



# Sogn Valley Farm

CSA Newsletter Oct 31—Nov 1, 2017

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

Greetings,

Having finally received a hard freeze last weekend, peppers, eggplant, and tomatoes are now toast. We also made a big push last Thursday to harvest most of the remaining storage crops: 10,000 lbs of cabbage, 3500 lbs of carrots, 1200 lbs of watermelon radishes, 800 lbs of daikon radishes, and 500 lbs of beets are now safely stowed in our walk-in cooler. There are only a handful of harvestable crops remaining in the field, so CSA and market prep now involves much more washing of storage crops than harvest of field crops.

We're spending a lot of time in the packing shed these days. And each day for the past week, I marvel at how nice it is to have a HEATED packing shed. We had a boiler installed to circulate hot water through tubes in the concrete floor of the building, so now we can keep the building at a comfortable 55 degrees, an ideal temperature for both humans and some types of produce. We moved our onions and winter squash, which had been stored in another outbuilding, into the packing shed to protect them from freezing.

I think back to last year at this time as we shivered with arms submerged in frigid water while washing spinach in 36 degree weather. I recall a couple of times I washed carrots using the barrel washer, only to have the water freeze on the floor of the packing shed. Then I'd have to drain out every hose if I was going to stop water flow for more than a few minutes. I spent as much time as possible in the cooler, because that space was warmer than the packing shed, itself.

With the packing shed now kept at 55°, it's the perfect temperature for storing potatoes, peppers (for a short time longer), sweet potatoes, and winter squash. Moving those crops out into the main wash-and-pack space enabled me lower the temperature of one of our coolers—the one formerly kept at 55°—to refrigerator temperature for expanded cooler capacity for the aforementioned storage crops (cabbage, carrots, etc.) which need low temps for long-term storage.

It's nice when things work out like this!

Have a good week,

—Dana

## What's in the box?

**Cipollini onions:** This distinctive Italian variety is the most flavorful onion we grow. It is fairly sweet—a bit more pungent than white sweet onions when raw, and especially delicious when cooked. The flattened shape makes them a bit more difficult to trim and peel—I find it easiest to cut in half vertically, notch out the root “core” with two diagonal cuts, then peel the remainder.

**Broccoli:** Steam, sauté, and stir-fry are among our favorite ways to prepare broccoli. Store in a plastic bag in your fridge to keep broccoli fresh.

**Salad mix:** This is the last of our outdoor salad mix. We harvested this last Thursday, ahead of the snow and bitter cold that was forecasted for last weekend. Because it was harvested early, I would recommend eating it within the next several days. I don't advise trying to stretch it into next week...

**Red Anaheim peppers:** These ripe Anaheim chiles have some of the sweetest pepper flesh I've tasted all year. Don't get me wrong—they are hot! But most of that is limited to the seeds and membrane. Scrape that out and you've got a sweet pepper with a trace of heat. Use in this week's recipe.

**Carrots:** These carrots are good for snacking, stir fries, steaming, and salads. Use in this week's roasted roots recipe.

**Green cabbage:** Stir-fry, make sauerkraut, or use it in this week's recipe.

**Sugar Dumpling squash:** Like acorn squash, the best way to prepare this is to cut it in half lengthwise, scoop out the seeds, and bake with a bit of water in the pan. The flesh can be scooped out and amended with butter, sweetener of choice, and a bit of salt. We've found it to be quite sweet and not in need of additional sweetener, though.

**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.

**Purple top turnips:** Turnips are featured in this week's recipe, and can also be sautéed and drizzled with maple syrup or used in soups.

**Celeriac:** 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, but can also be used in soups or fried in butter to make hash browns. Use in this week's roasted roots recipe. Peel thoroughly before use to remove skin and roots.

**Garlic:** Both recipes this week call for garlic.

## On Deck

*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.*

**Sweet potatoes — Potatoes — Leeks — Kale — Beets — Brussels sprouts?**

## Roasted Roots with Maple Mustard Glaze

*This one comes from local cookbook author Beth Dooley via the Lakewinds Food Co-op blog. It's a versatile recipe that can be used with lots of other winter roots, such as rutabaga, beets, potatoes, and parsnips, along with non-roots like kohlrabi and winter squash.*

### Ingredients

1 lg or 2 med turnips, cut into ½-inch pieces  
5 carrots, trimmed and cut into ½ inch pieces  
1 celery root, peeled and cut into ½ inch pieces  
2 tablespoons sunflower or vegetable oil  
3 tablespoons maple syrup  
3 tablespoons apple cider vinegar  
1 tablespoon whole grain mustard  
1 medium Cipollini onion, cut into 1-inch chunks  
4 lg cloves garlic, sliced lengthwise  
Salt and freshly ground black pepper to taste

### Directions

1. Preheat the oven to 425 degrees. Line a baking sheet with parchment paper or oil it. In a large bowl, toss together the vegetables with enough oil to generously coat. Transfer the vegetables to a baking sheet and roast, turning periodically for about 30-40 minutes, until soft.
2. In a small bowl, whisk together the syrup, vinegar, mustard, and cider. Drizzle the glaze over the vegetables and turn to coat them then return to the oven and continue roasting until they are caramelized, about 10 minutes more. Serve hot.

*Adapted from Beth Dooley's recipe at <https://www.lakewinds.coop/blog/exploring-root-vegetables/>*

## Chinese Spicy and Sour Stir-fried Cabbage with Bacon

*This simple stir-fry can be made spicy or not. Removing seeds and membrane will omit the vast majority of the heat from the mildly hot Anaheim chiles. I suggest leaving the seeds in if you want a little bit of kick. I was skeptical about hand-tearing the cabbage leaves, but I did it and it was kind of fun. Makes for a unique appearance to the finished product. You could also just coarsely chop the cabbage.*

### Ingredients

1/2 (5-pound) head of green cabbage, cored and torn into bite-size pieces  
3 tablespoons Chinkiang vinegar or 1 1/2 Tbsp each red wine vinegar and apple cider vinegar  
1 Tbsp soy sauce  
5 strips thick-cut bacon, cut into 1/4-inch strips  
2 to 3 red Anaheim chiles, thinly sliced into matchsticks, with seeds  
4 lg cloves garlic, thinly sliced lengthwise  
3 scallions, cut into 1-inch pieces on the bias (at 45° angle), halved first if a thick scallion

### Directions

1. Fill a wok or a large pot with water and bring to boil. Add cabbage and cook until crisp-tender, about 3 minute. Drain in a colander and rinse with cold running water; press cabbage to expel any excess water.
2. In a small bowl, combine Chinkiang vinegar and soy sauce together. Mix and set aside.
3. In a wok, cook bacon over high heat until golden brown, about 5 minutes. Using a slotted spoon or spider, transfer bacon to paper-towel-lined plate. Pour off all but 1 tablespoon of rendered bacon fat from wok.
4. Heat wok over high heat until bacon fat is lightly smoking. Add chilies, garlic, and scallions and stir-fry until garlic is golden, 1-2 minutes. Toss in cabbage and stir-fry until warmed through.
5. Add vinegar mixture and and bacon and continue to stir-fry until cabbage is tender, about 2 minutes. Transfer to a serving plate and serve immediately.

*Adapted from <http://www.serious-eats.com/recipes/2014/06/print/spicy-sour-stir-fried-cabbage-bacon-recipe.html>*