



The Weekly Weeder

A weekly publication for CSA members

OCTOBER 7, 2009—BOX #17

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Box Contents & Storage Tips

Cauliflower: Store in a plastic bag in crisper. Use this up quickly since you'll notice some black dots appearing on the florets. The heavy late season dews help spread the fungal spores of *Alternaria* leaf spot. The origin of the disease is not known, but we've seen ideal growing conditions. Without a killing frost, the spores are continuing to multiply and spread, further degrading many of our fall cole crops. What this means for the rest of our cauliflower, last planting of broccoli, brussels sprouts, kales, and cabbage is still unknown. We are hoping for cold temperatures to kill these spores!

Celeriac: Prepare by peeling outer skin, using the white interior. A concentrated celery flavor, used raw or cooked, as your alternative to celery. Store in a plastic bag.

Red Cabbage

Fennel (half shares only)

Garlic— the variety is Siberian and it had a great fall in the tobacco barn while it was curing. One of the poles/ supports broke and the garlic fell 20 plus feet to the floor and was damaged. We have tried to select only the good bulbs but you may notice a bad clove in the bulbs. Use sooner than later.

Lacinato Kale: Store in plastic bag. Cut or rip leaf part away from the stem, then chop and cook. Wonderful in soups; steam then top with butter & salt/pepper; add to lasagna.

Leeks: It's been raining since last Friday, so the mud is certainly not all cleaned out of the leeks. Clean by cutting off green leaves and roots. Cut the white stalk in half the long (vertical) way, rinsing under the water. This will allow the water to wash away any remaining soil particles.

Peppers: Red Bell, Jalapeño, Red Chiles: this is a ton of red peppers, but don't feel overwhelmed—all you have to do is cut and remove the core/seeds and into a freezer bag for use this winter! You will regret doing so as winter brings \$5-6 dollars a pound for red bell peppers shipped from California, Chile, Mexico and beyond.

Roma Tomatoes -(full shares only) Sorry we didn't have enough to share this last harvest with everyone.

Delicata and Sweet Dumpling Squash— All winter squash store best at a dry 50-55 degrees. The long Delicata squash are sweet flavored and thin skinned, which can be eaten similar to a potato skin. Bake with butter & maple syrup, or bake with a garlic clove.

Announcements:

The fall Pumpkin Party is this Sunday October 11, 2009! It should be a well attended event - and it's not too late for you to come, just let us know by Friday, October 9 (sorry for the misprint last week!) with how many people will be coming, so we know how many chickens to cook! We ask that you leave your dog home. Please bring your own dishes to eat with, sturdy walking shoes, wind jacket, and a dish to share. See you soon!

11:00 Farm Tour

12:30 Potluck Lunch

Ridgeland Harvest raised chicken will be provided

1:30 Pumpkin Pick Fun

Pork Update: Our butcher was cutting the fresh meat cuts today, with smoking to begin! Those who have pork coming will soon (really!) be receiving a statement of any remaining fees due. Additional pork may be for sale—watch for updates in future newsletters.

Fall Beef Butcher Date is October 15, 2009. Bundles are still available - contact the farm.

Notes from the Field

Our Cole crops (cabbage, broccoli, Brussels, kale etc..) are suffering greatly from the *Alternaria* (at least that is what we think it is— we are waiting on test results from the plant pathology lab) As a result we have lost most of our fall broccoli and cauliflower crops— and the outlook is not good for our Brussels sprouts. We continue to monitor the situation and will keep you updated as it develops, but it will definitely have an impact on the size of these last boxes.

Recipes! Recipes! Recipes!

CREAMY POTATO LEEK SOUP

From: Care2-green living web site

INGREDIENTS

1 tablespoon extra-virgin olive oil
2 leeks, white and light green parts washed and sliced into 1/4-inch slices
2 cups chopped yellow onion
1/2 teaspoon sea salt
3 cloves garlic, minced
2 large Yukon Gold potatoes (about 1 pound), peeled and cubed into 1/2-inch cubes
4 cups vegetable stock
1/2 cup celery root - small cubes or shredded
2-3 teaspoons fresh rosemary leaves

1. Heat a 4-quart soup pot over medium heat and add the oil.
2. Add the leeks, onion, and sea salt and saute for about 5 minutes, stirring often, until the onion begins to turn translucent.
3. Add the garlic and stir well. Cook for 1 minute more.
4. Add the potatoes and vegetable stock, cover, and bring to a boil. Reduce heat to simmer. Cook 20 minutes.
5. Remove the soup from the heat and use an immersion/stick blender to blend the soup in the pot or ladle the soup into a blender, 1 cup at a time. Blend the soup with the fresh rosemary leaves until smooth and free of chunks. Pour smooth soup into a heat-proof bowl and continue until all of the soup has been blended.
6. Transfer the blended soup back to the original soup pot and warm over low heat until heated through. Serve hot.

Cheesy Celeriac & Potato Mash

Created by MACSAC & Farmer April Prusia of West Star Farm

Ingredients:

1 1/2 pounds celeriac
1 1/2 pounds potatoes
1 cup sour cream, milk or yogurt
2 tablespoons butter
thyme
salt
pepper
cheese

Procedure:

Clean, peel and cut potatoes and celeriac into 1 to 2 inch cubes. Drop only the celeriac in pot with enough water for both the celeriac and the potatoes. Cover pot and boil for 5 minutes. Add potatoes to covered pot and boil until everything is very tender, about 15 minutes. Drain off water and add sour cream and butter. Mash the mixture and add thyme, salt, and pepper to taste. Top with grated cheese.

We are members of the Madison Area CSA Coalition? Check it out! www.macsac.org

While we take great care to provide the cleanest and safest food possible, yet all produce should be washed prior to eating.

Stuffed Sweet Dumpling Squash – From Martha Stewart Living, November 1996

Serves 8 to 10

- * 10 small (about 12 ounces each), sweet dumpling squash or acorn squash
- * 1/2 cup plus 2 tablespoons packed light-brown sugar
- * Zest of 2 oranges, finely chopped
- * 1 teaspoon ground ginger
- * Orange Ginger Sweet Potato Puree
- * 2 tablespoons unsalted butter
- * 6 tablespoons granulated sugar
- * 1 pint fresh kumquats
- * 10 fresh sage, leaves

1. Heat oven to 400 degrees. Remove and discard top third of each squash, as well as the pulp and seeds.
2. Coat inside of each squash with 1 tablespoon brown sugar; sprinkle with orange zest and ginger. Bake on a parchment-lined baking pan until tender, about 30 minutes.
3. Fill each squash with about 1/2 cup puree. Bake until puree is heated through, 15 to 20 minutes.
4. Melt butter and granulated sugar in a skillet over medium heat. Stir until sugar has begun to caramelize. Add kumquats; cook until glazed, 3 to 4 minutes. Add sage leaves; toss to coat in glaze. Garnish squash with kumquats and sage.