



CHRONICLES OF A DRIFTER

CSA NEWSLETTER OCTOBER 14, 2014

IN YOUR BOX THIS WEEK . . .

Cauliflower

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.

Cabbage: Green Storage

This cabbage will last a long time in your refrigerator so if it is not in your meal planning right away, never fear! We love this cabbage for winter soups, stews, roasts or 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.

Herbs: Parsley, Sage, Thyme

Great for soups, stews, and roasts.

Kale

Check out the Penne with Roasted Butternut Squash and Kale recipe on our website - delicious!

Leeks

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

Onions: Red and Yellow

Potatoes: MonDak

Try these sliced into French fry size pieces, toss with olive oil, salt and pepper and bake for a fresh french fry. MonDak potatoes are a potato bred by the U of M and have pink skin/yellow flesh.

Winter Squash: Butternut (tan), Delicata (long striped) and Acorn (green)

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

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0.1"

High Temp: 64°F

Low Temp: 30°F

Sightings: Deer eating the tillage radishes from our cover cropped fields.

WEEK 18: AND THE END HAS ARRIVED

We have arrived at the end of the season and this is our last CSA pick-up of 2014. Thank you for joining us for this season and we hope you can join us again next year!

What a completely gorgeous end to the season we are having. Thinking back over our years of farming, we cannot remember such a mild end of September/October. Warm-ish and dry weather is a welcome relief for hands harvesting and washing the last of the root crops. Our friends Stephanie and Winston came over last Friday and helped the crew dig the remaining potatoes, which are in this last box and will also be in the autumn share boxes. Digging potatoes from somewhat heavy soil is entertaining as we pull some interesting potato shapes from the ground. One of the amazing spuds literally looked like a dinosaur!

And speaking of the farm crew, we would like to give a huge thank you to the hard-working folks that make all of your produce possible. Skye and Elizabeth have been working full-time throughout the season and have proven to be a fantastic and willing team. Farming is not really glamorous work . . . hands never get completely clean until November, sore backs and shoulders are commonplace, and muddy boots and wet socks are standard fare. But they complete all of their tasks with a positive attitude, inquisitiveness, and speed. For that we are appreciative. Dani and Denise have been fabulous work shares this year, harvesting with us on Tuesdays and Thursdays, making our harvest days go much more smoothly. Dani and JoAnn also play a critical role in watching the kids while we are out in the fields. Their presence allows us to accomplish much more during our week, and we know the kids are in loving hands.

We hope you have enjoyed the season of eating locally. Perhaps you have grown to love a new vegetable or have discovered some new favorite recipes. Perhaps you had the opportunity to share food with friends through a potluck or dinner party. Perhaps you were able to visit the farm and meet other share members. Even as this season wraps up, we look forward to the season to come and hope you can join us again. We will be sending out an end-of-season survey soon to get feedback about your CSA experience.

**-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 has arrived. Several share members have asked about signing up again for a CSA membership next year. We will be putting 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!

PRODUCE TIPS

- **Winter Squash:** Will store at room temperature for at least a month. Butternut will store for several months in a dry and cool location (50-55 degrees). Delicata has the shortest storage life. 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

- Potato Leek Soup
- Brussels Sprouts with Bacon
- Apple and Kale Saute
- Coconut Curry Winter Squash Soup

Cauliflower Soup with Leeks and Carrots

Adapted from foodinjars.com
You could also add celeriac to this soup. We chopped all of the veggies into Freya-sized pieces so that she could easily eat it up. We liked this size as well.

1 head cauliflower, chopped
1-2 cloves garlic, minced
1-2 large carrots, diced
1-2 leeks, well-washed and chopped finely
2 T. olive oil
2 quarts chicken (or vegetable) stock
Salt and pepper to taste
Snippets of fresh herbs

In a large soup pot saute the chopped cauliflower, garlic, carrots and leeks in the olive oil. Allow them to soften and brown slightly for 7-8 minutes over medium-high heat. When the bottom of the pan begins to brown slightly, add the chicken stock, reduce the heat to medium, apply a lid and allow the veggies to simmer for approximately ten minutes or until tender.

RECIPES

Pizza with Brussels Sprouts and Salami

Adapted from www.realsimple.com

3-4 T. olive oil
1 lb. pizza dough, at room temperature
1/2 lb. Brussels sprouts, very thinly sliced
2 oz. sliced salami, cut into quarters
1/2 lb. mozzarella, grated (2 cups) or other cheese of your choice
Salt and pepper
1 T. fresh lemon juice

Heat oven to 450° F with the bottom rack set in the lowest or middle position. Lightly oil a large rimmed baking sheet with olive oil. Stretch the dough into a large oval or rectangle, depending on your pan, and press out on the prepared sheet; brush dough with 1 tablespoon of the oil. In a large bowl, toss the sprouts, salami, and mozzarella with 1 tablespoon of the remaining oil and ½ t. of salt and ¼ t. black pepper; scatter over the dough. Bake until the mozzarella has melted and the crust is golden brown, 12 to 15 minutes. Drizzle with 1 tablespoon of the lemon juice.

Cabbage and Potato Bake

You could also add carrots to this recipe.

Adapted from www.foodnetwork.com (Emeril Lagasse)

1 small cabbage, about 2 to 2 1/2 pounds
2 ½ pounds potatoes
12 ounces bacon, cut into 1/2-inch dice
2 c. yellow onions, peeled and sliced lengthwise
1 t. salt
1 t. ground black pepper
2 c. chicken stock or broth

Preheat the oven to 375 degrees F. Rinse the cabbage under cold running water and remove the tough outer leaves. Cut the cabbage into quarters and remove the hard core. Cut the cabbage quarters into halves and place, rounded side down, in a roasting pan. Peel the potatoes and cut into quarters. Arrange in the roasting pan, alternating with the cabbage pieces.

Fry the bacon in a heavy medium skillet for 5-7 minutes. Add the sliced onions, salt, and black pepper to the pan and cook until soft, about 4-5 minutes. Evenly distribute the bacon mixture and pan drippings over the vegetables, then pour the chicken stock on top. Tightly cover the pan with aluminum foil and bake for 1 1/2 hours. Remove the pan from the oven and allow to sit, covered, for 15 minutes before serving. Serve the vegetables with the bacon and broth spooned over them.

Balsamic Roasted Beet Salad

Adapted from www.barefootcontessa.com

You can omit the cheese or nuts if allergic.

7 beets, tops removed and scrubbed
½ c. balsamic vinegar
½ c. olive oil
2 t. Dijon mustard
Salt and pepper
Greens of your choice
1/3 c. roasted walnuts
4 ounces soft cheese, crumbled

Preheat the oven to 400 degrees. Wrap the beets in aluminum foil and place them on a sheet pan. Roast them for 50 minutes to 1 hour, depending on their size, until tender. Unwrap beets and set aside for 10 minutes, until cool enough to handle. Peel the beets with a small, sharp knife.

Meanwhile, whisk together the vinegar, olive oil, mustard, 2 t. salt, and 1 t. pepper and set aside. While the beets are still warm, cut each one in half and then each half into 4 to 6 wedges and place them in a large mixing bowl. As you're cutting the beets, toss them with half of the vinaigrette (warm beets absorb more vinaigrette), 1 t. salt, and 1/4 t. pepper. Taste for seasonings. Place the greens in a separate bowl and toss with enough vinaigrette to moisten lightly. Put the greens on a serving platter and then arrange the beets, nuts and cheese on top. Drizzle with additional vinaigrette, if desired, sprinkle with salt and pepper, and serve warm or at room temperature.