

Local Roots Community Supported Agriculture

Box Contents for November 3rd

3# Bolero carrots
2# Yellow Finn potatoes
6# Delicata and Red Kuri squash
1.5# “mild” parsnips
1# daikon radish
1 bunch lacinato kale
1.5# Brussels sprouts
1 Treviso radicchio
1 head Romanesco
1 little sprig of thyme

November 17th produce (we think): carrots – beets – potatoes – squash – celeriac – parsnips – cabbage – Brussels sprouts – any leafy greens we can find

Large box additions

1# purple carrots
1.5# fingerling potatoes
green and/or yellow peppers
extra head of Romanesco

Local Roots Farm News

Well, come hell or high water, we are still here farming and delivering your vegetables today. The river crested at 56.7 feet on Sunday, which is the tenth largest flood we’ve seen in the nine years we have been farming, but still nowhere near the all-time record flood of 62.3 feet back in 2009. Floods are measured in feet above sea level at a particular point on the river, so when we talk about flood heights on our farm, 62.3’ really does mean that the water was 5.5’ deeper everywhere in 2009 than it was this past Sunday. That’s a lot of water!

This week’s flood was a logistical challenge for us, but in fact the timing worked out perfectly. We got the flood warning on Thursday, so we were able to spend Friday and Saturday harvesting like mad, with some extra help from a few superhero CSA members and family. The fact that this fell on the weekend meant there were a lot of folks with a free morning to help out. Thanks, flood, and thanks to all who came and helped! By Sunday morning our road was closed, but by then we had a pretty good idea of what the flood was going to do, and were able to make the decision to go ahead with the CSA as originally scheduled. Those of our crew who opted to stay on the farm during the flood spent Sunday washing and bagging things up for the CSA boxes, and then got to have the truly magical experience of walking around the farm in the early evening as the flood peaked and watching our island get smaller and smaller. We were still unable to get in and out of the farm through the whole of the day on Monday, but by the evening our “back” exit through our neighbor’s farm was clear. And that’s what a 57’ flood is like!

Prior to the flood, we were able to refer to photos Jason had taken during earlier floods of a similar size and make darn good guesses about which fields would flood and which would stay dry. All in all, I think we were able to rescue-harvest 95% of the crops that still remained in the fields that flooded. We plant our fall/winter crops strategically, so we still have lots of kale, radicchio, celeriac, and even a smattering of lettuce that stayed high and dry. If this mild weather persists for another two weeks we should be able to give fresh-picked greens in your box again on the 17th. Unless, of course, we get a bigger flood between now and then. It’s November in the Snoqualmie Valley, so anything can happen!

OK, time to eat some root vegetables! ~ Siri, and the LRF Crew

Ideas and info for this week’s produce

Brussels sprouts – These were right on the edge of where we thought the flood would reach, so we harvested a LOT of them on Saturday. We did not spend a lot of time trimming/sorting, but Jason and I have been doing a lot of quality control (aka, eating lots of roasted Brussels sprouts) and they seem to be pretty clean. To trim, the easiest thing to do is to cut off the base/stem of each sprout so that the first two or three leaves detach from the sprout. These outer leaves are the most likely to be yellow or ragged, and they will come right off if you cut in the right place. A few little black specks are no big deal. Brussels sprouts live in the field for a loong time (June through October in this case) and are visited by many bugs in their lifetime. These specks are the scars from insect predation, but they are NOT bad to eat. Roast, steam, shred and sauté, braise in tasty liquid... Brussels sprouts are the best!

Delicata Squash – I believe this is the best winter squash in the world. It is so sweet and the skin is tender, so there’s no need to peel... you can eat the whole thing! The easiest way to prep these is to cut them in half the long way (scrub any lingering field dirt off first), scoop out the seeds and strings, and proceed to cut into whatever shapes you desire. We have always been a C-shape family, but lately I’ve been enjoying Delicata sliced the long way into French fry-type pieces. You can also cube, or leave the boat-like halves intact for baking. We like to arrange the pieces on a metal baking sheet, lightly sprinkle with oil and salt, and bake/roast at about 375 until tender, flipping once so that they brown on both sides.

Parsnips – Well, we wish the weather had gotten just a bit colder before we started to pick these guys, but as it is they are good (if not great) and some of you may actually prefer them to the frost-intensified flavor you might be accustomed to. Some people think you need to remove the core of parsnips – this may be true for those that come out of storage in late winter/early spring, or from the grocery store (who knows how old those are!) but these are freshly dug and tender all the way through.

Romanesco – It just keeps coming! We picked all that remained in the field prior to the flood, so we had lots of small-ish heads to give this week.

For this week, the Order of Eating is:

3-4 days: Kale and romanesco

Will store a week or more: Everything else!