

Local Roots Community Supported Agriculture

Box Contents for November 15th

1 bunch Red Russian kale
1 bunch collards
1 head Rosso di Verona radicchio
2# carrots
1# winter radishes (in bag w carrots)
1 head January King savoy cabbage
Delicata squash
2# purple potatoes
Garlic
1# red beets
2# kohlrabi
2# rutabaga
Brussels sprouts tree

June 2017 produce: lettuce – arugula – snap peas – radishes – bok choy – pea vines — salad mix – chard – turnips... coming in about 7 months!

Large box additions

2# parsnips
1 big leek
1 bunch chard
2# acorn squash

Ideas and info for this week's produce

Rosso di Verona radicchio – This is one of the more bitter of our radicchio varieties, so keep that in mind. It will blend in well to a roasted root medley, especially if you include some diced squash. If you want to eat it as a salad but are feeling intimidated by bitter, try shredding it finely and using a small amount mixed together with other greens (red Russian kale and/or Savoy cabbage would be good). Creamy dressings also work wonders on bitter greens.

Delicata Squash – The best of the best! Cut in half lengthwise, scoop out the seeds, then cut into Cs or long spears, lightly oil and salt, and bake at 375 until browned and tender. Unbeatable.

Winter radishes – A medley of green, purple, and black radishes (in the bag with your carrots). These can all be used just like regular red radishes, and they will keep well in your fridge for several weeks. Black is the most spicy, then green, and the purple are the mildest. The green and purples are the same color on the inside, and I definitely recommend slicing them up together for a beautiful presentation. If you aren't a raw radish fan, try roasting. I'll include a simple recipe for roasted radishes. Really, it sounds crazy but it's great, and takes the spicy edge off.

Rutabaga and Kohlrabi decoder – You will find several large round things loose in your box. Rutabaga are the big purple-topped roots. Kohlrabi are round and light green with smooth skin. Both should be peeled before using. Rutabagas are great for roasting or soup. Kohlrabi, as I have mentioned before, are excellent raw, baked, souped, or roasted.

Brussels sprouts tree – I'm happy that these managed to fit in the boxes this week! With our limited time at this point in the year, this gets you a lot more sprouts than when we pick them sprouts for the CSA – each tree should produce at least a pound. Remember, you can store your tree outside on a porch or deck if you don't have time right away to pick the sprouts off. They should break off easily, or you can also use a paring knife.

Order of eating:

Will store for 3-4 days: kale, collards

Will store for a week: radicchio, Brussels sprouts (off the tree), cabbage

Will store for 2 weeks (or more): carrots, beets, kohlrabi, rutabaga, squash, radishes, potatoes, garlic

Local Roots Farm News

Well, the world certainly looks a lot different now than it did when I wrote the CSA newsletter two weeks ago. Since last Tuesday night, the question of what to write in this final newsletter of the year has been constantly on my mind. I'm sure many of you are having similar internal debates: whether to focus on the positive and build bridges with people of different ideologies, or instead to speak out tirelessly against hate, bigotry, and the minority of voters who chose this intolerant candidate. Can we do both?

Here's what I have chosen to say: We love and value all people. Over the years, our crew has included people from nearly every group that has been mocked, belittled, and abused by Trump: African-Americans, Muslims, people with disabilities, gay, lesbian, and transgender people, Latinos, immigrants, and dozens of women from all backgrounds. Making our farm a safe and welcoming place for all is a fundamental value for me and Jason, and today we are more committed than ever to serving others, particularly people from historically marginalized communities. Rural America may have let us down this go-round, but in our own small way, we are working to change the face of the American farmer.

This is our last box of the main CSA season, which is when I like to thank all of the people who make this little enterprise work. First and foremost is our farm crew: Kyli, Lane, Nick, Kelli, Jo, Patrick, Angie, Mikey, Abby, Sean, Chloe, Jen, and Cate – thank you all for another great season of growing food. Our site hosts, who are essential to the success of the CSA; our families, who help me and Jason in thousands of large and small ways; our wonderful neighbors here in the valley, who we share meals with every week and who help keep us in touch with the “outside” world; and our community of fellow farmers near and far, who share our mission to build a more just and equitable food system; and YOU!! We thank you for choosing our farm.

In community, and until next year,
Siri, Jason, and the LRF crew