

PRIMROSE COMMUNITY FARM



CSA NEWSLETTER

Summer 08: Week 19:

10/15/08

FINAL GROUP A WEEK

Today was a beautiful fall day, and did we ever take advantage of it! Using the undercutter on the tractor (which is like a long blade that cuts about 8 inches underneath the top of the ground), we harvested root crops galore! In total we harvested 1407 pounds of carrots and 500 pounds of parsnips for the winter share. Then we used our barrel washer (new this year) to wash the dirt off. This machine is really amazing, both in what it does and in its simplicity. Basically, you dump the carrots, parsnips, or daikon radish in one side of a cylindrical, slatted barrel. Inside the barrel are sprayers fed by a simple garden hose. The barrel rotates in a



circular direction. The rotation along with the sprayers is amazingly effective at cleaning the roots. After the carrots/parsnips travel down the 8 foot tumbler, they are pretty clean. As they fall out the other side of the barrel, we spray them with a pressure washer to give them that sparkly clean look.

In addition to harvesting root crops with the undercutter, we used it to help loosen the black plastic mulch that was used for the eggplant and peppers. If you recall, the plastic mulch is something we use to suppress weeds and help keep the soil warm for our heat-loving crops. This year we trialed biodegradable plastic mulch. It worked really well, and we intend to use it in the future. But we still had to pull out the mulch that isn't biodegradable. As you can

see, it's a messy job!

We wanted to include a photo this week of our employees: from left to right: Andy, Eva, Cassie, Ben, and Mike. We wanted to say THANKS both to them and to all of our EO A members who are signing off this week.

We hope you EOs enjoy your last box this week. New this week are brussel sprouts, butternut squash, and celeriac. Celeriac is one our favorite additions to any winter soup. Cook it just as you would potatoes.

Finally, just a reminder to fill out the end of season survey that is attached to your email..

Thanks and take care.

Cassie and Mike

In the Box:

Beauty Heart Radish
EO

These are whiteish-green bulbs, that are bright pink on the inside. Great on salads!

Beets (Red or Gold)
EO

Broccoli OR

Romanesco REGs

Bright green, spiral shaped

Brussel Sprouts EO

Butternut Squash

Carrots

Celeriac

White, round, knobby root

Green Kale

Head Lettuce EO

Red & Green Peppers

Red Potatoes

Rosemary

Salad Mix REGs

Salad Turnips REGs

Scallions

ANNOUNCEMENTS

Please complete the end of season survey. It will help us better serve you as members. Thanks! Just click on this link:

http://www.surveymonkey.com/s.aspx?sm=Ob6S2rUFnFrFxMPVvQZj6A_3d_3d

Attached to your email is a registration form for the 2009 CSA season!

The Joy of Cooking Vegetables

Baked Kale and Turnips

This is a sturdy treatment for kale, but it's a nice change of pace from steamed kale.

1 bunch kale, large stems removed, roughly chopped
1 bunch spring turnips, cut into cubes
couple handfuls olives or capers, or a large, sliced portabella mushroom

3 T olive oil

2-3 garlic cloves, chopped

Combine the ingredients in a covered, oven-safe cassarole dish. Bake at 350 for 30 minutes or until the turnips and kale are tender.

Brassicas and Meatballs in Tomato Sauce

I made a version of this earlier in the summer but I stuffed peppers and eggplant with the meat mixture. It smelled amazing and I was surprised at how delicious it turned out. Don't skip the rosemary or raisins!

2 T canola or olive oil

2 cloves garlic, smashed

1 t EACH coriander, cumin and ginger

1 large head of romanesco, or even some broccoli or cauliflower from last week's share

$\frac{1}{2}$ t salt

1 $\frac{1}{2}$ c tomato juice or frozen whole tomatoes

$\frac{1}{4}$ c raisins

1 branch of rosemary

Meatballs:

1 lb ground beef

1 onion, minced fine

1/3 c bulgar

$\frac{1}{2}$ t cinnamon

$\frac{1}{4}$ t salt

pepper

Mix together the meatball ingredients, shape into 1 inch balls and set aside. Heat the oil in a not-too-wide soup pot. Add the garlic and spices, frying for a minute or so. Add the romanesco and meatballs. Pour the tomato juice over the top, adding more if necessary to almost cover the vegetables and meatballs. Scatter the raisins and rosemary on top. Bring to a gentle simmer, cover the pot and cook gently for 30 minutes or until the meatballs are cooked and the vegetables are tender. Don't stir it after you put everything in the pot- there's no need and you don't want to break the meatballs.

Brussels with Orange and Caraway

I admit there are some vegetables harder to love than others. Maybe Brussels are one of them. But if last weeks slow-braise didn't work for you, try this one.

1 T oil

1 bag brussel sprouts, quartered

1 orange,

1 T lemon juice

1 t honey

salt, black or red pepper

$\frac{1}{2}$ t caraway seeds

sliced scallions

Heat the oil in a wide skillet. Add the caraway to toast lightly. When it's fragrant, add the Brussels and toss. After browning them for a couple minutes, add the juice of the orange plus the grated zest, followed by the remaining ingredients. Toss together and simmer the ingredients for 5 more minutes or until the Brussels are tender through and the liquid has evaporated. Season to taste with salt, pepper or more honey. Top with scallions.

Celeriac and Apples

This can also be turned into a mash if you steam the two until tender and then blend with the butter, cream and seasonings.

2 T butter

1 celeriac, peeled with a paring knife, quartered, and sliced THIN

2 apples, cored and sliced into wedges
generous amount of salt

$\frac{1}{4}$ c cream

heavy dashes of nutmeg

Heat the butter in a skillet. Add the celeriac on the bottom of the pan, and the apples on the top. Heat over medium low until the celeriac begins to brown a bit. Add the cream and nutmeg, cover and cook gently until the apples and celeriac are tender