



Box contents

Small share:

1 spaghetti squash
 1 Cortland onion
 3 shallots
 1 Tadorna leek
 1.5# All Red potatoes
 Bunch parsnips
 Bag beets
 Bunch Nectar carrots
 1 head salad bowl lettuce
 ½ # bag lettuce mix
 ½ # bag baby Red Russian kale

Farm News

It has been cold and wet out this week, so we've been eating lots of comfort food like soups, and roasted squash and other veggies. We planted the last of our garlic one rainy afternoon. This included some new varieties that we're trying for next year, as well as the smallest cloves from several varieties that we planted for green garlic to be harvested next spring (green garlic has a much milder garlic taste and resembles a scallion). This week we also submitted comments on a couple of rules proposed by the Food and Drug Administration (FDA) on food safety which as written disproportionately burden small farmers and make growing organic food more burdensome and costly. The National Sustainable Agriculture Coalition (NSAC) has put together some great [resources](#) on the subject including: links to the rules, summaries of their content and implications for small CSA farms like ours, and templates and instructions for submitting comments. We are by no means against regulations (we have both worked professionally to promote various environmental regulations), but we also understand it is important to get the rules right. We feel they should do a better job addressing food safety at the scale and type of farms where issues have actually emerged. If you're interested in speaking up as a consumer, please take advantage of the NSAC resources and submit comments by Nov. 15. Thanks for joining us in the extended season. We're looking forward to some rest and planning over winter, and hope to see you back in 2014!

Recipes & Storage Tips

The beets, carrots, parsnips, and shallots all work great in our favorite root vegetable medley. We ran out of room in the newsletter, but also be sure to check out a recipe for **Roasted Spaghetti Squash with Sausage and Kale** on our [winter squash page](#).

Roasted Baby Roots w/ Sherry-Shallot Vinaigrette

½ cup uncooked plain quinoa, rinsed

Coarse salt 3 small shallots Olive oil

1 ½ # mixed (baby) root vegetables, scrubbed, trimmed of all but a bit of stem, halved lengthwise

Juice of ½ lemon Black pepper

2 T sherry vinegar 1 T balsamic vinegar

2 pinches coarse salt 3 T olive oil

Soft goat cheese or thick yogurt (optional)

Preheat oven to 400°F. Bring quinoa & 1 cup salted water to a boil; cook for 10-15 minutes, until water is absorbed; set aside. While grain cooks, peel shallots, place in a square of aluminum foil, coat with a few drops olive oil, and wrap into a packet; place on rack in oven. Coat a roasting pan with olive oil. Arrange root vegetables in one layer and drizzle with olive oil and lemon juice. Sprinkle with salt and pepper, and add to oven. Roast for 20 minutes, then flip veggies and roast for another 10, or until tender. Remove from oven, and set aside. Remove shallot packet with tongs, and toss shallots into a blender. Blend with sherry and balsamic vinegars, 2 pinches of salt, and pepper. Drizzle in olive oil. Spoon ¾ of quinoa onto a platter. Arrange roots over quinoa, and sprinkle with remaining quinoa. Drizzle entire dish with vinaigrette (and additional balsamic if desired). Serve with goat cheese or yogurt, if using. (Recipe from [The Smitten Kitchen Cookbook](#) by Deb Perelman.)

Tips: *Spaghetti squash:* Like other winter squash, stores at room temperature for up to a month, or in a cool (50-55°F), dry place for longer. Roast & scrape out flesh to serve like pasta. *Baby kale:* Use as you would mature kale – in smoothies/juice, sautéed, baked as kale chips, or raw in a salad. More tender than mature kale; stems do not need to be removed. *Parsnip:* Remove tops and refrigerate in hydrator drawer for 2 weeks. Chunk and boil or steam, sauté thin slices, grate in salads, cook and mash, or roast.