



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER      OCTOBER 1, 2013

### IN YOUR BOX THIS WEEK . . .

**Arugula**  
**Beets: Red or Golden**  
**Broccoli or Cauliflower**

We just made a delicious red lentil dal curry with carrots, cauliflower, red peppers, leeks, garlic, red lentils, and coconut milk served over rice with a side of winter squash. Very fast and delicious! Keep an eye out for cabbage worms. We try to manage them as best we can with crop rotation, organically approved sprays, and cleaning at harvest time but this has been a particularly bad fall for them!

**Carrots: Dragon, Nectar and Yellowstone**

A rainbow of flavor! Beautiful and flavorful when roasted or with a stew.

**Celeriac: Prinz or Mars**

The flavor of celeriac (or celery root) is much like mild celery and it bakes and cooks up much like a potato. To prepare celeriac, slice off the crown and peel with a sharp knife. Peeled celeriac darkens when exposed to air so peel just before using. It can be eaten raw in slender sticks or grated in a salad and is also a substitution for potatoes in recipes. We like to mix some celeriac in mashed potatoes or potato au gratin. It is a hearty addition to soups and stews.

**Garlic: Music, Bogatyr or Persian Star**

**Kale: Green Curly**

**Leeks**

Leeks are the longer, slender, milder-flavored cousin to onions. Use all of the leek except for the tough upper green leaf. Sliced leeks are great as a pizza topper along with oregano. We had leeks this weekend in a quiche with kale, red pepper, garlic, and pork sausage.

**Onions: Red and Yellow**

**Pepper: Colored Bells and Heirlooms**

Peppers are nearing their end soon. Take advantage of these sweet veggies and make fajitas, burritos, enchiladas, you name it!

**Potatoes: Superior**

Try these mashed with roasted garlic, a little sour cream if desired, butter or Earth Balance, salt and pepper - delish!

**Sage**

A favorite with roasted chicken. Also delicious sautéed lightly in butter/olive oil and tossed with pasta and sautéed or roasted vegetables.

**Tomatoes: Slicers/Heirlooms**

Just a few tomatoes to round off the summer season.

**Winter Squash: Carnival (multi-colored acorn squash) and Delicata (long, striped squash)**

We have been waiting as long as possible to let them sweeten since they had a slow start with the cool early summer. The delicata squash have a shorter shelf life than the acorns, so eat those a little sooner (within a month or month and a half, but why wait!)

### WEEK 16: HARVEST, HARVEST, HARVEST

Please remember to return share boxes to your pick-up site. You are welcome to bring bags to transfer produce into so you do not have to remember to return your box.

The last week has been nothing less than gorgeous. With still no frost in the forecast, we have not had the normal crazy rush to protect crops or even glean late into the evening. We were blessed with help from our friends at Loon Organics as they brought their crew up for a couple of hours last week to help us bring in a big portion of our winter squash crop and a good amount of potatoes as well. This makes the week ahead much easier to manage as Nick's off-farm work picks up in October and the baby (due November 11<sup>th</sup>!) gets bigger each week. The small amounts of rain have also been helpful for our fall greens.

We also had the opportunity to have a little vacation from the farm this weekend. Amelia stayed and watched the farm and animals while we headed north to Itasca State Park with Abe and his grandma for a fall respite. Though it was rainy and cold, it was absolutely gorgeous and one of the highlights was seeing tiny baby snapping turtles make their way from their nest out to Lake Itasca to brave a big new world. Minnesota is filled with beauty and we were grateful for the chance to see a few of her treasures beyond the beauty of the farm.

### Season Wrap-up and Looking Ahead to Next Year

It is hard to believe, but October is here and the end of this year's CSA season is soon near. The last delivery for Full Shares and Week B Half Shares will be on Tuesday, October 15<sup>th</sup>. Several share members have asked about signing up again for a CSA membership next year. We will be putting our 2014 CSA Registration Forms out to current CSA members at the end of 2013 as we give current members the first opportunity to sign up for next season. Stay tuned!

### Additional Autumn Share

On October 31<sup>st</sup> we will be delivering a one-time Autumn Share for approximately \$55 that will be filled with storage vegetables like winter squash, onions, carrots, leeks and beets along with dried herb and gourds. Most of these vegetables will be able to hold until Thanksgiving (and beyond) if you would like to use them for your holiday table. We will also include several of our favorite autumn recipes and dishes we love for Thanksgiving. There are a limited number of Autumn Shares available and will be offered on a first come-first served basis. Please let us know if you are interested and we will put your family on the list. [Litchfield, Sartell and St. Cloud Autumn Shares will be delivered to your regular pick-up site on Thursday, October 31<sup>st</sup>.](#)

### Oh Sweet Honey

Our friend Carol keeps bees on the farm and she has just extracted the honey! She is making this honey available to our share members on a first come-first served basis. Honey comes packaged in a pint container (1.5 pounds) for \$8.50. This is a unique opportunity to taste local honey right from your farm! We will deliver this honey with one of your share boxes so there is no additional trip needed on your part.

### Honeycrisp Apples

Our friends Amy and Paul from Kalliroe Farm in Montevideo are offering first quality half bushels of organic Honeycrisp apples to our members this year. A half bushel (20#) of organic Honeycrisp apples will be \$46. If you are interested in this opportunity, we can deliver the apples alongside your next CSA box. They are oh so tasty and delicious for so many fall dishes and baked goods!

*\*\*Several share members have asked about payment for additional items such as eggs, honey, apples, etc. At the end of the season, we will send out statements to share members with a balance on their account so you do not need to worry about paying for each individual item as they come. Also, for both the honey and apples, you can make checks payable to Prairie Drifter Farm.*

-Best wishes from your farmers,  
Joan, Nick, Abe and the littlest Drifter-to-be

Please remember to return your CSA boxes to your pick-up site. You may also choose to bring bags to transfer your produce into at your pick-up site so you do not have to remember to bring the boxes back. You can also return the cherry tomato pint containers for reuse. Thank you!

### PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0.3"

High Temp: 82°F

Low Temp: 44°F

Sightings: Lots of combines! There is no end of excitement for Abe with tractors and trucks passing by as the season of fall bean harvest is upon us.

## HOW TO STORE YOUR PRODUCE

Your produce this week can be stored in the refrigerator (drawers or main refrigerator) in plastic bags. A few exceptions . . .

Carrots Remove green tops for longer storage.

Tomatoes Remove from bag once you get home and store on the counter, shoulder side down.

Potatoes/Garlic: Do not refrigerate. Store in a cool place out of sunlight.

Winter Squash: Will store at room temperature for at least a month. Store for several months in a dry and cool location (50-55 degrees). You can bake winter squash easily by slicing in half, scooping out seeds and placing cut side down, oiled, on a cookie sheet or cake pan.

## RECIPES FROM PAST NEWSLETTERS

- Fettucine with Leeks and White Beans: Week 15, 2013
- Glazed Carrots: Week 15, 2013
- Creamy Broccoli Cauliflower Soup: Week 15, 2013
- Cauliflower Puree: Week 15, 2013
- Sage Honey Cornbread: Week 15, 2012
- Pork Sage and Apple Burgers: Week 13, 2013

### Roasted Celeriac with Red Onions, Mushrooms, and Sage

From the Duluth Whole Foods Co-op

- 1 red onion
- 2 celeriac
- 5 T. olive oil
- 2 t. salt
- 1/2 lb. small white mushrooms (mushrooms are optional if you aren't a mushroom eater)
- 1/4 lb. assorted fresh mushrooms such as portabello, shiitake, or chanterelles
- 1 1/2 T. chopped fresh sage

Preheat oven to 400. Cut onions into 1-inch pieces. Peel celeriac and cut into 2 x 1/2 inch sticks. Toss with 2 T. olive oil and salt. Roast, stirring a few times, about 25 minutes. Toss mushrooms and onions with sage, remaining oil, and add salt and pepper to taste. Toss mushroom mixture with celeriac, and roast stirring occasionally about 30 minutes more until all is tender and golden. If ingredients are too much volume for one roasting pan, you can divide them between two and rotate pans occasionally in the oven.

## Recipes

### Minestrone Soup

Adapted from "The Enchanted Broccoli Forest"

*Minestrone, meaning "the big soup" in Italian, is a thick soup made with many veggies and usually pasta or rice. This is simply a base recipe but the sky is the limit - any vegetable will go well in this recipe.*

*We usually add a big bunch of stemmed, chopped kale to the soup near the end of cooking as well. You could also add cooked pinto or kidney beans to fill out the soup.*

- 1 lb. stew meat
- 6 cloves garlic, minced
- 1 large potato (or several small)
- 2 c. chopped onion
- 2-3 c. chopped veggies such as broccoli, cauliflower, peppers, cabbage, etc.
- 2-3 stalks celery or a chopped celeriac, minced
- 1-2 large carrots, diced
- 1 leek, sliced and minced
- 6 c. water and/or broth
- 2 t. salt
- 1 1/2 c. tomatoes, fresh, frozen or canned
- 1 1/2 c. tomato juice or pureed tomatoes
- 2 c. cooked pasta or rice
- Herbs (thyme, sage, parsley, oregano, etc)

Brown stew meat in a skillet with oil, salt, pepper and garlic. In the mean time, combine potato, onion, cabbage, celery, carrot, leeks, water and salt in a soup pot. Cover and bring to a boil. Lower the heat and simmer, covered for about 20 minutes. Add tomatoes, tomato juice, pasta or rice, stew meat, and fresh herbs and simmer another 20 minutes. After we add the stew meat, we usually put some water in the skillet the meat was fried in to get all of the flavor from the skillet and add that water to the soup pot. Season with salt and pepper and serve with bread or biscuits.

### Smashed Celeriac

Adapted from [www.jamieoliver.com](http://www.jamieoliver.com)

*Reading Jamie Oliver's recipes always make me chuckle so I though I would include this one for celeriac.*

*Jamie's Comments: What a surprisingly simple and comforting veg dish. Unfortunately everyone seems to be completely baffled by celeriac, but it's beautiful in soups or thinly sliced into salads. When roasted it goes sweet and when mixed with potato and mashed it's a complete joy.*

- 1-2 celeriac, peeled
- Olive oil
- 1 handful fresh thyme, leaves picked (or other fresh or dried herbs)
- 2 cloves garlic, finely chopped
- sea salt
- freshly ground black pepper
- 3-4 T. water or organic stock

Slice about 1cm/1/2 inch off the bottom of your celeriac and roll it on to that flat edge, so it's nice and safe to slice. Slice and dice it all up into 1cm/1/2 inch-ish cubes. Don't get your ruler out - they don't have to be perfect. Put a casserole-type pot on a high heat, add 3 good lugs of olive oil, then add the celeriac, thyme and garlic, with a little seasoning. Stir around to coat and fry quite fast, giving a little colour, for 5 minutes. Turn the heat down to a simmer, add the water or stock, place a lid on top and cook for around 25 minutes, until tender. Season carefully to taste and stir around with a spoon to smash up the celeriac. Some people like to keep it in cubes, some like to mash it, but I think it looks and tastes much better if you smash it, which is somewhere in the middle. You can serve this with just about any meat you can think of.

### Arugula and Black Bean Salad Recipe

*Great with a side of baked winter squash!*

- 2 T. fresh lime juice
- 1 T. white wine vinegar
- 1 T. honey
- 1/2 small jalapeño, seeded and chopped (or less depending on how much heat, if any, you want)
- 1/2 t. fine grain sea salt
- 1 small garlic clove
- 1/2 t. mustard
- 1/4 c. extra virgin olive oil
- 2 -3 big handfuls baby arugula (or other salad greens), well washed and dried, chopped a bit smaller if desired
- 3 c. cooked black beans
- 1/4 c. feta, crumbled
- 1/3 c. sliced almonds, toasted

Start by making the dressing. I use an immersion blender - but a blender or food processor will work just as well. Combine the lime juice, vinegar, honey, jalapeño, salt, garlic and mustard and puree. Add the olive oil and puree until everything comes together. Taste and adjust with more salt, honey, or lime juice if needed. Set aside until you are ready to serve the salad.

Just before you are ready to serve the salad gently toss the arugula with a bit of the dressing. Arrange it on a platter. Now toss the beans and most of the almonds with a generous splash of the dressing. Arrange the beans on top of the arugula and finish by sprinkling with the remaining almonds and the crumbled feta cheese.