



Q: Ted what vegetables do you like the most and why?

A: Meat (laughing), potatoes, and cherry tomatoes and (whispering) rutabagas and (yelling) BEETS, apples...

News from the Farm

Storage Share Delivery #1 – 2 more to go. The delivery dates are next week 11/6 and then 11/20. We can call to remind you ☺ If you would like to pick up storage shares at the Winter Farmers Market we can also arrange that just send an email or call.

We are still doing farm work even though it is officially the post season in terms of most CSA work. We harvested 200 bushels of carrots in the past several days and still have some potatoes, Brussels sprouts and cabbage (they will all be in your shares coming up) to get today and next week. We are finishing cleaning up the fields, getting beds prepared for early next season and getting things like onions into storage. During our delivery today we are also delivering piles of carrots (920 lbs) to the neighbor's place. Thanks for all the CSA members who helped come harvest our donation and to Finnegan's Beer for donating money to purchase 460 lbs.

We have included oyster mushrooms in the box! Let us know what you think as these are planned for 1-2 boxes next season!

For planning purposes you can expect more fresh greens, herbs, and similar vegetables next two deliveries with the addition of beets, parsnips, Brussels sprouts, cabbage, and maple syrup.

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

In Your Box

- Onions
- Potatoes
- Carrots
- Kale and/or chard (both baby cut)
- Winter squash- acorn, sweet dumpling and/or carnival.
- Daikon radish- straight white radishes
- Winter radishes including black Spanish radishes, water melon, and baby purple daikons.
- Turnips- yellow and/or purple top
- Spring turnips
- Rutabaga
- Garlic
- Wolf River Apples – great fresh or cooked
- Celeriac – celery root perfect for roasting.
- Sweet Potatoes
- Oyster Mushrooms – use in soups, stir fry dishes or just sautéed with butter!

Kat's Kitchen

Savory fall stuffed baked apples – core and scoop out some of the flesh from 2-4 wolf river apples – they should hold 1/8 cup stuffing. Cut small cubes of rutabaga, sweet potatoes and celeriac (1-2 cups) and cook in a skillet for 5 minutes in 1 Tbs butter or olive oil until the start to brown. Toss vegetables with 1 tsp maple syrup or honey and 1/4 cup grated sharp cheddar cheese. Stuff apples and bake on 350 until tender. Serve as a side dish to meat or a heart vegetable stew! Note you can use the exact same recipe to stuff squash. If using squash cook squash cut side down for 15 minutes before stuffing.

Rutabagas (or turnips) 1 recipe 3 ways – cube 4 cups rutabaga or turnips and put into a large skillet with 2 cups broth and 1 tsp oil or butter. Add 1 tsp fresh or dried thyme or sage. Cook stirring to cook all sides of rutabaga until tender 5-7 minutes. When they are tender you can 1) pour off broth and salt and pepper to taste to serve as a side dish 2) puree in a food processor or with an immersion blender and serve as a side 3) Add additional broth and mash slightly with a potato masher and serve as a soup. Note you can add additional vegetables like parsnips, carrots and celeriac with similar results.

Stuffed Sweet potatoes- Using large sweet potatoes bake whole in the oven at 350 covering with a thin coating of oil and piercing with a fork. Check periodically for tenderness – they should take 30+ minutes. Remove from oven and cut down the middle. While they are cooking place 1/2 lb pork sausage or ground pork in a skillet. Add 1/2 tsp fennel seed, 1 tbs maple syrup, 1 tsp black pepper, 2 cloves garlic, thinly sliced celeriac and 1 chopped onion. Cook until aromatic and the sausage is browning.

Storage Tips – A reprint of storage ideas from Mother Earth News

Beet: Enjoy beets raw (try grating them into salads), steamed, roasted or pickled. Unless they're very small, beets are best peeled.

Storage: Refrigerate for up to 1 month or keep in cold, moist conditions for 4 to 6 months.

Suggested Beet Varieties: Rhonda, Detroit Dark Red

Carrot: Available in a range of colors, sizes and levels of sweetness, there's a carrot out there to please everyone. If you've only eaten carrots raw or steamed, try them roasted or grilled.

Storage: Refrigerate for up to 1 month or keep in cold, moist conditions for 4 to 6 months.

Celery Root/Celeriac: This parsley relative's gnarly exterior belies its buttery, mild flavor, a subtle cross between celery and parsley. Though it's somewhat difficult to peel, the white flesh is delicious roasted or simmered in soups and braises; boiled and mashed; or grated raw into a creamy salad.

Storage: Store in cold, moist conditions for 3 to 5 months.

Parsnip: Beware: Many grocery stores stock inferior parsnips that have not had the chance to sweeten by going through a winter freeze. A winter community-supported agriculture program (CSA) or farmers' market is a better bet if you don't grow these yourself. Roast smaller parsnips; save large ones for soups and stews. When cooking, remove the woody core.

Storage: Store in cold, moist conditions for 4 to 6 months.

Potato:

Storage: Store in cold, moist, dark conditions for 4 to 6 months.

Rutabaga: Largely interchangeable with turnips, but with a sweeter flavor, these roots should never be overcooked or they'll develop an off-putting flavor. Toss pieces into soup near the end of cooking and serve as soon as they are soft. Roasting and steaming work well, too.

Storage: Store in cold, moist conditions for 4 to 6 months. Discard especially fibrous rutabagas.

Sweet Potato: As good with brown sugar as with salt, the sweet orange, red, white or purple flesh of these tubers pairs perfectly with other root vegetables and winter greens with strong, bitter flavors.

Storage: Unlike most roots, this tropical should be stored in warm, dry conditions; it will keep for 2 to 3 months if cured properly before storing.

Turnip: Turnips are delicious pickled, steamed, sautéed and roasted with butter or olive oil. They make a nice bed under a roasting bird. Small turnips, known as salad turnips, are also crisp, sweet and snackable raw.

Storage: Store small-to-medium roots in cold, moist conditions for 4 to 5 months.

Varieties: Golden Globe, Hakurei, Purple Top White Globe

Winter Radish: Popular in Asian and Eastern European cooking, the winter radish family comprises daikon and black radishes. Daikon is usually served grated raw (as with sushi) or pickled. Black radishes have a peppery flavor that mellows somewhat in storage. Grated black radishes mixed into tangy sour cream is a common Russian appetizer.

Storage: Winter radishes keep for many weeks in the refrigerator or a few months in cold, moist conditions.

Varieties: Alpine, Miyashige, Nero Tondo, Round Black Spanish, Watermelon Radish