



# Parsnip is the lobster of vegetables

-Uncle Dennis Weiler

## News from the Farm

**Welcome to Week 19.** It is a bitter sweet time of year. **Next week is the last delivery.** Please try to **bring a bag to the dropsite** so you can leave the box there. If you do need to return extra boxes or boxes after the delivery please do it within the week or deliver to the farmers market. We will be visiting your dropsites to get boxes and for storage shares.

**Storage shares will be delivered on 10/30; 11/6; and 11/20.** We are only modifying the first date (to give you a week between deliveries). We will call all of the storage share folks to remind you no matter what.

This year (like last) we are harvesting a large amount of carrots for the neighbors place. They are buying 400 lbs of carrots from us through a grant from Finnegans Beer - <http://finnegans.org/> which is a non-profit brewery in Minneapolis. We plan to match the purchase with a 400lb donation. We need volunteers to help harvest these carrots. We will plan to have a volunteer harvest day on October 25<sup>th</sup> from 2-5pm and a potluck dinner to follow. Feel free to come for some or all of the time, kids are welcome to help, dress warmly and bring work gloves if it is below 50 or if you want hand protection. Volunteers will be sitting and breaking of carrots, helping to wash them in our vegetable washer.

All the veggies we are sending with you at this time of year are perfect for storage in the short to long term. You can see the member resources section or the week 15 newsletter for specific storage info.

**Have a delicious week- Kat, Tony, Riley, Ted and Maple**

## In Your Box

- Carrots
- Leeks
- Sweet potatoes- These are cured so are already sweet.
- Parsnips
- Winter squash- carnival (like a multicolored acorn), delicate (long and white with orange), buttercup (dark green) and/or red kuri (red/orange)
- Celariac- Celery root with tops included (use the tops for great stock or soups)
- Garlic – ready for storage or use asap.
- Rutabega (big purple topped roots) – These are very sweet

**Next Week's Best Guess:** turnips, kale, daikon radish, sweet potatoes, leeks, onions, garlic, winter squash, potatoes, carrots, cabbage or greens

**Pizza specials of the week** – 5 veggie- kale, onions, garlic, roasted eggplant and peppers. Squashed again- our squash sauce topped with fresh herbs (basil and parsley), arugula, and apples with bacon ends; Root'n pig: A mix of roasted root veggies topped with pepperoni and garlic.

## Kat's Kitchen

Just soup it- We know we talked about soup last week but really tis the season! Smaller parsnips, carrots and leeks are perfect in a fresh winter stew but can be pre-roasted and used as a side dish, in soups, or pureed as a sweet sauce. All the root veggies are sweet from the frost!

Root veggie slaw – reminding you of my favorite winter salad style. Combine 3 cups of grated vegetables - carrots, celeriac, rutabaga, parsnips and ¼ cup finely chopped leeks. You can top with store bought ranch dressing or make your creamy dressing. We like 1 clove garlic, 1.5 cups yogurt, 1 tsp soy sauce, 1 tsp dried or 1 Tbs grated fresh ginger and pepper and salt to taste.

Winter Tartins- adapted from the current NY Times Dining section

A Tartin is an openface delicious grilled cheese popular in Paris and across France. Easy to make and to make beautiful. Take sliced of thick country style bread (the farmers market is Wausau has some great loaves from Bakery on the Lake), smear with a little butter or mustard and vegetables and/or cooked meat and cheese and bake at 350-400 degrees. Pre roasted parsnips and celeriac with cheddar cheese, finely chopped celeriac tops and garlic, bacon and shredded rutabaga are all great options (trust me we had them for dinner).