



# CSA NEWSLETTER

Week 19: Wednesday, Oct. 14th

EO Group A

(Final box for EO As - THANK YOU!)

Last year on this date, it was a record 83 degrees. I remember pulling down the pepper fields and enjoying a last stroke of warmth. Not so this year! We've had quite the cold snap and it's really changed things at the farm.

Zea and I are doing well, but we're sad that Mike has had to be at the farm so much. The cold snap meant that he couldn't stay home during Zea's first week: he had to go back last Wednesday. Everyone at the farm has been engaged in a hard push to get crops out of the fields as quickly as possible, as to avoid any damage from the early hard freeze.

Last week all of the daikon radish, beets, and beauty heart radishes were harvested and put into storage for later use in our winter CSA shares.

This week, the farm crew has been working to get parsnips and carrots out of the field. (Though some parsnips we will leave in the ground over the winter and harvest in the spring, as they are tolerant of the frozen ground). We will have over 6000 pounds of carrots harvested and stored by the time we get them all out of the field. We will give these carrots to you all and winter members, and meanwhile we will sell them through wholesale

accounts this winter, and even sell them at farmer's market through next spring.

Our cooler is really filling up with root crops. In fact this year we have so many roots crops that we actually are having to store some of our crops offsite. Because we intend to transition the main farm to our home farm in Cross Plains over the next couple of seasons, we had to make a decision whether to build more storage space at the Pioneer Road farm or not. We decided not to, and on Monday we brought our first load of root crops over to a storage facility in Madison. These crops will go into our winter shares.

This push to get root crops out has really delayed other farm tasks we usually take care of in early October - mainly our garlic planting. Garlic for the 2010 season needs to be planted this fall. We're really hoping we can get in the ground by the end of next week, or otherwise we start running against frozen ground. Cross your fingers for us that the weather gives us a couple of warmer, dry days next week so we can get this crop in the ground!

So, now that you know what all this cold weather means for the farm, what does it mean

for your box?

The early hard freeze means a sudden end to heat-loving crops, with a couple of exceptions. In anticipation of the cold weather, we liquidated all of the ripe peppers and eggplant from the fields last week. We kept them in storage and will pass them along to you. One last eggplant parmesan anyone? Savor it!

The rest of your box will be full of cold hardy crops. You may be less familiar with some of these crops. The cold weather tends to showcase some of the more exotic root crops. For example, this week you'll be receiving up to three white root crops: white beets, white carrots, celeriac, and parsnips. We'll continue to provide you with recipes for these last two boxes for those of you newer to the plethora of roots.

Last but not least, this is the last week of the summer share for our EO-A members. We've had a fantastic season, and it's been so fun to share the bounty with you. Thank you so so much for supporting our family farm. (We really are a family now!) We hope you all return as members for the 2010 summer season. **THANK YOU!**

Sincerely,  
Mike, Cassie and Zea

## In the Box:

- Acorn Squash EOs**
- Beets** (bagged, either white or red beets)
- Bell Pepper, Colored** (red, orange or yellow, green)
- Brussel Sprouts -EOs**
- Butternut Squash**
- Carrots, WHITE** (greenish at the top, smaller than the parsnips)
- Celeriac** (Round gnarly root, tough tan colored skin, use similar to a potato, great soup vegetable)
- Eggplant**
- Kale**
- Leeks**
- Parsnips** (white, similar to carrots, but no green on top, more of a pyramid shape, large at top, very small at bottom)
- Potatoes (White Kennebec)** these will have some green on them, please peel or cut off all green parts.
- Spinach EOs**

**Last call for Winter CSA registrations.**  
We're nearly full and will be kicking off the winter season soon!

Registration forms online:  
[www.primrosecommunityfarm.net](http://www.primrosecommunityfarm.net)

## Roasted Root Vegetables

1 bunch of carrots  
1 bunch of beets  
1 bunch of parsnips and or 1 celeriac  
1/4 c. Bourbon  
2 t. Sea Salt  
2 T. Olive Oil  
Black Pepper  
9x13 baking pan

1. Preheat oven to 375 degrees. Wash and prepare vegetables by trimming the ends and cutting them lengthwise into finger sized pieces. Keeping the beets separate, place them into large bowls.

2. Drizzle olive oil over the cut pieces, using about 2 Tablespoons. In the bowl with the parsnips and carrots, add the 1/4 cup of bourbon and heavily salt them, using at least 2 teaspoons. Stir them well evenly coating them as best as possible. Bourbon, in this case, is used to aid the caramelization process. If you don't have any handy, you can substitute 2 teaspoons of sugar, honey, or maple syrup.

3. Place the beets into the baking pan first, distributing them evenly. Allowing the beets to cook a little before stirring them in with the other vegetables will preserve the colors of the parsnips and carrots, resulting in a much prettier dish. Carefully distribute the remaining vegetables on top, and pepper them to taste.

4. After the first 15 minutes, stir the vegetables around, coating them evenly with the juices collecting on the bottom. Do this every 10-15 minutes until the vegetables look withered and are extremely soft on the inside. (About 1 hour) They should remain slightly chewy and salty on the outside.

## Winter Squash and Vegetable Soup

2 tablespoons vegetable oil  
1/2 cup finely diced onion  
1 teaspoon minced garlic  
2 large carrots, thinly sliced  
1 cup peeled and cubed butternut or other winter squash  
6 cups vegetable broth  
1 potato, cubed  
1/4 teaspoon dried thyme  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
2 cups finely chopped kale leaves  
1/2 (16 ounce) can great Northern beans, rinsed and drained

1. Heat the vegetable oil in a large skillet or soup pot over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the carrots and butternut squash; cook and stir until squash begins to brown, about 15 minutes.

2. Pour in the broth. Stir in the potatoes, thyme, salt, and pepper, and bring to a boil. Reduce heat and simmer until vegetables are tender, about 45 minutes. Stir in the kale and great Northern beans, and simmer until the kale is tender, about 10 minutes.

3. Pour about 1.5 cups of the soup into a blender, filling the pitcher no more than halfway full (you may have to do this in two batches). Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Return the pureed portion of the soup to the soup pot, leaving the remaining soup chunky. Alternately, you can use a stick blender and partially puree the soup right in the cooking pot.

## Kale and Olive Oil Mashed Potatoes

3 pounds potatoes, peeled and cut into large chunks  
sea salt  
4 tablespoons extra virgin olive oil  
4 cloves garlic, minced  
1 bunch kale, large stems stripped and discarded, leaves chopped  
1/2+ cup warm milk or cream  
freshly ground black pepper  
5 scallions, white and tender green parts, chopped (optional)  
1/4 cup freshly grated Parmesan, for garnish

Put the potatoes in a large pot and cover with water. Add a pinch of salt. Bring the water to a boil and continue boiling for 20 minutes, or until the potatoes are tender.

Heat two tablespoons of olive oil in a large pan or skillet over medium-high heat. Add the garlic, chopped kale, a big pinch of salt, and saute just until tender - about a minute. Set aside.

Mash the potatoes with a potato masher or fork. Slowly stir in the milk a few big splashes at a time. You are after a thick, creamy texture, so if your potatoes are on the dry side keep adding milk until the texture is right. Season with salt and pepper.

Dump the kale on top of the potatoes and give a quick stir. Transfer to a serving bowl, make a well in the center of the potatoes and pour the remaining olive oil. Sprinkle with the scallions and Parmesan cheese.

You can also add celeriac to this dish, just cook it along with the potatoes.