



CSA NEWSLETTER

Week 20: Wednesday, Oct. 21st

EO Group B

(Final Box - THANK YOU!)

Well, it's here – the last box for the summer CSA. Congratulations to all of you for 20 weeks of healthy, local eating!

We want to start out this week by sending out a round of thank yous – to you for supporting us all season, and to our employees and worker shares for all of their hard work! Without a doubt, this season (our fifth) has been the best yet. That's due in no small part to the community that supports us and of course to mother nature for her kind conditions this year. We feel so very fortunate!

We also feel very fortunate to have had a few drier days that have allowed us to get our garlic planting for the 2010 season in the ground. We've been planting the garlic at our new farm land in Cross Plains. Not only does it feel good to get our hands in soil that we hope to tend for many years in the future, it's been great for Zea and I to have Mike and the crew out here. On Monday, Zea made her first debut in the fields. I put her in a little baby carrier on my front, and together we helped plant garlic. What fun! All told, we have planted what will become 22,000 bulbs of garlic for next season. We can now breathe a little sigh of relief to have that important task complete!

Since this is your

last box of veggies, you might think that things are pretty much ending at the farm. But actually there is much more to be done. After we deliver the last boxes tomorrow, we will turn our sights to harvesting what root crops still remain in the ground – carrots and parsnips mainly. Then it becomes time to clean up the fields before the ground freezes. For example, we have lots of tomato trellising out in the field that needs to come out. We have to hand-pull all of the plastic mulch from the old eggplant, pepper, and tomato beds.

Once we have cleaned the fields, then we will turn our attention to our soil. The old tomato, carrot, parsnip, pepper, and eggplant beds need to be cover-cropped. We do this, a) to help rebuild the organic matter in our soil and b) to protect the soil from run-off when the winter snows melt next spring. (or throughout the winter as the case may be).

In addition to cleaning up the fields and caring for our soil, we will be running our winter CSA. Most of the crops will be harvested by the time the share begins, but we will spend time washing, weighing, and bagging the vegetables that will go to the members. The winter

shares keep us busy all the way up to the third week of December.

What's after that? Well after then, things are officially slow for us. November and December are definitely slower times, but it's not until January and February that we get some time to really rest. During that time, we cross country ski, sleep a ton, and begin planning for the next season. Mike absolutely loves looking through all the seed catalogues in the winter – he gets so excited about the possibilities of a new season.

If you are a summer member and wondering where you can find us between now and next June, come see us at the Westside Community Market (in the DOT parking lot on Segoe and Sheboygan). We will be selling there each Saturday through November 7th. The market starts back up again the third Saturday in April, 2010.

If you are continuing on for a winter share, you will receive information regarding the share pick-up dates by early next week.

Once again THANK YOU for supporting Primrose. We hope to have you all as members again next year! Sincerely,
Mike, Cassie and Zea

In the Box:

Bell Pepper, Colored

(red, yellow, or green)

Butternut Squash

Carrots (orange) -REGs

Carrots (white) - EOs

(greenish at the top, smaller than the parsnips)

Celeriac - EOs (Round

gnarly root, tough tan colored skin, use similar to a potato, great soup vegetable)

Delicata Squash

Kale - EOs

Onion (Yellow)

Parsley

Parsnips

(white, similar to carrots, but no green on top, more of a pyriform shape, large at top, very small at bottom)

Potatoes (Red)

Rutabaga

Spinach

REGs = regular shares only

EOs = everyother shares only

THANK
YOU!!!!

Brown-Sugar Glazed Parsnips

2 pounds parsnips, peeled, trimmed and quartered lengthwise

Coarse salt

1/4 cup firmly packed dark-brown sugar

3 tablespoons unsalted butter, cut into pieces, plus more for pan

Freshly ground pepper

Preheat oven to 350 degrees. Place parsnips in a medium saucepan. Add enough water to cover by 1 inch, and 1 teaspoon salt. Bring to a boil. Reduce to a simmer, and cook until tender, about 6 minutes; drain.

Generously butter a 9-by-13-inch baking pan. Arrange parsnips in pan and sprinkle with sugar. Dot with butter, and season with salt and pepper. Bake until parsnips are tender and glazed with sugar and butter, about 20 minutes.

Rutabaga and Potato Salad

1 rutabaga (about 1 pound), peeled and cut into chunks

1 pound potatoes, scrubbed, halved, or quartered (the same size as cut rutabaga)

2 tablespoons white-wine vinegar

1 tablespoon Dijon mustard

Coarse salt and ground pepper

2 tablespoons olive oil

1 cup celeriac shavings

Set a steamer basket in a large saucepan. Fill with enough water to come just below basket. Bring to a boil; place rutabaga in basket, and reduce heat to medium. Cover and steam 5 minutes.

Add potatoes, cover, and steam until vegetables are just tender, about 15 minutes. Meanwhile, in a large bowl, whisk together vinegar and Dijon; season with salt and pepper. When potatoes are cooked, transfer to bowl with vinegar mixture. Toss to combine; let cool, tossing occasionally.

When potato mixture is cool, mix in oil, and celeriac shavings; season with salt and pepper.

Rutabaga Ideas

1. One of the most common ways to eat rutabaga is to eat them mashed. You just peel them, cube them, steam them until soft, and mash them just like potatoes. Then add butter, salt, and a bit of milk.

If you like, you can make them sweet too - add just a little bit of sugar to taste, or honey can be used too. Nutmeg and cinamon can be added too.

2. Another simple, great way to use rutabaga is to slice them into french-fry size slices and roast them. Rutabaga french fries are delicious.

Celeriac Gratin

Unsalted butter, for the dish

1 yellow onion, thinly sliced

3 medium bulbs celeriac

2 sprigs fresh thyme

1 cup heavy cream

1 tablespoon Dijon mustard

Freshly grated nutmeg

Salt and freshly ground black pepper

3/4 cup freshly grated Gruyere cheese

1/4 cup freshly grated Parmesan cheese

Heat oven to 400 degrees. Butter a 1 1/2-quart gratin dish. Scatter onions over bottom of dish.

Trim celeriac by cutting off bottom and top, then cutting off thick outer layer with a sharp knife. Cut into 1/4-inch slices, and then julienne. Arrange evenly in gratin dish. Sprinkle thyme leaves over celeriac.

In a small bowl, whisk together cream, mustard, nutmeg, and salt and pepper. Pour over celeriac, and sprinkle with cheeses.

Cover with foil, and bake for 20 minutes. Remove foil, and continue baking until top is brown and bubbly and cream is thickened and reduced, about 20 more minutes. Let cool for 10 minutes, and serve.