



The Weekly Weeder

A weekly publication for CSA members

OCTOBER 28, 2009—BOX #120

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Storage Tips

Celeriac: Stores for a long time in a plastic bag in the refrigerator (a cold area). The replacement for celery stalks in everything from cooked to raw ingredients. But avoids the short shelf-life to celery! Shred raw onto salads and tacos; Add to soups, stews and casseroles.

Broccoli (half shares only): We have to harvest the heads small before the alternaria spores take over, but still really good!

Cauliflower (full shares only)

Cabbage, Savoy: One of our favorite types of cabbage. Full to sweet flavor and excellent texture.

Collard Greens (full shares only): A southern favorite.

Kale, Red Russian: Strip the tender leaves away from the stem, then cook.

Red Storage Onions

Turnips, White: Sweet! Bake them, boil, braise, steam, roast or eat them raw. Keep in a plastic bag in the refrigerator until used.

Winter Squash, Butternut (tan in color) and Buttercup (green and a bit warty)



ANNOUNCEMENTS

- **The last box delivery will be November 11.**
- **Saturday, November 7 from 9:00am—noon: Beef & Pork Delivery to Madison.** You'll need a cooler or several bags to transfer your meat cuts into.
- **Saturday, November 14: Beef & Pork Delivery to La Crosse, Westby, Viroqua.**

Coming Soon:

More...Winter Radishes, Spinach (?), Rutabaga, Carrots, Brussels Sprouts & Winter Squash.



THE CREW!

Recipes! Recipes! Recipes!

Celeriac Soup

<http://agoodappetite.blogspot.com/2008/11/celeriac-soup.html>

2 1/2 T butter
1 celeriac (about 1.5 lbs before trimming & peeling), peeled & chopped
3 leeks, white & light green parts sliced
1 small potato, peeled & chopped
2 cloves garlic, peeled & chopped
1 medium onion, peeled & chopped
2 1/4 c chicken or vegetable broth
1/4 c heavy cream
salt & pepper
4 slices bacon, cut into 1/2-inch strips & cooked until crispy

In a large soup pot melt the butter over medium heat. Add the celeriac, leeks, potato, garlic & onion. Salt & butter & let cook for about 10 minutes, stirring occasionally, until beginning to soften. Add the broth & bring to a boil. Cover & reduce the heat to low. Let the soup simmer for 20 -25 minutes until the vegetables are tender. Use a blender or immersion blender to purée the soup until smooth. Stir in the cream. Salt & pepper to taste (we found it needed quite a bit of soup). Ladle into bowls & top with bacon.

Serves 4

IRISH FARM HOUSE SOUP

2 lbs stew beef, in 1 1/2" cubes
3 quarts water or beef stock
1/2 quick cooking (or pre-cooked dry) split peas
1/2 cup barley
1 bay leaf (optional)
1 onion, thinly sliced
1 leek, thinly sliced
2 carrots, thinly sliced
1 turnip, thinly sliced
1 parsnip, thinly sliced (optional)
1/4 cup celery root, cut into small pieces
1/2 head Savoy cabbage
3 lbs potatoes
sea salt and pepper, to taste

1. Wash, peel and chop all vegetables except potatoes and cabbage (save these for later). Wash barley. Put everything into the pot and cover with water or beef stock. (Tip: If you have a food processor with a slicing disc, it can be used to advantage for slicing the vegetables.)
2. Bring to a boil for 1 minute; reduce heat to low and simmer over low heat for 3 hours.
3. While the soup is simmering, wash the cabbage, remove the core and finely shred using the slicing blade of a food processor, with a large sharp knife, a mandolin, or the slicing side of a box grater. When the soup has been simmering for 2 1/2 hours or about 30 minutes before serving, stir in the shredded cabbage. Now is the time to peel the potatoes, quarter and boil or steam them until tender. When the potatoes are fork tender, drain them well; return them to the hot pan and shake over heat to dry out.

Put the potatoes in soup bowls with vegetables and broth to serve. Sprinkle with a pinch of fresh parsley finely chopped and serve with crusty artisan rolls or scones.

The recipe here is the traditional one, but (not being able to help ourselves) we sometimes kick it up with a few non-traditional ingredients such as chopped garlic and we brown the beef with the onions in olive oil before adding the stock for extra flavor. A teaspoon of beef soup base can be stirred in, if desired, or add extra beef stock at the end (to keep it fresh).

Curried Squash

Adapted from Moosewood Restaurant Low-Fat Favorites
Courtesy of CSA member Joy

1/2 tsp black or brown mustard seeds
2 tsp canola oil
1 cup chopped onions
1 Tbs grated fresh ginger
1/2 tsp ground cumin
1/2 tsp ground coriander
1/2 tsp ground cardamom
Pinch of cayenne
Pinch of ground fenugreek
3/4 cup water
2 cups chopped tomatoes
3 cups peeled, seeded, and cubed winter squash
1 red bell pepper cut into 1 inch pieces

Sauté mustard seeds in oil over low heat until they begin to pop. Add onions and sauté 5 min over medium heat. Stir in curry spices and sauté for 1 minute. Be careful not to burn the spices. Add the water, half of the tomatoes, and squash cubes. Simmer 10-15 minutes until squash is barely tender. Add bell peppers and the rest of tomato. Cover and cook until all veges are tender. Salt and pepper to taste.