



# Sogn Valley Farm

CSA Newsletter Nov. 15-16, 2016

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

Greetings,

Welcome to the second-to-last fall CSA share! We were blessed with a mild fall that allowed us to give you tomatoes in late October and spinach in late November. While I have real concerns about this uncharacteristically warm weather as it relates to climate change, I'll appreciate it for now :)

As we near the end of the season, I've been asked by CSA members, "when can we sign up for a share for next year?" First off, know that all current members will have first dibs on signup for 2017 shares, so you needn't be worried that shares will sell out before you have a chance to sign up. But before we open up CSA share sales for next year, we want a little time to reflect on the season and evaluate when went well and when should be changed. We will be sending out a survey after the last box is delivered next week to ask for your feedback on the fall CSA—keep an eye out for that email, and please take a few minutes to respond

Over the winter, I'm hoping to develop some educational resources to put on our website. That may include descriptions and preparation guidelines for all the vegetable varieties we grow (much like the descriptions to the right), along with ideal storage conditions and expected shelf-life for different types of produce. This would provide members with a library of cooking and storage guidelines that can be accessed at any time. In turn, I would probably simplify my descriptions of in the weekly newsletter. I would still write a little blurb when there is something unique about that particular week's produce, but I would refer you to the website for general preparation suggestions. This system would allow me to frontload this writing (taking time during winter when time isn't constrained), saving me time during the season when it is limited!

## What's in the box?

**Green tomatoes:** Going out on a limb here. My interest in these piqued a month ago when I saw them for sale at a food co-op in St. Paul, and at the same price as normal red slicing tomatoes (\$4/lb)! But to be honest with you, I hadn't ever eaten green (unripe) tomatoes before this week. Rule #1: don't slice them and eat raw—you'll be in for a rude surprise. These are more of a savory cooking vegetable and can be used much like a tomatillo. We made two delicious dishes with them this week: a green tomato-red lentil curry and a green salsa. See the back side for the green salsa recipe. Alternatively, if you're feeling like a greasy meal, try out the traditional fried green tomatoes! Store tomatoes at room temperature.

**Gray kabocha winter squash:** There are many kinds of kabocha squash, including orange, green, and gray, but the gray has come to be my favorite. They have sweet flesh and very good storage capacity. Most members will receive one large kabocha squash, but some will receive a smaller kabocha and a smaller buttercup squash.

**Celeriac:** This celery-flavored, starchy vegetable is a great addition to soups (small dice, in place of celery), mashed potatoes, or even hash browns. Make sure to peel off the gnarly skin before use. The inside will be off-white with marbles of light brown—this is normal. You may encounter a small void at the center; this is a common condition in celeriac called "hollow heart." This is harmless and has no effect on the eating quality. Store in the refrigerator in a plastic bag.

**Kohlrabi:** Kohlrabi has crispy, sweet flesh, particularly this late in the fall after the weather has cooled off and days have shortened. The skin is fibrous, much like broccoli stem, so peel before use, either with a paring knife or heavily with a normal vegetable peeler. (Also, the taproot is very woody, so cut into the kohlrabi a bit when trimming the root end.) While we occasionally roast or stir fry kohlrabi, we usually just eat it raw, as a snack, in a salad, or in a slaw. Try it in this week's carrot-daikon-kohlrabi slaw recipe. And we've kept the greens attached on purpose—these are a delicious cooking green! Use as you would kale or collard greens.

**Daikon radish:** Daikon radishes are a staple in some Asian cuisine. It is a common ingredient in kimchi (in fact, we supply it for Minneapolis-made You Betcha Kimchi), but can also be used in stir fries, slaws, or even raw in salads. Try it out in this week's slaw recipe.

**Cilantro:** The last of the cilantro! Use it to add some nice flavor to both of this week's recipes.

**Carrots:** Use in this week's carrot-daikon-kohlrabi slaw.

**Yellow onions**

**Gold potatoes**

## On Deck

*Some of the items you'll likely see in the Thanksgiving box*

Butternut squash — Onions — Watermelon radish — Pie pumpkin — Carrots —  
Spinach — Sweet potatoes — Garlic — Potatoes

We will also be thinking about other tweaks to our CSA program: if, and where, to add additional pickup locations; ways to keep produce fresher while the boxes sit at pickup locations (drape an insulated blanket over the stack of boxes?); addition of a “market CSA” for those who would prefer to visit us at the St. Paul Farmers’ Market rather than pick up a pre-packed box each week; possible add-ons, such as eggs or fruit, that would be either produced by us or purchased from neighboring farmers. There are many more ideas in the hopper, but that’s a sampling of some things we are considering. Do you have ideas or suggestions? If so, let us know in the end-of-season survey!

Thanks for everything.

Best,  
Dana

## **Carrot, Daikon, and Kohlrabi Slaw**

*I concocted this recently, taking inspiration from the many carrot-daikon recipes out there. It's a nice side dish to go with chicken teriyaki or another Japanese meat dish.*

### Ingredients

2 C grated kohlrabi (about 1 large or 2 small)  
2-3 C grated carrot  
2 C grated daikon radish  
2 tsp salt  
1/4 C apple cider vinegar  
2 Tbsp sugar or honey  
2 tsp toasted sesame oil  
1 tsp sesame seeds  
Cilantro , finely chopped (optional)

### Directions

Peel daikon and kohlrabi. Combine grated carrots, daikon, kohlrabi, and salt, and let the mixture sit for 10 minutes. Squeeze and pour off all the liquid that is pulled out by the salt

Dissolve sugar or honey in the vinegar, add sesame oil, and then add to the grated root mixture.

Stir in sesame seeds and cilantro.

## **Green Tomato Salsa Verde**

*Try this with tortilla chips, in enchiladas, or with eggs, as I did this morning. I wish we could provide the jalapeño or serrano peppers, but alas, they are long since frosted off. For those summer CSA members who froze some hot peppers over the summer, now's the time to pull out a few!*

### Ingredients

1 pound green tomatoes  
2 to 3 jalapeño or serrano peppers (more to taste)  
1 C chopped onion, soaked for five minutes in cold water and drained  
Salt to taste  
½ cup roughly chopped cilantro  
¼ to ½ cup water, as needed (optional)

### Directions

Preheat the broiler. Line a baking sheet with foil. Place the green tomatoes on the baking sheet, stem-side down, and place under the broiler about 2 inches from the heat. Broil two to five minutes, until charred. Using tongs, turn the tomatoes over, and grill on the other side for two to five minutes, until blackened. Remove from the heat. When cool enough to handle, core the tomatoes and remove the charred skin. Quarter and place in a blender or a food processor fitted with a steel blade.

Add the remaining ingredients, except the water, to the blender or food processor, and blend to a coarse or a smooth puree (to your taste). Transfer to a bowl, taste and adjust seasonings, and thin out with water if desired. Allow to stand for 30 minutes or longer before serving to allow the flavors to develop. You may wish to thin out after it stands.

*Recipe modified from <http://cooking.nytimes.com/recipes/1012757-green-tomato-salsa-verde>.*