



# Sogn Valley Farm

CSA Newsletter Oct.3-4, 2017

www.sognvalleyfarm.com

Greetings,

We have arrived at the 18th and final CSA box of the summer season. This one is full of fall foods, many of which you haven't received yet this season. For those of you continuing with a fall share, we'll segue right into the first box next week.

This is a time when we, as farmers and coordinators of this CSA program, reflect how the season went. I suspect many of you are doing the same. We are, on the whole, pleased with the boxes we sent out, in terms of volume and variety of produce. But that doesn't mean there aren't things we wished we could've done differently. For example, we fell way short of our goals for putting carrots in CSA boxes. I REALLY hoped to put them in this last box, but they are still just a little small and it wasn't feasible. We learned some lessons this season that should prevent this sort of carrot shortage in future years. In the next few days, I plan to write up a short reflection to share with you all that will amount to a self-assessment—what I think went well, what didn't, and what my goals are for next season.

One metric of the success of the CSA program is the value received by our members. To thank you for your early investment in the farm, we aim to provide a baseline of 15% more produce than the cost of the share. This means that, instead of \$550 worth produce (equal to the price of the share), we're shooting give you produce valued at around \$635. To figure out how we're doing, we calculate the value of each box based on the quantity and retail price of each item. In 2018, we far exceeded our goal of providing 15% extra. Full shares were worth \$749 (36% extra) and half shares were worth \$413 (27% extra).

We hope that you, too, felt like this CSA was a good value and that you enjoyed the expe-

## What's in the box?

**Sweet potatoes:** The sweet potatoes were harvested a few days ago and haven't yet gone through the curing process to thicken the skins, heal wounds incurred during harvest, and "sweeten up" through conversion of starch to sugar within the tuber. It still has the flavor of a sweet potato, but may not be as sweet as you are used to. This would be a better candidate for roasting than for making a pie. Since we hand harvest these, we occasionally break off the top or bottom of the potato in the process, so don't be surprised if there is a cut face on your sweet potato. It generally heals over and isn't prone to prematurely spoiling. Sweet potatoes should not be put in the refrigerator—keep in a dark, cool area of your kitchen. Uncured sweet potatoes are not for long-term storage.

**Brussels sprouts:** We like roasting these, or steaming and then dressing with a sauce made of butter, olive oil, garlic, stone-ground mustard, salt/pepper, and an herb like cilantro or parsley. Trim the sprouts before using, and halve the larger sprouts so they cook more evenly.

**Celeriac/Celery root:** This is an unusual vegetable that is just as it sounds: a starchy, celery-flavored root. It has a gnarly appearance which has already received substantial trimming prior to your receiving it. It works well in mashed root dishes with potatoes or turnips (this week's recipe), but can also be used in soups or fried in butter to make hash browns. Peel thoroughly before use to remove skin and roots.

**Red cabbage:** In my mind, the most beautiful cabbage of them all. Red cabbage can be used to make a slaw or stir-fry, or can be shredded thinly and eaten raw in a green salad.

**Purple top turnips:** Turnips are featured in this week's recipe, and can also be roasted or used in soups. If pureeing, you may prefer peeling before use.

**Beets:** You are receiving a mixture of red beets and either gold or Chioggia (striped) beets. The gold and Chioggia beets are less "earthy" than red beets. Steam them, roast them, or make up some borscht with this week's red cabbage.

**Green kale:** A versatile leafy green that's often sautéed or stir-fried, but which can also be eaten raw, particularly if sliced very thinly and dressed with oil and lemon juice. We also often add it to soups in the last few minutes of cooking.

**Butternut squash:** Cut in half lengthwise, scoop out the seeds, and roast in a baking pan with a bit of water, or try peeling, cubing, and making it into a soup. Butternut squash gets even sweeter after storage, so no need to rush and eat it.

## On Deck (for the first fall CSA box)

*Each week, we'll give some hints about what new items may show up CSA shares in the next 1-2 weeks. Please note, this is not a guarantee, but our attempt to give you an idea of what's coming up.*

**Spinach — Potatoes — Delicata squash — Onions — Garlic —  
Bell peppers — Eggplant?**

rience. We invite your feedback in improving our CSA for future years. Keep an eye out for an email sometime this week that will give you a link to an end-of-year survey.

And, one last time, thank you for your support as CSA member. We couldn't do it without you!

Have a good week,

–Dana

## Celery Root and Turnip Puree (or Soup!)

*This is a very simple dish that features two vegetables which are, I suspect, not commonly part of your diet. The "puree" can be either a different spin on mashed potatoes (with more flavor, I would argue), or a soup if served a bit thinner.*

### Ingredients

One 1-lb celery root, peeled and coarsely chopped (about 2 cups)

1 lb turnips, peeled and coarsely chopped (about 3 cups)

4 Tbsp unsalted butter

Salt

1/4 C milk, warmed

Freshly ground pepper

### Directions

1. In a large saucepan, add the celery root and turnips and just enough cold water to cover; bring to a boil. Stir in 3 table-spoons of the unsalted butter and 2 teaspoons of salt. Reduce the heat to moderate and simmer until the celery root and turnips are tender and the cooking liquid is reduced to 1/4 cup, about 35 minutes.
2. Transfer the vegetables and their cooking liquid to a food processor and let cool for 10 minutes. Add the remaining 1 table-spoon of butter and the milk and process until smooth. Season the celery root/turnip puree with salt and pepper, transfer to a bowl and serve.

*Recipe source: <http://www.foodandwine.com/recipes/celery-root-and-turnip-puree>*