

Local Roots Community Supported Agriculture

Box Contents, October 27th

Butternut squash
Green cabbage
Sage
Onions
Garlic
Green curly kale
Green or Rainbow Chard
Rossa di Verona radicchio
Celery

Large box additions

Red oakleaf lettuce
1# Nelson carrots
extra onions

Next week's produce (we think): carrots – Brussels sprouts – kale – potatoes – squash – daikon – more celery – beets – maybe parsnips

Local Roots Farm News

Hello everyone! Well, I think fall has finally really arrived. We planted our garlic last week, just before the real rain started. Garlic is a fun and challenging crop to grow – it is planted in the fall, and has to withstand freeze and flood over the winter. It stays in the ground a really long time (9 months!), so it is very important for us to keep it weed free. We mulch heavily with bales of hay from our pasture (we let neighbors hay our unused fields and get to keep mulch material in exchange), which protects the plants from freezing and keeps the weeds at bay. Garlic is the first crop in the ground for the 2016 season. Just as things seem to be winding down a little it reminds us that spring is not that far away, for better or worse!

We had a pretty good garlic crop this year, but we've been hoarding it since mid summer. We had been pretty worried about the fate of all our fall root crops because of the heat and drought this year, so we were saving the garlic for the late fall CSA boxes. Now we have a pretty good idea of what our storage crop yields will be, and we are ready to start releasing the garlic... little by little ☺. A note on this type of garlic, known as "hardneck": unlike the type you usually get in the store, these cloves are HUGE! In a recipe that calls for three cloves of garlic, you will want to use no more than one. Sometimes I even cut one in half if I am just making a small side dish or a salad dressing. If you have a half clove lying around, a great way to enjoy it is on a piece of toasted hearty bread. Rub with garlic, then drizzle with olive oil and a pinch of salt. Top with sautéed greens or just eat on its own. If you are making soup this week, try toasting up a few slices of bread and passing a clove of garlic around the table for everyone to rub on their toast.

And onward we go, to November! Lots of roots will be coming your way next week, so we tried to keep it more focused on the leaves today. Eat ye your greens, for winter cometh!

~ Siri, and the damp but cheery folk of Local Roots

Ideas and info for this week's produce

Butternut squash – Those of you who have been in our CSA for a while will probably be familiar with the recipe I highlight for today's produce. It's one of my all-time favorite recipes, originally from Lynne Rossetto-Kasper, of public radio's The Splendid Table. It's a longish recipe, so I will put a link to it in the email. It calls for mixed greens, but any greens will work great – I suggest mixing kale and chard, as well as any other forgotten leaves that might be hanging around your fridge. This is also a great way to use your head of radicchio, if you find the flavor to be a bit too much all by itself. The onion, garlic, basil, and sage seasoning is great. You can use this technique with other vegetable combinations as well, and there's no need to mix it with pasta – it's an excellent way to use up assorted leaves and roots to make a hearty side dish.

How to tackle your squash: Butternut has a hard, inedible rind that is a challenge for some people to deal with. I suggest cutting the squash into "rounds" 1-2" in thickness. Then you can use a sharp knife to cut off sections of skin, turning your round into an octagon, or perhaps a dodecahedron. From there you can slice, dice, or whatever you like.

Rossa di Verona – Isn't she pretty? Most of the radicchios that we grow were originally bred in the Veneto region of Italy, and the varieties are all named after locales there: Treviso, Chioggia, and, in this case, Verona. If you are a fan of bitter greens, then by all means make a salad of this. It will pair well with many fall flavors: pear, apple, blue cheese, celeriac, or even caramelized onion or garlic. For those who shy away from bitter flavors, try grilling or braising, I will include a great recipe for a creamy pasta sauce that nicely tempers the radicchio.

Sage – This is a key ingredient in the squash pasta dish I mentioned above, but also has many other virtues. You can make a simple butter and sage sauce that goes well with any baked squash, or steep a few leaves for tea. I have a bundle of sage that has been keeping very well in a glass of water next to our sink for over a week, so you can save your sage and use it for this week and next week's veggies... I mention this because next week you will finally be getting potatoes, and I have a great potato, cabbage, and sage dish I want you to make ☺.

Order of eating:

Eat ASAP: nothing is pressing

Will store for 3-4 days: chard, kale

Will store for a week (or more): everything else