



News from the Farm

Storage Share #1 – Mark your calendars. The other storage share delivery/pickup dates are November 5th (or 7th at the market) and November 19th (21st at the Market). Market pick ups are at 212 River Drive at the Winter Farmers Market.

Expect mushrooms in deliver #2 and Maple Syrup in #3. You will have greens in all three boxes this year and a similar mix of vegetables as this week with slightly different varieties and amounts. Also, please note that due to a huge amount of root crops from the late fall, storage shares also have the **option of an additional free box** or rutabagas, turnips, daikon radishes (or a mix or your choice) during the last delivery. You can also just take a few extras as well if that is too much.

In farm news we are almost done with the harvest – we expect to have carrots out of the ground late next week or early the following week, and are on pace to finish our out season. This is Jenny's last week on the farm and Michelle will be here for another 2 weeks.

This Sunday we will be harvesting carrots for the neighbors' place in Wausau from 1-5pm. They will be donated on Monday! Feel free to join us or to tell any friends who might want to come.

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

In Your Box

Brussels Sprouts- Break these off the stalks to store. To prepare clean off any dried leaves, rinse and cook.

Carrots –

Winter Squash – Red Kuri, Delicata and/or carnival. The red kuri are tear drop shaped, great for soup or mashing. Delicata and carnival are acorn types and nice in slices, rings or cut in half and roasted.

Yellow onions

Swiss chard or braising greens

Winter Turnips- a white with bright purple (purple topped) or yellow with light green tops (golden) varieties.

Rutabaga – Great in stews, roasted or mashed. These have yellow skin with a pale dull purple top.

Sweet potatoes

Kale

Potatoes

Kat's Kitchen

Root Vegetable “fries” – we make these with sweet potatoes and rutabaga but they work equally well with potatoes, slices of delicate squash (skin left on), turnips and daikons. Cut into rough fries peeing rutabaga, radishes or turnips. Coat with olive or sunflower oil (about 2 Tbs for 5 cups of veggies) and roast at 400 stirring every 15-20 minutes. Sook until they start to brown and squash are tender. Serve with honey mustard, aioli or ketchup.

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 ½ lb pork sausage or ground pork in a skillet. Add ½ 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

