



The Weekly Weeder

A weekly publication for CSA members

OCTOBER 8, 2008—BOX #18

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Tips

Beets, Red

Broccoli: Getting sweeter all the time!

Cauliflower: Half Shares only. We're reminded this week just how many more plants we need per planting so that the ideal production number can be met. There's more next week for you full share members!

Carrots: The last of the green top carrots for the season. The rest of our carrot crop will be soon be put into the cooler for storage, with plenty of carrots for those Winter Share boxes.

Celeriac: Also known as 'celery root,' 'turnip-rooted celery' or 'knob celery', it can be used raw or cooked. Celeriac is cousin to anise, carrots, parsley and parsnips. Cut off the green top (sometimes cut into drinking straw lengths, rinsed, and used in the serving of tomato-based drinks so the juice is lightly flavored with celery as it passes through the stalk). Leaves tend to be tough, but are excellent when making a soup stalk. Often used as a winter alternative to potatoes and other starches. Substitute all or parts of potato recipes with the celeriac. Cut off the warty outside skin and use the white interior. Add raw to salads (to replace celery), cook in stews, cube and roast with other vegetables...the possibilities are endless! Like apples, celeriac will darken if exposed to the air for too long. If you won't be cooking immediately, submerge in a bowl of water with lemon juice so oxidation doesn't occur. Keep refrigerated and in a plastic container or bag so it doesn't dry out. See back for recipe.

Garlic

Onion, Yellow: 'Copra' variety is a very good storing onion and our favorite for long term storage. Keep out on the counter along with your garlic.

Peppers

Raspberries: Full Shares only. We'll continue to pass these along as the weather holds.

Rutabaga: Raw or cooked, this cabbage/turnip flavor is mild and versatile. Excellent grated into Cole slaw or carrot salads. See back for recipes.

Swiss Chard: This is a perfect this time of year for a quiche. We put garlic, onion, fennel, grated carrots, peppers and chard together for a great combination! Something that can be eaten for any meal of the day too.

Coming Soon...

More kale, winter radishes, winter squash, celeriac, baby turnip greens, and more!

News from the Farm

The first frost! The cold temperatures finally came on Friday night. We planned on this cold weather, so the last of sensitive crops like basil and eggplant had been put into last week's boxes. The cooler had 1 very large pallet of peppers, tote after tote harvested. The last of the garlic hanging in the tobacco shed was taken down and brought into final storage in our dry room of the packing shed. Winter squash was safely tucked into the greenhouse, sheltered from damaging cold temperatures. Fennel beds were covered with row cover (remay), while the rest of the crops are able to take lower temperatures. By the end of Friday, all had been accomplished and we were satisfied with the work done. "Now it can be cold", we sighed. And it was.

We are gone Saturday at the farmers market, returning to the farm by 6 pm, just in time to unload the truck before the sun set. So Sunday we walked the fields to see what the cold had done. It's always interesting to see the affect on plants with the subtle change in the land. Our pepper field is north/south facing with a slight curve to it, and the side of the field that dips to the north was hit with frost, but the south facing side continues to grow! The Swiss chard field, also south facing, survived. Raspberries are on the upper part of our ridge and weren't affected either. But the lowest fields where the tomatoes, basil, eggplant and summer squash grew were blackened and wilted, fruits softened by temperatures. With the killing of the lingering sensitive crops, our box contents in the next few weeks will change. As boxes in the spring started small and grew to the great bounty of summer, boxes now start to change and decrease in size with the fall crops. But there's still plenty ahead of us for the next 6 weeks!

It's an exciting time of the season as our work here on the farm changes. Instead of hopping from crop to crop to crop, we focus in on a large crop and get it into storage. Carrots, radishes, turnips, rutabaga's, celeriac and more continue to be harvested and packed into storage in the cooler. But there is much to do before the ground freezes and snow comes: lots of field clean-up (hoses & irrigation lines, plastic mulch, tomato stakes and more), garlic planting and mulching, mowing, planting cover crops, and finishing the high tunnel construction to name a few projects. You'll be hearing more about these activities in the weeks to come.

Happy Eating! Cate, Mat and the Crew

Recipes! Recipes! Recipes!

Celeriac and Apple Salad with Tarragon and Roasted Walnuts

Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm

It probably isn't often that you think oooh, celeriac, and your mouth waters. But this recipe could change all that. The key here is to be sure to cut the celeriac to matchstick-size, no bigger; it will hold the sauce better. Also, don't be tempted to skimp on the pepper, as pepper and apples have a certain unexplored appeal. *Angelic Organics Kitchen*. Serves 4 to 6

4 cups water	2 1/2 tablespoons mayonnaise
juice of 1 lemon (about 3 tablespoons)	1 tablespoon heavy cream
2 tart apples, peeled, cored, sliced into 1/4-inch strips	2 teaspoons prepared Dijon mustard
1 large celeriac, peeled, cut into matchstick-sized strips	1/2 teaspoon dried tarragon
1/2 cup chopped walnuts	1/2 teaspoon freshly ground black pepper
1 1/2 tablespoons white wine vinegar	Salt

1. Combine water and lemon juice in a large bowl. Add the apple slices and celeriac strips and let stand for 15 minutes (this acidified water will keep the celeriac and apple from turning brown).
2. Toast the walnuts in a dry skillet over high heat, stirring frequently, until they begin to darken in spots, 3 to 5 minutes. Let cool.
3. Drain the celeriac and apple mixture; return to the bowl, add the vinegar, and toss.
4. Combine the mayonnaise, cream, mustard, tarragon, pepper, and salt to taste in a small bowl. Pour the dressing over the celeriac and apple mixture; toss to coat. Add the walnuts and toss again.
5. Chill for at least 1 hour before serving (2 or 3 hours is even better).

Mashed Rutabaga with Carrots

From www.about.com

A rutabaga casserole with carrots. Cook Time: 1 hour

- 1 large rutabaga, peeled and cubed
- 4 medium carrots, shredded
- 2 tablespoons butter
- 1 egg
- 2 tablespoons brown sugar
- 1 teaspoon salt
- dash pepper
- 1 cup evaporated milk
- 1 cup cooked rice

Cook rutabaga, covered, in boiling salted water until tender, about 25 minutes. Drain well. Cook carrots in boiling salted water for about 5 minute, until just tender.

Transfer cooked rutabaga to a mixing bowl. With an electric hand-held mixer, beat rutabaga with butter, egg, brown sugar, salt, and pepper until smooth and fluffy. Stir in milk; stir in rice and carrots. Spoon into a buttered 10x6 or 8-inch square baking dish. Bake at 350° for 35 to 40 minutes. Serves 10 to 12.

Mashed Potatoes and Rutabaga

From www.about.com

- 3 pounds rutabaga, peeled and cut into 2-inch pieces
- 2 to 2 1/2 pounds potatoes, peeled and cut into 2-inch pieces, about 5 or 6 medium
- 2 tablespoons butter
- 2/3 cup milk
- 1/4 teaspoon pepper
- 1/4 teaspoon nutmeg, or to taste
- 2 teaspoons chopped parsley, optional

Cook rutabaga and potatoes in salted water in separate saucepans. When both are tender, remove from heat. Rutabaga will take about 30 minutes, and potatoes will take about 20 to 25 minutes. Drain; puree or mash rutabaga well, then mash the potatoes.

Combine mashed rutabaga and potatoes; add butter, milk, pepper, and nutmeg. Beat well. Taste and add more salt if necessary. Garnish with chopped parsley, if desired.

Serves 6 to 8.

Bulletin Board:

CSA Fall Event: The Pumpkin Pick-up! October 19 1:00-4:00 pm.

A casual event for the whole family to enjoy. We'll provide seasonal snacks and drinks to munch on while the kids (and adults) choose their favorite pumpkin. While certainly not the highest yielding this season, we think there should be plenty to go around. Please RSVP if you plan to attend. We're looking forward to meeting more of you, and eating mouth watering pumpkin bars!

Winter Share Sign-up: We're continuing to get sign-up's in the mail for these December boxes. Remember to **sign up by October 17**, after then we'll see how much space is available. Contact us with any questions. The order form can be downloaded from our website.

Statements Available: Our 2-payment option for the summer share was very popular, and we're glad it made paying for your CSA share more feasible. If you'd like a statement of your account since this second payment was deposited, please send us an email request (or phone) and we'll be happy to provide one upon request.

Pork Bundles: We will have more pork bundles available in our 25 lb or 50 lb bundle. If this interests you, please watch for more details in the next newsletter.