



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER      OCTOBER 7, 2014

### IN YOUR BOX THIS WEEK . . .

#### Broccoli

#### Brussels Sprouts: Diablo or Nautic

To use, snap sprouts off the stalk, trim the ends and remove any limp leaves. They are actually delicious simply blanched for about 5 minutes, tossed with olive oil, salt, pepper and a little balsamic vinegar. We also love to roast Brussels sprouts.

#### 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.

#### Kale

#### Leeks

Leeks are the longer, slender, milder-flavored cousin to onions.

#### Onions: Red and Yellow

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

We gleaned these last Friday before the frost. They had one last push of ripening with the warm weekend at the end of September.

#### Potatoes: German Butterball

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

#### Spinach

The spinach is looking a little rough this week due to the huge winds on Friday. The leaves are a bit tattered with tears and some tip burn but the flavor is delish. This would be good to add to a casserole or pasta.

#### Thyme

We love thyme in biscuits - perfect for soup!

#### Winter Squash: Butternut (tan), 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: 64°F

Low Temp: 33°F

Sightings: Bald eagles soaring over the fields.

### WEEK 17: HAPPY ANNIVERSARY

*Week A half share members, this is your last CSA share pick-up unless you order an autumn share. Thank you for joining us for this season and we hope you can join us again next year! Full shares, you will have one more delivery next week.*

Nick and I are celebrating our 8<sup>th</sup> wedding anniversary today. Like any good farm couple, we have chosen to celebrate by harvesting hundreds of pounds of vegetables together. Farm fashion requires fleeces, sweaters, vests, hats, mudboots, and sometimes rain slickers for this celebration. It is hard to believe how quickly those eight years have gone. Eight years ago today in Madison, MN where we were married, it was 80 degrees and sunny with 30 mph winds and 40 mph gusts. At our outdoor wedding, our guests were quite literally blown away, soybean combines were barreling by, and several chickens and a dog made their way into the inner circle of esteemed guests. The Wednesday after the wedding, the first snow hit the ground. The month of October has a mind of its own and the weather really dictates how the end of our season flows. So far, so good. We had our first real frost this weekend which, at this point in the season, is expected and we were prepared for it. The 10 day forecast still has manageable temps for our remaining harvest and farm cleanup. Wishful thinking has us hoping for at least one more 70 degree day but for now we will take the sunny and dry air along with the cooler temperatures.

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

### 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. Several share members have asked about signing up again for a CSA membership next year. We will be putting out our 2015 CSA Registration Forms out to current CSA members at the end of 2014 as we give current members the first opportunity to sign up for next season. Stay tuned! Also, we will send out account statements at the end of October for members who ordered extra produce and have a balance on their account.

### 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.

PLEASE RETURN CSA BOXES TO YOUR PICK-UP SITE - THIS IS A SIGNIFICANT RESOURCE AND COST SAVINGS. THANK YOU IN ADVANCE!

## 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 . . .

- **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.
- **Brussels Sprouts:** Brussels sprouts contain a substance that produces sulfur when heated. In small amounts, this creates a nice peppery character and flavor. Overcooking, however, can create an unpleasant odor and taste. This is probably why brussels sprouts have gotten such a bad rap in the vegetable world. It is best to cook brussels sprouts briefly; steaming or sautéing work best. Brussels sprouts are especially nice sautéed with butter or salted olive oil. Brussels sprouts are best used within a week or two. After that time, their odor increases. They do, however, freeze very well. Blanch sprouts for 3-5 minutes, rinse well in cold water to stop cooking, drain, let dry, and pack into airtight containers or Ziploc freezer bags.

## RECIPES FROM LAST WEEK'S NEWSLETTER

- Roasted Chicken, Celeriac, and Onion
- Portobello, Broccoli and Red Peper Melts
- Roasted Carnival Squash and Salad

### Apple and Kale Saute

Adapted from  
www.wholefoodsmarket.com

1 T. extra-virgin olive oil  
1 large red onion, halved and sliced  
2 medium apples, cut into bite-size pieces  
2 t. cider vinegar  
1/4 t. sea salt  
1/4 t. ground black pepper  
1 bunch kale, stems and ribs removed, leaves thinly sliced

Heat oil in a large skillet with a lid over medium heat. Add onion and cook, stirring occasionally until tender, about 4 minutes. Add apples, vinegar and salt and pepper; cover and cook until apples are just tender, 3 to 4 minutes more. Add kale to the skillet, stir and cook, covered, until kale is tender, about 3 minutes longer.

## RECIPES

### Coconut Curry Winter Squash Soup

Adapted from Minnesota's Bounty

1 T. vegetable oil  
1 onion, finely chopped  
1 stalk celery, finely chopped (could also add a portion of a celeriac bulb, diced)  
2-3 T. curry powder  
3 c. vegetable stock  
1 small butternut squash, peeled, seeded, and cut into 1 inch chunks  
1/2 c. coconut milk  
1/2 c. apple cider  
salt and freshly ground pepper  
chopped scallions

Warm the oil in a deep, heavy soup pot set over medium-high heat, and cook the onion and celery until very soft, about 3-4 minutes. Stir in the curry powder, and cook for 30 seconds to 1 minute. Pour in the stock, and bring it to a boil. Reduce the heat to a simmer, and add the squash. Cook until the squash is tender, about 15-20 minutes. Whisk in the coconut milk and cider, and season with salt and pepper. Serve the soup garnished with chopped scallions and cilantro.

### Brussels Sprouts with Bacon

Adapted from www.foodnetwork.com

3 slices bacon, chopped  
1 T.  
1 shallot, chopped (optional)  
1 stalk of brussels sprouts, snap off, trim the ends, wash, and cut in half  
Salt and pepper, to your taste  
1 c. chicken or vegetable broth

Brown bacon in a medium skillet over medium high heat. Remove bacon to a paper towel lined plate. Add olive oil to the pan. Add shallots (if using) to the pan and saute 1 to 2 minutes. Add Brussels sprouts and coat in oil. Season with salt and pepper. Cook Brussels sprouts 2 to 3 minutes to begin to soften, then add broth. Bring broth to a bubble, cover and reduce heat to medium low. Cook 10 minutes, until tender. Transfer sprouts to a serving dish with a slotted spoon and top with cooked bacon.

### Potato Leek Soup

Adapted from "The Enchanted Broccoli Forest"

3 medium potatoes  
3 c. cleaned chopped leeks  
1 stalk celery, chopped (could use celeriac)  
1 large carrot, chopped  
4 c. water  
1 1/2 t. salt  
1 c. milk (or non-dairy alternative)  
Ground pepper  
Fresh snippets of herbs (rosemary, thyme, parsley, etc - dried herbs also work)

Scrub the potatoes and cut them into 1 inch chunks. Place them in a soup pot or Dutch oven with the leeks, celery, carrot, water and salt. Bring to a boil, cover, and cook until the potatoes are tender (about 20 minutes). Remove from heat, and let it cool until it's no longer too hot to puree. Puree the soup in a blender or food processor in batches (or use an immersion blender). Return the puree to the pot. Stir in the milk or alternative. Add black pepper to taste and adjust salt if necessary. Add herbs.

### Garlic-Thyme Marinade

*This is a nice marinade for meat or veggies. Try the red wine vinegar if you are marinating beef. Try lemon juice if marinating poultry or fish.*

1/4 c. vegetable or olive oil  
3 T. red wine vinegar OR 3 T. fresh lemon juice  
3 T. chopped fresh thyme  
3 cloves garlic, minced  
1/4 t. ground pepper  
1/8 t. salt