



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER      SEPTEMBER 25, 2014

### IN YOUR BOX THIS WEEK . . .

#### Arugula

Great in salads or substitute in your favorite pesto recipe. We love arugula pesto on pasta, quinoa or couscous. Arugula pairs beautifully with apples in a salad. We have been eating arugula salad with honey mustard dressing.

#### Broccoli

Think minestrone soup!

#### Carrots: Yellow, Purple and Orange

These are lovely and tasty roasted in the oven.

#### Celeriac

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. Try making celeriac fries!

#### Dill

#### Garlic: German Extra Hardy

#### Leeks

Leeks are the longer, slender, milder-flavored cousin to onions. Use all of the leek except for the tough upper green leaf. That portion can, however, be used to make vegetable stock along with your other vegetable cuttings/scrap.

#### Lettuce: Green Star or Concept

#### Onions: Red and Yellow

#### Peppers: Sweet (Green Bell and Italian Heirlooms)

With the cooler than normal summer we have had a hard time getting colorful ripe peppers. This year we just have to appreciate the green bells!

#### Potatoes: Peter Wilcox

Try these sliced into French fry size pieces, toss with olive oil, salt and pepper and bake for a fresh french fry. Peter Wilcox potatoes have purple skin/yellow flesh.

#### Tomatoes

Fall tomatoes are best for sauces and soups.

#### Winter Squash: Delicata (long striped) and Jet (green acorn)

The delicata is a nice, sweet, dry winter squash - great as a side dish. The green acorn has a nice creamy flesh - great for stuffing, as a side dish, or using in baked goods.

### WEEK 15: FARM JOURNEY

It was not long ago when Joan and I were dreaming about our future farm. We spent many hours planning, learning, figuring, researching and exploring as many aspects of vegetable farming as we could possibly take in. Additionally, there were many formal educational opportunities that we took advantage of in order to better prepare us for this enormous undertaking. Fast forward six years and we have come a long way. That being said, we are still learning on a daily basis. This past weekend, we had the pleasure of hosting a group of beginning farmers on our farm. I have the great fortune to work part-time for Land Stewardship Project, an organization committed to sustainable agriculture and thriving rural communities. My role is to facilitate a beginning farmer training program entitled Farm Beginnings. Each fall a new group of beginning farmers embarks on a journey to move their farm dreams closer to reality through goal setting, business and market planning, and connecting to a viable network of other beginning and established farmers who are committed to training the next generation of stewardship farmers.

The ability to use our talents as teachers to give back to the next generation of farmers is a large motivator for Joan and I. We are passionate about farming and want to ensure that other beginning farmers can receive the same support and access to resources that were available to us. It was inspiring to have a group of beginning farmers on the farm who were enthusiastic about getting their own farms up and running in the next few years. As the demand for local and organic food continues to build momentum, we are going to need more and more well trained and talented farmers on the land. It is exciting to be a part of this movement and we appreciate your support as share members in working toward a more sustainable and just food system.

-Best wishes from your farmers,  
Joan, Nick, Abe and Freya

### Share Member Potluck at the Farm on Sunday, September 28 after 4pm

#### What to bring:

Potluck dish to pass  
Beverage for yourself  
Plate, bowl, cup, utensils  
Lawn chair

The fall share member potluck is right around the corner. You can gather anytime after 4:00pm for an informal tour, playtime and music (5 gallon pails will be out for kids to drum on!). Potluck begins at 4:30pm. Bring a dish to pass, meet other share members, eat good food, play lawn games, pick a pumpkin or gourds, meet the chickens and pigs, and enjoy a fall day on the farm. Please RSVP!

### Additional Autumn Share

During the last week in October we will be offering a one-time optional Autumn Share for \$60 that will be filled with storage vegetables like winter squash, onions, carrots, garlic, potatoes, beets and more. 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. 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. Autumn Shares will be delivered to your regular CSA pick-up site during the last week in October.

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

Rainfall: 0.3"

High Temp: 79°F

Low Temp: 36°F

Sightings: Leaves covering the driveway - 'tis the season!

## HOW TO STORE PRODUCE

Your produce this week can be stored in the refrigerator in plastic bags.

Separate carrots and beets roots from their tops before storing to preserve freshness. A few exceptions . . .

- **Garlic/Onions/Potatoes** do not need to be refrigerated. Keep in a cool, dark place. Potatoes exposed to light will turn a green color, which causes the potato to be mildly toxic.
- **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. Bake until tender when pierced with fork.

## PRESERVING TIPS

- **Broccoli/Cauliflower:** Wash and remove leaves. Separate heads into convenient-size sections. You can also freeze small stem pieces. Wash well. Blanch in boiling water for 3-4 minutes. Cool, drain, and pack into freezer bags. Seal, label and freeze.
- **Peppers:** Core and seed. Chop to desired size and place in Ziploc freezer bags, flatten and freeze.
- **Tomatoes:** Wash and core tomatoes. Chop (with or without skins), place in Ziploc freezer bags, flatten and freeze. Do not overfill. Great for soups, stews, sauces or chili. For a VERY fast freezing method, wash and core tomatoes, leave whole and freeze on a cookie sheet. Once frozen, pack into Ziploc bags, label and freeze. When you pull the tomatoes out to use, simply run warm tap water over the tomatoes to remove skins.

## RECIPES FROM LAST WEEK'S NEWSLETTER

- Honey Glazed Citrus-Roasted Carrots
- Potato Salad with Arugula
- Curried Cauliflower

## Pork Burgers with Peppers

1 pound ground pork  
3/4 t. fennel seeds  
1 t. olive oil  
2 peppers, cut into thin strips  
1 small yellow onion, thinly sliced  
Salt and pepper  
2 t. red-wine vinegar

Heat a grill to medium-high. Clean and lightly oil hot grill. In a bowl, mix pork with fennel seeds. Form into 4 patties.

On a large piece of foil, combine oil, peppers, and onion. Season with salt and pepper. Fold foil around vegetables and crimp ends. Grill packet until vegetables are crisp-tender, about 8 minutes. Season patties with salt and pepper. Grill until cooked through, about 6 minutes per side.

In a medium bowl, toss vegetables with vinegar. Top each patty with vegetables and serve on toasted buns.

## RECIPES

### Carrot and Celeriac Remoulade

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

1 celeriac, shredded  
1 large carrot, grated  
small bunch dill, chopped  
6 T. light mayonnaise  
juice 1/2 lemon

Put the vegetables in a large bowl with the dill. Mix the mayo and lemon juice and season well before mixing thoroughly into the vegetables. Will keep covered in the fridge for up to 3 days.

### Penne Pasta with Roasted Acorn Squash and Arugula

Adapted from [fiveoclockfood.blogspot.com](http://fiveoclockfood.blogspot.com)

1 acorn squash, quartered and seeds removed  
olive oil  
4 links sweet/mild Italian sausage, casings removed  
1 medium onion, chopped  
2 cloves garlic, finely minced  
1/4 c. of white wine (could substitute water)  
2 c. chicken or vegetable stock  
1 bag arugula, chopped  
3 c. penne pasta  
2 T. parsley, finely chopped for garnish (optional)  
grated Parmesan for garnish (optional)  
Salt and pepper

Preheat oven to 375F; place quartered acorn squash on foil lined baking sheet, drizzle with olive oil and season with salt and pepper. Place in oven and roast 35 - 45 minutes or until fork tender, remove from oven and allow to cool. When cool remove skin from squash and cut into 1/2 inch cubes.

In a large pot bring water to boil and add penne pasta, cook to al dente. In a sauté pan over medium high heat, add 2 tbsp olive oil, and add sausage to sauté pan using a spatula break up sausage into smaller pieces while browning. Sauté for 10 - 12 minutes or until sausage is cooked through. Remove sausage from pan onto paper towel lined plate. Over medium heat in the same sauté pan add onion; sweat onions until soft about 7 minutes, add garlic and stir. Add white wine or water and scrape up brown bits while reducing down until almost dry. Add chicken or vegetable stock and reduce by 2/3. Add squash to pan and remove from heat.

Drain penne pasta into a large bowl and add arugula; stir to wilt completely, add squash mixture, and sausage to bowl and gently stir to combine. Season with salt and pepper. Garnish with herbs and parmesan if desired.

### Potato, Leek and Celeriac Gratin

[www.acoupleinthekitchen.us](http://www.acoupleinthekitchen.us)

*This blog has a cute tagline - "The couple that sautés together stays together."*

1 1/2 cups heavy cream or non-dairy substitute (rice milk, etc)  
1 large branch fresh rosemary  
2-3 garlic cloves, peeled  
1 T. unsalted butter or Earth Balance  
1 leek, halved lengthwise, then thinly sliced  
2 medium potatoes, peeled and thinly sliced  
1 celeriac, peeled and thinly sliced  
4 ounces grated Gruyere cheese (optional if you cannot eat cheese)  
Salt and pepper

2 teaspoons herbs de Provence (combo of dried, savory, rosemary, thyme, oregano, basil, marjoram and fennel)

Preheat oven to 350. In a medium saucepan over medium heat, heat the cream, rosemary and garlic - bubbles start to form along the sides of the pan. Turn off heat and set aside. Melt butter in a small skillet and sweat the leeks, seasoned with a pinch of kosher salt, taking care not to brown them (about 5-6 minutes); set aside. Spray a baking dish with cooking spray or coat with oil. Layer 1/3 of the potato slices, 1/3 of the celeriac slices, 1/3 of the cooked leeks and 1/3 of the gruyere. Season with salt and pepper and continue the process a second and third time. Pour the cream into the dish over the vegetables. Sprinkle top with herbs de Provence. Cover dish tightly with foil and bake at 350 for 45 minutes, until bubbly. Remove foil and continue to bake another 10-15 minutes, until top is golden brown.