

CSA Newsletter



Week 22:
10/28/14 & 10/30/14

Box contents

Small share:

- 1 bunch carrots
- 1 bunch beets
- 1 bunch parsnip
- 1 bunch daikon radishes
- ½ lb. bag lettuce mix
- 1 head broccoli (or 2 small)
- Chives
- 1 cabbage (or 2 small)
- 1 kohlrabi
- 1 yellow onion
- 2 shallots
- 1 head garlic
- 1 ½ lb. red potatoes
- 1 bunch kale

Farm News

The soil was still a little too wet to get our garlic in the ground last week, but we planted (literally!) thousands of cloves on Monday and could not have asked for a better fall day to spend outside. We save many of our biggest cloves to plant since there is a correlation between clove size and the size of the head they will yield the following summer. The smaller cloves that were separated out get planted more closely together and will be harvested earlier as green garlic. We planted a dozen different garlic varieties. The majority are hardneck varieties (which will send up seed stalks, better known as scapes) but we did plant a few softneck types as well. Work is also slowly progressing on the hoop house (which is basically an unheated greenhouse). We received a grant to install the hoop house as a season extender, so we really have to get it up by the end of the year but would prefer to finish the job before it gets too cold. Thank you for joining us in the extended season! We are looking forward to some much needed rest after a long growing season. However, the ever growing list of off-season projects for the house and barn, and planning for the upcoming season is sure to keep us busy. We hope you also have a restorative and pleasant winter. Please keep in touch, and we look forward to sharing the bounty with you again next summer!

Recipes & Storage Tips

We love this roasted root vegetable medley, which can use many items from this week's box including carrots, beets, parsnip, daikon, and shallots.

Roasted Root Veggies w/ Sherry-Shallot Vinaigrette

½ cup uncooked plain quinoa, rinsed

Coarse salt

2 shallots *Olive oil*

1 ½ # mixed root vegetables, scrubbed, stem trimmed, and coarsely chopped

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: *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, roast, or try in [parsnip carrot ginger soup](#).

Daikon radishes: Remove greens and store in hydrator drawer of fridge for a couple weeks. Try [pan fried daikon cakes](#), [pickles](#), or [do chua](#) (daikon and carrot pickles used in Vietnamese [banh mi](#) sandwiches).