

High Meadow Farm CSA

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Newsletter 20

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Your last full-season box:

Broccoli or cauliflower
Brussels sprouts
Butternut squash (large shares)
Celeriac (celery root)
Green onions
Kale

Lettuce mix
Radishes
Spinach
Turnips
'Watermelon' radish

Thank you all for sharing this season with us! It has been a pleasure to get to know many of you and to share our farming experience with you. We are already looking forward to next season and we expect to have 2012 sign-up information posted on the blog within the next few weeks! We will be sending out an end-of-season survey soon via email. Any comments that you have regarding your experience in 2011 are very helpful to us in our future planning and are appreciated very much!

I have to admit, there are some strange-looking things in your last box! I promise- they are veggies and they are very edible! I'll start by describing all of the ball-shaped produce on the bottom of your box:

Celeriac (sell-air-ee-ack) or celery root is the gnarly ball that has what looks like miniature celery growing out of it. It is not the root of a celery plant. It is related, but this plant is grown for the root. Like celery, it would have preferred a lot more water over the season and is a bit on the smaller side, but still flavorful. The root has a nice, mild celery flavor and is used in soups, cooked and mashed in potatoes or eaten raw; grate it onto or into a salad for a wonderful fresh seasoning. The tops can be used in soup or anywhere that you would use celery.

To use celeriac, peel away the rough surface with a paring knife, leaving the lighter inside as the used part of the root. Slice, cube, grate- however you want to add celery flavoring to your dish.

Celeriac will store for a long time in your crisper drawer. Keep the humidity up by leaving in a loose, plastic bag and keep it as cold as possible without freezing.

*Some of the celeriac bulbs are on the small side due to the dry summer.

Turnips are the white balls with purple tops that have stalks attached. Turnips can be eaten raw, pan-fried or sautéed or roasted in the oven. They have a distinct flavor and a bit of a "bite", more so than your rutabaga. Turnips have long been used in stews and soups and in roasting meats and veggies.

Store them in a loose plastic bag in the fridge for several weeks if needed.

Watermelon radish (also known as "Ruby Heart" radish) is the round root that is either green or red in color. It is addictive even if you aren't a radish fan! I love it! The best way to use it in my opinion is to just slice it horizontally into thin slices and eat. The skin is edible, but I prefer to trim it away after slicing. The skin is like a watermelon rind- hence the name. The inside has a gorgeous red center- hence the other name!

This radish is very sweet and mild and the larger it gets the sweeter it is. Slice or grate it onto salad, use it like a cracker with cheese, or use it in a stir-fry if you like.

Store them the same as turnips.

Spinach

We did not have much luck this year with our spinach germination. This variety is called Bordeaux. It is not a heavy producer, and much of the planting bolted and had frost damage. This red-stemmed leafy green can be used any way that you would use spinach or it can be added to your salad mix for a fresh salad.

Brussels sprouts... on a stem? Never having been a Brussels fan before, like many things, I have discovered it has much to do with the way they are prepared! One of the biggest mistakes is eating them after they have been off of the stem for too long; that causes the stinky cabbagey flavor and smell, when Brussels sprouts should taste as pretty as they look! On the stem, they will keep for up to 2 weeks, of, they will begin to lose flavor after a few days (but still be edible.) The fresh Brussels sprouts that you get at the grocery store are usually the 2nds from the producers that are freezing the prime ones, so give these a try- eat them fresh within a few days or freeze them asap. My favorite way to prepare them is the one that changed my feelings for them forever- this recipe can also be done in an oven with whole sprouts, baking them until they start to get crispy edges to the leaves.

To prepare:

Remove from stem with a sharp paring knife. Remove loose outer leaves and halve sprouts. Heat 2 Tbs olive oil in a heavy skillet and brown sprouts slightly. Sprinkle with kosher salt and stir for 1 minute. Remove from heat and sprinkle with freshly grated parmesan cheese.

To store:

Leave on the stem if and keep cold if you have room to do that or cut off the stem and bag loosely and store as close to 32 degrees as possible for up to a week or freeze.

Thank you!

Thank you so much to all of the worker share members who put in hours of work in the blazing heat, rain and wonderful sunshine to get the produce out on Tuesdays. Hours of washing, weeding and picking and you kept coming back! You have been so much a part of the farm and we have enjoyed working with all of you. Your dedication is greatly appreciated and we hope that you'll be back next year as seasoned farmers (some of you already are!)

Our hoop house is due to arrive next week! If you have offered to lend a hand, I will let you know the details and/or it will be updated in a blog post. We could still use some extra hands if anyone else is available! Let me know or check the blog!

Snap Pea U-pick

We planted snap peas and shelling peas in July, but even with pretty constant watering, they did not wish to come out in the hot sun. When September came around, they started to grow rapidly, but the day-length slowed them down considerably. The peas did not make it into your boxes, but they will be ready to pick in about a week. Peas will continue to mature until the ground freezes hard. They will be in the extended shares, but there are plenty and if you are a member, you are welcome to come out and pick some snap peas for yourself. Give us a call to be sure someone will be here and bring a bowl or bag!

Broccoli and Cauliflower

Both of these plants are in the same family as cabbage, Brussels sprouts, kale and many other garden favorites. They are great raw, steamed, in casseroles or finely chopped and added to salads; either leaf or other salads. We like mixing finely chopped broccoli and/or cauliflower with onion, mayo and cheese, plus grated celeriac any other veggie that can be grated or chopped and eaten raw. And adding them to roll-ups.

The moth or the caterpillar- which came first? They both come here all summer, but I never see who's first. I just know they love cabbage, broccoli and cauliflower! If you are concerned about caterpillars on your broccoli, just soak it in salty water for about 15 minutes before using. They will all abandon ship!

Extended Bread Shares!

If you would like to extend your bread share an additional 2 weeks OR if you'd like to try the bread share from Waterhouse Foods, Shawn is happy to keep baking! Some of our HMF pumpkins may even turn up in the baked goods!

We are nearly sold out of the extended season shares! There are still a few Winter storage shares available, also.

We always welcome members to stop out and see the farm and meet us. Just give us a call to be sure we are here and come on out! After the CSA season is over, we will start having eggs available again for purchase, although the ladies like to rest a bit before going back into full production.

Thanks also to everyone who purchased egg shares and gave the girls a serious job to do!

Remember to keep in touch via the blog and Facebook!