



CSA NEWSLETTER

Winter Week 1: Wednesday, Nov. 4th

REG's & EO's pickup this week

Welcome to the Primrose Winter CSA. We have had a great season this year and the bounty continues right into early winter! This week will be the biggest box of the winter CSA. The reason is because we are short on storage space so we need to get some of these items (mainly squash) out of our barn before it gets too cold for it. **All of the items will not fit into the boxes this week so please keep an eye out at the drop site to make sure you pickup all of the items that are part of the share.** Below is some specific information on each veggie that is in the share this week.

Winter Squash

We are loading you up with squash this week, as it is an item that we have limited storage space for. Squash will store much better in your home than any of the spaces that we have. Squash likes it about how we like, warm and dry around room temperature. So it is best to store your squash out on the counter or on top of the fridge. Keep an eye on it and eat it if it starts to get a soft spot. But if it seems fine it will only get better with age. Squash are still alive and continue to ripen and get sweeter with time. We've seen butternut squash

store into March before. Just keep your eye on it. If you do need to use it you can always cook it, puree it, and freeze it for later use as well.

Carrots and Parsnips

These are the best of the season, freshly dug after some nice freezing temps. They are very sweet and crisp. Keep them in a plastic bag in your fridge. If sealed up they should keep for up to two months.

Celeriac

This is the best storing vegetable that we grow. (We still have one in our fridge from last season!) Just put it in a plastic bag and watch it remain rock solid, that is until it meets its demise in that next batch of soup your making!

Garlic and Onions

You will be getting most of the small heads of garlic. We find the smaller the head the longer it stores. They like it dry, usually on the counter or in a cupboard works great.

Leeks

These will store best in a plastic bag in the fridge. If the outer layer starts to go bad, don't worry. Just peel it off to reveal a still good leek underneath.

Red Cabbage

This will store for a long time in plastic bag in the fridge. Every couple of weeks just peel off one outer leaf and the remaining will be fresh as new.

Potatoes (Red) Potatoes

These will keep best in a plastic bag in the fridge, if you want them to store for more than 1 month. If you will eat them before that you can keep them in a cupboard (dark) in a paper bag, at room temp. If you start to get sprouting you should get them in the fridge.

Sweet Potatoes

These are tricky. They are tough for us to store so we are giving you them all at once. They like to be warm but they also will lose their humidity and shrivel. For storage of more than a couple of weeks you can wrap them in newspaper and just seal them in a paper bag. DO NOT put them in the fridge, as it will affect their sweetness and may prevent them from getting soft in cooking.

Enjoy the produce!

Sincerely

Mike, Cassie, Zea and Crew

In the Box:

Acorn Squash

Butternut Squash

Carrots (orange)

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

Delicata Squash

Festival Squash

Garlic

Head Lettuce

Kale (*plastic bag in fridge*)

Leeks

Onion (Yellow and Red)

Red Cabbage

Parsnips

(*white, similar to carrots, large at top, very small at bottom*)

Potatoes (Red)

Sweet Potatoes

REGS and EO's boxes will all be the same. EO's only pickup on weeks 1 and 3.

THANK
YOU!!!!

Celeriac and Onion Gratin

3 medium red potatoes, sliced 1/4 inch thick
1 to 3 Tbs olive oil
2 cloves garlic, minced
1 tsp. dried basil
15 oz. can whole tomatoes, chopped, juices reserved
1 large celeriac cut to match potato slices in size
1 medium red onion, quartered and sliced
1 cup dry white wine or vegetable broth

Boil potatoes and celeriac for 5 minutes until just tender but not fully cooked. Remove to a bowl reserve cooking liquid.

In medium skillet, heat oil over medium heat. Add onion, garlic, and basil and season to taste with salt and pepper. Cook, stirring often, until softened, about 5 minutes. Add wine, increase heat and cook to reduce wine by half, about 5 to 7 minutes. Add tomatoes and their juices plus 1/2 cup of reserved cooking liquid.

Preheat oven to 375 degrees. Grease a 2 quart baking dish. Ladle half of the tomato mixture in bottom of prepared pan. Make a layer of alternating potato and celeriac slices, season to taste with pepper. Repeat, using remaining potato and celeriac slices. Cover with remaining tomato mixture. Cover and bake until potatoes and celeriac are tender, about 45 minutes. Remove gratin from oven and let stand 10 minutes before serving. Serve warm.

Kale & Potatoes Colcannon

2 lbs potatoes 3 Tbsp butter
1 tsp salt pepper to taste
3 cups finely chopped kale a little milk or cream
1 medium onion

Cook quartered potatoes in salted water for 20 minutes. Drain and mash. Cook kale in 1 inch boiling water until tender. Drain and set aside. Saute onions in half the butter, combine the onions with potatoes, kale, and 2-3 Tbsp milk or cream, remaining butter. Mash and serve.

Curried Lentil Soup with Coconut Milk

6-8 Servings

2 Cups Water
1 Cup Red lentils, rinsed and drained
1 cinnamon stick (or 1 heaping teaspoon of ground cinnamon)
2 T Grated Ginger
1 T chopped Cayenne pepper
2 cloves garlic, finely minced
1 Cup coarsely chopped Onion
5 Cups peeled and cubed Butternut Squash (or any winter squash)
3 1/2 Cups coarsely chopped tomatoes or 1 can chopped tomatoes
14 oz can Coconut Milk
Salt to taste
1 Cup, coarsely chopped cilantro leaves, optional

1. Bring the water, lentils, cinnamon, ginger, cayenne pepper, and garlic to a boil in a 6-quart stockpot. Reduce the heat to med-low and simmer covered for 15 to 20 minutes, or until the lentils soften and begin to melt
2. Add the onions, squash, tomatoes and coconut milk to the pot and continue to simmer for 20-30 minutes, or until the squash is soft all the way through.
3. Add the salt, and adjust the seasonings, as desired
4. Ladle the hot soup into bowls. serve plain or garnish with cilantro.

Recipe taken from 'Going Wild in the Kitchen' by Leslie Cerier. copyright 2005

For many more recipes and storage tips check out our website. The past newsletters from each season have many recipes for the veggies in your box, also check out the veggie guide section for storage tips and more recipes.

www.primrosecommunityfarm.net