

PRIMROSE
COMMUNITY FARM LLC



CSA NEWSLETTER

Winter Week 2: Wednesday, Nov. 18th
ONLY REG's pickup this week

Hello REG members! Welcome to the 2nd week of the winter CSA. We hope you are enjoying the veggies you have so far!

This week is pretty exciting, because you are receiving three leafy green items. This is a rare treat this far into November. The first leafy green item is bok choy. We planted this out in our fields, knowing that there was a chance it wouldn't pull through with the cold. But lucky for us it did! It has frozen once or twice, but rebounded just fine.

If you aren't familiar with this vegetable, it is an Asian green that is great stir-fried in all sorts of combinations. (See bok choy & cashew recipe in this newsletter.) You cook the whole vegetable, which is really very neat because the leaves and the stalk have two different textures and flavors, that make for a great dish.

Your second leafy green vegetable is head lettuce. This lettuce was grown in our hoop house, and will be the last lettuce you will receive. A hoop house is an unheated greenhouse. It

uses passive solar energy to stay warmer than the outside air. The lettuce is planted right in the ground, but the plastic walls of the hoop house protect it from freezing temperatures. (Unlike bok choy, lettuce cannot handle a hard freeze as well.) Lettuce really does love growing in cool weather, and you can tell – these are gorgeous heads of tender lettuce.

Lastly, you have cilantro. This crop enjoys the cool weather. It gets a little discolored from cold but otherwise is in great shape. Savor these local leafy greens while they last!

In other farm news, we've really been enjoying this warmer November – it makes up for that cold October! The warmth eases our stress as we continue to keep winter squash in storage. They can't handle being frozen, and so finding a warm place on our farm to keep such a huge amount of squash has been a challenge. We were storing them in our greenhouse, which we can heat. Then our heater broke. Even though it's only three

years old and used for a small portion of the year, the repair person said the cost of fixing it might outweigh the cost of buying new. Grr. So right now we have no heat and the squash are being stored in the bottom of our barn. Thank goodness for the warmth! But since storing them has become extra challenging, you are getting some of your last squash. Your countertops are a much better place for them than the bottom of our barn.

In final news, we wanted to wish a hearty goodbye and good luck to Malcolm. Malcolm worked for us this season and was absolutely fantastic. He's taken a job helping Wisconsin flood victims from the 2008 floods that will go through the winter and into next season. Good luck, Malcolm! Thanks for all of your hard work. We'll miss you next season!

Enjoy the veggies, everyone!

Sincerely
Mike, Cassie, Zea and Crew

In the Box:

Acorn Squash
Beets (Red and/or Gold)
Bok Choy
Butternut Squash
Carrots
Celeriac (Round gnarly root, tough tan colored skin, use similar to a potato, great soup vegetable)
Cilantro
Garlic
Head Lettuce
Onion (Yellow and Red)
Parsnips (white, similar to carrots, large at top, very small at bottom)
Potatoes (Yukon Gold)

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

THANK
YOU!!!!

Bok Choy with Cashews

(This can be eaten as a side or served over rice as main. Adding chicken or fried tofu cooked in soy sauce and sesame oil can fill out this dish.)

- 2 Tbsp olive oil
- 1 cup chopped onions
- 3 cloves garlic, chopped
- 1 bok choy, rinsed, larger leaves separated from base, base trimmed but still present, holding the smaller leaves together
- 1/2 teaspoon dark sesame oil
- Salt
- 1/2 cup chopped, roasted, salted cashews

1 Heat olive oil in a large sauté pan on medium high heat. Add onions, then garlic, then bok choy. Sprinkle with sesame oil and salt. Cover, and let the baby bok choy cook down for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit.)

2 Remove cover. Lower heat to low. Stir and let cook for a minute or two longer, until the bok choy is just cooked.

3 Gently mix in cashews.

Serves 4.

Winter Salad with Beets, Beauty Heart Radish, and Balsamic Reduction

Ingredients

- red leaf lettuce (can add kale too)
- a few slices of roasted beets (gold, red, or both!)
- sliced beauty heart radish (will be in next box)
- crumbled fresh goat cheese
- balsamic vinegar (start with about 1/4 to 1/3 cup for 2 servings; see directions below)
- extra-virgin olive oil
- flaky sea salt
- freshly ground black pepper
- chopped pistachios

Directions

To make the balsamic reduction, place the balsamic vinegar (about 1/4 to 1/3 cup for 2 servings) in a small saucepan. Bring to a boil and then reduce until it's a syrupy consistency. This usually takes me a few minutes, and don't leave it because it can reduce pretty quickly. Also, be careful inhaling directly over the reducing liquid – it's potent! Test it with a spoon as it reduces and once it's reduced by about half, to a thicker, almost syrupy consistency, turn off the heat.

Combine the lettuce, beets, and radishes on two plates. Drizzle the plates with extra-virgin olive oil, then the balsamic reduction. Sprinkle with coarse sea salt and freshly ground black pepper, then top with the crumbled goat cheese and chopped pistachios.

From the food blog, *Eggs on Sunday*

Spicy Parsnip Soup

- 1 pound parsnips (half of your bag), peeled and sliced into 1cm thick 'discs'
- 1 medium onion, chopped finely
- 2 cloves garlic, crushed →
- 1 C celeriac, finely chopped
- 1 quart stock (vegetable or chicken)
- 1/2 tsp coriander, ground
- 1/2 tsp cumin, ground
- 1/2 tsp turmeric
- 1/4 tsp chili powder
- 1 tablespoons sunflower oil
- Salt and pepper to taste

Heat the sunflower oil in a large saucepan. Add the onion and celeriac, and soften for three minutes. Add the garlic and the spices and stir over high heat for a quarter of a minute, before adding the parsnips and stock. Season to taste. Bring to boil and simmer until the parsnips are soft, then liquidize to a smooth consistency. Serve with warm crusty bread.

For many more recipes and storage tips check out our website:
www.primrosecommunityfarm.net