



# The Weekly Weeder

A weekly publication for CSA members

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## Box Contents & Storage Tips

**Broccoli:** full shares only

**Brussels Sprouts:** Store in plastic bag until used.

**Carrots:** We dug one of the 6 beds of our last carrot planting on Monday. They are smaller than we'd hoped, but they should continue to size up in the coming weeks. Grown in some of our best soil on the farm, their taste surpasses our other plantings. You can almost taste the vitamins and minerals!

**Sage:** Surprise! We found the sage amongst a protected cover of weeds (yes, something we don't like to talk about).

**Sauté Mix:** full shares only

**Spinach:** half shares only

**Sweet Potatoes:** Add to a stew or soup. See back recipe.

**Winter Radish, Black Spanish:** Due to the dry weather in August/September our winter radishes are smaller than usual. Winter radishes have the spicy/juicy radish flavor contained in a thick protective outer skin. Peel back the black outer layer, eating the juicy interior. German visitors have told us these are best when thinly sliced, sprinkled with salt, and eaten alongside a cold beer. Grate a salad of radishes, carrots, cabbage, apple and celery root for a flavorful and healthy snack or side dish. Will store for months in a plastic bag in the refrigerator.

**Winter Squash, Sweet Dumpling & Pie Pumpkin:** Making a pumpkin dessert for your November holidays? You can practice this week! All winter squash store best at a dry 50-55 degrees.



## ANNOUNCEMENT

\* The last box delivery will be November 11.



## Coming Soon:

Celery root, Leeks, Winter Radishes, Cabbage, rutabaga, carrots, kale, brussels sprouts, turnips & winter squash.



# Recipes! Recipes! Recipes!

## Pumpkin-Sage Soup

www.myrecipes.com

Prep and Cook Time: about 45 minutes. You can make the soup through step 3 up to 2 days ahead; cover and chill. Reheat over medium heat, covered, stirring often. Makes 10 to 12 servings

Step 1: Cook pumpkins by cutting in half & scooping out seeds. Place upside down on cookie tray and bake at 375-degrees until the squash looks wrinkled and about to collapse.

Step 2: Prepare other ingredients

- 1 leek (8 oz.) or onion
- 2 tablespoons butter
- 2 carrots (8 oz. total), peeled and coarsely chopped
- 1 stalk celery (4 oz.) or celery root, coarsely chopped
- 1/2 cup chopped onion
- 1 clove garlic, peeled and minced
- 2 quarts fat-skimmed chicken broth or vegetable broth
- 4 cups Mashed Pumpkin (see Step 1)
- 1/2 cup apple cider or juice
- 1 green apple (8 oz.), peeled, cored, and chopped
- 2 teaspoons chopped fresh ginger
- 1 1/2 teaspoons chopped fresh sage leaves or dried sage
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- Salt and pepper
- About 1 cup crème fraîche or sour cream
- 1 teaspoon grated lemon peel

Step 3: Preparation

1. Trim and discard root end and tough dark green tops from leek. Slice leek in half lengthwise and rinse well, flipping layers under cool running water to remove dirt. Slice thinly crosswise.

2. In a 5- to 6-quart pan over high heat, melt butter. Add leek, carrots, celery, onion, and garlic; stir often until onion is limp, 6 to 8 minutes. Add broth, Mashed Pumpkin, apple cider, apple, ginger, sage, cinnamon, and allspice; cover and bring to a boil. Reduce heat and simmer, stirring occasionally, for 10 minutes.

3. Whirl soup, a portion at a time, in a blender until puréed, and pour into a bowl. Return all soup to pan and stir often over high heat until hot. Add salt and pepper to taste.

4. In a small bowl, mix 1 cup crème fraîche or sour cream and lemon peel. Ladle soup into bowls or mugs. Garnish with a dollop of crème fraîche.

## Carrot Cupcakes

(Those at the Garlic Harvest Party will fondly remember these delicious morsels. Thank you Mark & Vanessa for converting this from your original British recipe!)

- 1 and 1/2 c flour
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground ginger
- 1/2 tsp salt
- 3/4 cup brown sugar, packed
- 8 oz grated carrot (about 2 cups, or 2-3 large carrots)
- 1 tsp grated ginger
- 1/4 c raisins
- 2 eggs
- 3 tbsp oil
- juice of 1 medium orange (about 1/2 cup)

Makes 12 cupcakes

Bake 350 degrees for about 20 minutes

Frost with cream cheese mixed with powdered sugar to taste and 1 tsp vanilla

## Korean Radish Salad

- 3 medium black Spanish radishes
- 2 teaspoons Salt
- 2 teaspoons Red pepper (or less to taste)
- 2 teaspoons Sugar
- 1 1/2 tablespoons rice Vinegar
- 2 tablespoons Minced scallion
- 1 teaspoon minced garlic

Peel radish and cut into match stick pieces about 2 inches long. Sprinkle with salt and let stand for 10 minutes. Rinse to remove excess salt and drain well. Wrap radish in several thicknesses of cheesecloth and squeeze out as much liquid as possible.

In bowl, combine radish with red pepper, sugar, vinegar, scallion and garlic, mixing well. Serve at once or refrigerate to blend flavors. Serves 8 as a side dish.

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