



# Sogn Valley Farm

CSA Newsletter August 30-31, 2016

[www.sognvalleyfarm.com](http://www.sognvalleyfarm.com)

Greetings,

With celeriac, winter squash, and potatoes going in this week's box, it's starting to feel like fall. Onions are now all cured in the greenhouse and ready to trim and move into storage, and many other storage crops are on the docket for harvest over the next couple of weeks: winter squash, pumpkins, and the last of the potatoes and celeriac. After that, we'll start bringing in the cabbage, cauliflower, carrots, parsnips, beets, turnips, radishes, kohlrabi, and sweet potatoes.

Another sign of fall's approach: we have now pretty much finished planting for the year. Last week, the last lettuce transplants were put in the ground and spinach was seeded. The only plantings that remain are overwintering spinach—which will be seeded in two weeks and harvested next spring—and garlic, which will be planted in mid-October and harvested next July. I'll admit that it's a relief to be done with planting!

But the reality is that we still have at least three weeks before our first potential frost, so there's a bit of summer left. While the heirloom tomatoes have mostly stopped producing, our high tunnel cherry tomatoes and slicing tomatoes are still growing pretty well—lower in production than two weeks ago, but looking healthy and full of green fruit. Peppers are (with the exception of a couple of varieties) still looking good and should produce for another few weeks. Cucumbers are still prolific, and one more sweet corn succession should be ready soon. The challenge with late season organic sweet corn is the nearly unstoppable (without using GMO corn) pest called corn ear worm. We will likely have to trim off the tip of each corn cob to remove a little caterpillar and it's feeding damage...

Enjoy this beautiful week!

Dana

## What's in the box?

**Red and orange slicing tomatoes:** We're giving you a colorful mix of slicing tomatoes this week: some reds, as in previous weeks, but also some orange tomatoes, which have less acidity than reds. These tomatoes are ripe when they are orange, so the yellow ones could use a couple of days on your counter to ripen up.

**Cherry tomatoes:** All shares are getting a pint of cherry tomatoes—either Sun Gold, red cherry, or a mix of the two.

**Red and green peppers:** This week's peppers are of a different variety than what you saw the last two weeks. These are larger and thicker walled, and would work well for stuffing.

**Salad mix:** The generally cooler temperatures we've experienced over the past few weeks have been good for lettuce.

**Delicata winter squash:** Delicata squash is one of my favorites—it's an earlier maturing variety that doesn't require post-harvest curing. It's sweeter than many other varieties of winter squash, and is unique in having edible skin. It is featured in this week's recipe.

**Sage:** Sage is an herb that I start craving as we move towards the fall. Not only is it delicious in meat dishes, but it lends great flavor to many veggie dishes, as well. Use it in this week's Maple Sage Roasted Delicata Squash recipe.

**Globe eggplant:** This may be the last eggplant of the year. We have found that this 'Black Beauty' eggplant, which is a old, nearly heirloom variety, has more seed development than newer hybrid varieties. While we would prefer fewer seeds, and will probably try a different variety next year, the eating quality of this eggplant has been quite good. Try it in eggplant parmesan or diced and stir fried.

**Cucumbers:** As we've had a consistent supply of cukes with our succession plantings, we've decided to just keep putting a couple in boxes each week. Let us know in the year-end survey if this was appreciated or burdensome.

**Celeriac:** Here's one that may be new to some of you. Celeriac, also called celery root, is simply celery that has been bred to produce a big, fleshy root rather than thick stalks. It has a texture closer to a potato but the flavor of celery. We use it as a substitute for celery in winter soups. *Note:* Some of these roots developed hollow heart, a common problem with celeriac resulting from alternating wet and dry conditions. It's still fine to eat these, but it's difficult to tell without cutting into one what it will look like inside. We're giving you more than you need for this week's recipe, so you should have plenty, even if you find a surprise inside your celeriac...

**Gold potatoes:** Potatoes go well mashed with celeriac—try this week's recipe!

## On Deck

*Some of the items you'll likely see in your box over the next 1-2 weeks.*

**More winter squash — Sweet Italian frying peppers — Cabbage — Sweet corn** (if the earworms don't get them too bad—see note at left)

## Maple Sage Roasted Delicata Squash

*We made this recently and loved it! It's sweet, rich, and full of flavor. You may be put off by the idea of leaving the skin on the squash—and you can feel free to peel it if you really want to—but it doesn't have the chewy, fibrous skin found on other winter squash varieties.*

### Ingredients

2 pounds whole delicata squash, about 2 medium  
3 tablespoons extra virgin olive oil  
1 teaspoon salt  
2 tablespoons butter  
2 tablespoons fresh sage, finely chopped  
2 tablespoons real maple syrup

### Directions

1. Preheat oven to 425 degrees.
2. Slice off both ends of the squash and discard. Cut the squash in half end to end and with a spoon, scoop out seeds and discard. Then cut into one inch thick half-moon slices leaving skins on.
3. Place in a bowl and toss with oil and salt, then lay out on a sheet pan and bake for ten minutes. Flip, and then bake for 10-15 more minutes until tender.
4. While squash is roasting, heat butter and sage in a small sauce pan with maple syrup for a few minutes to incorporate flavors. Set aside.
5. When squash comes out of the oven, toss with butter and sage mixture and serve immediately.

Slightly modified from the recipe found at <http://www.afamilyfeast.com/maple-sage-roasted-delicata-squash/>

## Celeriac-Potato Mash

*This is one of my favorite ways to eat celeriac. The ratio of potato to celeriac can be altered depending on how strong you want the celery flavor to be.*

### Ingredients

1-1.5 lbs celeriac, peeled and cut into cubes  
2 lbs gold potatoes, cut into cubes slightly larger than the celeriac  
3-4 Tbsp butter  
1/2 cup milk  
Salt and pepper, to taste

### Directions

1. Cook celeriac in boiling water for 5 minutes.
2. Add potatoes, and cook until vegetables are tender (~15-20 minutes more)
3. Drain water. Put the potatoes and celeriac back into the pot, add butter, and mash until butter is melted and incorporated.
4. Add 1/2 cup milk and mash until smooth.
5. Add salt and pepper to taste. I'd say 1 tsp salt is a good place to start.