



# The Weekly Weeder

A weekly publication for CSA members

OCTOBER 28, 2009—BOX #120

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## Box Contents & Storage Tips

**Brussels Sprouts:** While they store pretty well in the refrigerator (not as well this season due to those black dots though), they're also easy to blanch and put into the freezer for use later this winter.

**Carrots:** At last the rain stopped and we had 2 good days of wind to dry the soil, just in time for us to dig these frost sweetened treasures for you! They are sooo sweet!!

**Rutabaga:** Store in a plastic bag in the refrigerator until ready to use. Then, peel off the thick outer layer and add to soups & stews, but our favorite way is simply shredded raw along with turnip and celery root. Mat's family mixes them with mashed potatoes as a traditional holiday dish.

**Shallots:** Once cooked, they are a subtle onion flavor. Raw they are a delicate addition to a salad or potato toppings.

**Sweet Potato "Fingerlings":** Just a few more for everyone—the last of our sweet potato crop!

**Winter Squash: Delicata & Acorn (all)  
Butternut or Pie Pumpkin (half shares)**



## ANNOUNCEMENTS

- **CSA Member Survey:** Please help us with your feedback about the season for our planning process to continue for the 2010 season! THANK YOU! Survey's were emailed to members this week. Return promptly.
- **The last box delivery is 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, La Crescent, Westby, Viroqua.** (watch for email)

## NEXT WEEK'S LAST BOX CONTENTS: The full array of all our remaining items here at the farm....

Radishes, Rutabagas, Carrots,  
Brussels Sprouts, Shallots/Cipollini's, Garlic,  
Celery Root, Turnips and Winter Squash.



Our best  
worm finder!

# Recipes! Recipes! Recipes!

## Maple Glazed Brussels Sprouts

Cook Country, December/January 2010

4 Tablespoons unsalted butter  
2 pounds Brussels sprouts, trimmed and halved through the core  
1/2 cup chicken broth  
2 tablespoons maple syrup  
1 teaspoon minced fresh thyme  
1/8 teaspoon cayenne  
4 teaspoons cider vinegar  
Salt and pepper

1. **Brown Sprouts** Melt 2 Tbsp butter in large skillet over medium-high heat. Add Brussels sprouts and cook until browned, 6-8 minutes. Stir in broth, 1 Tbsp syrup, thyme, and cayenne and cook over medium-low heat, covered, until Brussels sprouts are nearly tender, 6-8 minutes.
2. **Finish Cooking** Uncover and increase heat to medium-high. Cook until liquid is nearly evaporated, about 5 minutes. Off heat, stir in remaining butter, remaining syrup, and vinegar. Season with salt and pepper. Serve.

## Roasted Vegetables with Pomegranate Vinaigrette

Martha Stewart Living, November 2009

### For the roasted vegetables

1 head cauliflower (about 2 pounds) cut into small florets  
1 pound Romanesco cauliflower or regular, cut into small florets  
2 medium sweet potatoes, peeled and cut into 1/2-inch wedges  
1 pound Brussels sprouts, halved  
3 tablespoons extra-virgin olive oil  
Course salt and freshly ground pepper

### For the vinaigrette

1/2 cup pomegranate juice  
1/4 cup extra virgin olive oil  
Course salt and freshly ground pepper  
1 cup pomegranate seeds

## Roasted Carrots with Sage and Walnuts

Cook Country, December/January 2010

Toast the walnuts in a dry skillet over medium heat until fragrant, shaking occasionally, about 5 minutes.

3 tablespoons unsalted butter  
2 tablespoons honey  
2 (16-oz) bags baby carrots OR 2-inch chunks of carrots  
1/3 cup walnuts, toasted and chopped  
1 tablespoon finely chopped sage  
Salt and pepper

1. Heat Baking Sheet Adjust oven rack to middle position and heat over to 475 degrees. Heat rimmed baking sheet in oven 10 minutes. Heat butter and honey in large bowl until butter melts, about 1 minute.
2. Roast Toss carrots with butter mixture in bowl. Spread carrots on heated baking sheet. Roast, shaking pan occasionally, until carrots are browned and tender, about 30 minutes. Return carrots to empty bowl and toss with walnuts and sage. Season with salt and pepper. Serve.

1. Roast the vegetables: Preheat oven to 425 degrees. Toss together vegetables and oil in a large bowl, and season with salt and pepper. Spread vegetables evenly on 2 rimmed baking sheets, and roast until golden, mixing half way through, about 30 minutes.
2. Meanwhile, make the vinaigrette: Transfer pomegranate juice to a bowl. Pour in oil in a slow, steady stream, whisking until emulsified. Season with salt and pepper.
3. Just before serving, drizzle vinaigrette over warm vegetables, and toss with pomegranate seeds.



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

