

Local Roots Community Supported Agriculture

Box Contents for November 1st

1 bunch lacinato kale
1 bunch collards
1 head Castelfranco radicchio
2# carrots
1# Hakurei turnips
4 sweet peppers
1 head green cabbage
Acorn squash
Red Kuri squash
2.5# Yellow Finn potatoes
Fennel
Celery
Garlic

Large box additions

Romanesco
Fingerling potatoes
Bok choy
Rainbow radishes

Nov. 15th's produce (we think): potatoes – Delicata squash – Brussels sprouts – kohlrabi – leeks – rutabaga – beets – parsnip – bunched greens (if weather allows)

Local Roots Farm News

Welcome to November! I am definitely hoping that November turns out to be a less soggy month than October. In the last month, we have racked up nearly 12.5” of rain here on the farm, most of it in the last couple weeks. It is weeeetttt out there, and our waterlogged crew is definitely ready for a little break from harvesting in the rain. Although, just for a little perspective, at this time last year we were in the throes of our first fall flood, and had just spent a marathon couple of days frantically harvesting all the crops out of our low fields – so, it could be worse ☺.

Today is the first of our two double-size November CSA boxes. The second will be coming your way two weeks from now, on the 15th, so you have plenty of time to get through the pile of produce you are receiving today. Though it has been rainy, it has also been quite mild in temperature, so we still have lots of fresh-from-the-field items for you this week: kale, collards, fennel, celery, and radicchio. We are now squarely in the time of year when a hard freeze or major flood can take out all our remaining field crops, so we are thankful for the bounty of greens we are able to provide this week.

Confession: I'm actually writing this newsletter late on Halloween night, after a fun evening of trick-or-treating in the 'burbs of Duvall. I appreciate this seasonal marker, which coincides with the pagan holiday of Samhain, the mid-point between the fall equinox and the winter solstice. We are halfway through autumn now, and the days are decidedly shorter... the good news (or not, depending on how ready one is for a long hibernation) is that we are only a month and half away from the tipping point ---- when the earth starts to shift back toward summer. Weird, eh? After ten years of farming, winter seems shorter and shorter with every passing year, and I become more aware of how soon the whole growing cycle will begin again.

~Siri, Jason, and the LRF crew

Ideas and info for this week's produce

Don't freak out. You have two weeks before you are getting another box of veg, and the contents of this box were chosen to provide a good mix of fresh and storage items. You will want to prioritize the leafy things, but the squash, potatoes, garlic, carrots, and cabbage will wait for a week (or longer) before needing your attention.

Castelfranco radicchio – This variety of radicchio is fairly mild, and great for salad if you are ok with a little bitterness. If you don't love the bitter greens, it's also great for cooking. If you had success with cooking escarole earlier this season you can treat Castelfranco the same way. For salad, we find that smaller pieces work best if you want to temper your radicchio with other ingredients. For fall/winter potlucks we will mix radicchio with toasted sunflower seed, grated cheese, and a garlicky vinaigrette dressing. We also like to make a lemon and olive oil dressing for a radicchio and pear salad. Try it!

Carrots – I know a lot of you have been missing the carrots this year. Our goal is always to grow enough carrots to give in the box almost every week, but this was a rough year for our carrot crop... we have been squirreling them away to make sure we would have sufficient carrots for these November boxes. This week's variety is 'Jeanette,' a new type we trialed this year after learning that the seed 'Nelson' the best-tasting carrot in the world, will no longer be available. Yikes! We are trying several possible replacements this year, so please let me know what you think of this one.

Squashes – This week's installment of squash consists of acorn, the green one, and Red Kuri. Remember, no need to hurry on these. Enjoy their seasonal beauty while you feast on greens... and eat them next week instead.

Peppers – Have no fear. Whether green, yellow, or somewhere in between, these peppers are all mild and sweet, not spicy!

Order of eating:

Will store for 3-4 days: kale, collards

Will store for a week: radicchio, fennel, celery, turnips, peppers

Will store for 2 weeks (or more): carrots, cabbage, squash, potatoes, garlic