinly, dress with a sweet salad dressing, and mix hot things in to lightly wilt the leaves – caramelized shallots (or any member of the onion family) are outstanding with radicchio, or try warmed cannellini beans. Radicchio also mixes well with pears and strong-flavored cheese.... You can do it!

**Red Kuri Squash** – It's not been a great squash year for us, so you aren't seeing quite as much of it as in a typical CSA year. Still, you'll be getting a small supply of squash over the next few weeks, and you may want to store some of them for a bit before using. The best way to store squash is as a decorative item – they like warm and dry conditions, kind of like people. Leave them on a mantel or sideboard. Check for soft spots occasionally – when one appears, you'll want to use the squash right away. Under optimal conditions, most squash varieties can store for a couple months. This variety is a dry-fleshed Japanese type, which is great for curries or soups. Try it with today's sweet and hot peppers in a coconut milk/curry sauce.

**Purple daikon** – We grow several varieties of these "winter" radishes and have been loving them as an addition to our more sweet and hearty storage root lineup. They are so crunchy and fresh! The purple type is our favorite, a good mix of sweet and spicy. Slice for salad or snacking, or grate and mix with cabbage for a beautiful slaw.

## **Order of eating:**

**Eat ASAP:** Lettuce, for highest quality leaves

**Will store for 3-4 days:** mizuna, kale

**Will store for a week:** radicchio, squash, daikon, cabbage, peppers