



CHRONICLES OF A DRIFTER

CSA NEWSLETTER SEPTEMBER 30, 2014

IN YOUR BOX THIS WEEK . . .

Arugula or Head Lettuce

Relish in the waning fresh greens of the season.

Broccoli

Great for hearty soups, stir fries, steamed, or in casseroles.

Carrots

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.

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.

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 or German Butterball

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. German Butterball potatoes have yellow skin/yellow flesh.

Radishes: Cherriette

These fall radishes are nice and mild. A delicious treat on top of salad greens.

Sage

Sage is a favorite herb of ours in the fall. It pairs wonderfully with winter squash and we are huge fans of sage butter on popcorn this time of year.

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

The delicata is a nice, tender winter squash - great as a side dish. The carnival is great for stuffing, as a side dish, or using in baked goods. Give your squash a good wash before cutting and baking/cooking.

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0.2"

High Temp: 82°F

Low Temp: 46°F

Sightings:

WEEK 16: LOVE THIS COMMUNITY

We had a fantastic time at the End of Season potluck this past weekend at the farm. The dishes that everyone brought were delicious and seem to get more creative each year. We will be compiling all of the recipes brought to the potluck and will share those with everyone soon. Some recipes may even find their way into the last few newsletters! Sunday afternoon was gorgeous and, other than the uninvited mosquitoes, was perfect for a gathering. Our friends Sarah (fiddle), Kim (guitar) and Winston (banjo) prepared some favorite music to share at the event, the kids' bikes seemed to never stay still, and there were even some games of Kubb thrown. We relish in the opportunity to have time for conversation with all of you and continue to appreciate your support of the farm and local foods.

"Winding down" is the theme of the last few weeks of our active farming season. We just made our long list of to-do's to finish out the farming season, heavy with fall crop harvests, farm cleanup, machinery and building maintenance, and field prep for next year. The list sometimes seems overwhelming but somehow always gets accomplished, much more easily this year with Skye and Elizabeth who power through every chore. We have a few autumn shares yet available if you would like local and fresh storage vegetables in your kitchen for the fall/winter.

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

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.

Winter Squash Note: Give your squash a good wash before cutting into and baking.

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.

RECIPES FROM LAST WEEK'S NEWSLETTER

- Pork Burgers with Peppers
- Potato, Leek and Celeriac Gratin
- Carrot and Celeriac Remoulade

Sage Butter Recipe

theherbgardener.blogspot.com

1 stick of (salted) butter, softened
2 T. finely minced sage leaves
Pinch of salt
1/4 t. finely ground white pepper (optional)

Combine all ingredients and leave at room temperature for an hour or two. This will give the sage time to transmit flavor to the butter. After letting it sit, stir it one more time. Transfer mixture by heaping tablespoon to a square of wax paper or parchment paper. Roll into a tight tube about an inch or a little more across. Twist the ends of the tube and secure them with twine or a twist tie. Freeze. (It should take about 20 minutes for the butter to firm up.)

If you want to store smaller portions, remove the tube from the freezer, unwrap it and use a sharp knife to slice the butter into one inch sections. Refreeze the "pats" in a freezer bag for future use.

Delicious on pasta, mashed potatoes, sweet potatoes, fish, toast served alongside a roast, popcorn, the list goes on!

RECIPES

Roasted Carnival Squash and Salad Recipe

Adapted from themuffinmyth.com

1 carnival squash
Seeds from the squash
Olive oil, salt, and pepper
4 c. assorted seasonal greens
1/2 c. crumbled soft cheese (optional)
2 T. olive oil
1 T. balsamic vinegar
1/2 t. dijon mustard
Salt and pepper

Preheat your oven to 400 degrees. Line a baking sheet with parchment or a silpat. Split the squash in half and scrape the seeds out. Split the halves in to quarters, brush with olive oil, then sprinkle with salt and pepper. Set on the lined baking sheet and slide into the oven to roast for about 10 minutes. Rinse the squash seeds under water, pat dry, then put them in a bowl and drizzle with some olive oil. Remove the squash from the oven, add the seeds to the baking sheet, sprinkle with salt and pepper, and replace in the oven. Roast everything for an additional 20-30 minutes, until the squash is golden and tender and the seeds are golden and crisp.

While the squash is roasting, whisk together olive oil, balsamic vinegar, mustard, salt and pepper. Toss the dressing with the greens. When the squash is done, remove from the oven and set onto serving plates. Spoon the salad into the hollow of the squash, then sprinkle with roasted seeds and crumbles of cheese if using.

Roasted Chicken, Celeriac and Onion

1 whole chicken (3 1/2-4 pounds), patted dry
Coarse salt and ground pepper
1 large red onion, cut into 1/2-inch wedges, root end left intact
1 medium celery root (about 1 pound), peeled and cut into 1/2-inch wedges
1/4 to 1/2 t. red-pepper flakes (optional)
4 t. lemon zest, plus 4 t. lemon juice

Preheat oven to 425 degrees. Season chicken inside and out with salt and pepper. Tuck wing tips underneath chicken and tie legs together with kitchen twine. Place on a rimmed baking sheet and roast 20 minutes. Remove sheet from oven and arrange onion and celery root around chicken, turning to coat with drippings. Top vegetables with red-pepper flakes and season with salt and pepper.

Roast until vegetables are tender and juices run clear when chicken is pierced between breast and leg (an instant-read thermometer should read 165 degrees when inserted into the thickest part of a thigh, avoiding bone), about 30 minutes, flipping vegetables halfway through. Let chicken rest 10 minutes before carving. To serve, sprinkle chicken and vegetables with lemon zest and juice.

Portobello Broccoli and Red Pepper Melts

Adapted from www.marthastewart.com

You could easily substitute a smaller amount of olive oil for mayo to lighten this recipe up. Combine the olive oil with garlic, salt and pepper and drizzle on bread. If you need to omit cheese, this recipe also works as almost a bruschetta.

1 head broccoli, cut into small florets (stalk discarded or used for soup, etc)
1 T. olive oil
Salt and ground pepper
4 portobello mushrooms (stems removed), sliced 1/2 inch thick
2 bell peppers (ribs and seeds removed), sliced 1/2 inch thick
1/4 c. light mayonnaise
1 small garlic clove, crushed through a press
4 thick slices country bread
4 ounces Gouda cheese, thinly sliced (or cheese of your choice)

Heat broiler, with rack set 4 inches from heat. On a rimmed baking sheet lined with aluminum foil, toss broccoli with oil; season with salt and pepper. Broil, tossing once or twice, until broccoli begins to char, 4 to 6 minutes. Add mushrooms and bell peppers to sheet; season with salt and pepper, and toss to combine. Broil, tossing once or twice, until vegetables are tender, 8 to 10 minutes more; set aside. Meanwhile, in a small bowl, combine mayonnaise and garlic; season with salt and pepper. Place bread on a work surface. Dividing evenly, spread with mayonnaise mixture, and top with vegetables, then cheese. Place on baking sheet, and broil until cheese is melted and lightly browned, 2 to 4 minutes.