



# The Weekly Weeder

A weekly publication for CSA members

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## Box Contents & Tips

### Broccoli

**Cauliflower:** See recipe on back.

**Carrots:** Carrots are one of the top five 'super foods' for protecting against heart disease. They are one of nature's top sources of beta-carotene, an artery-protecting antioxidant. Cooked carrots have twice the antioxidant power of raw carrots because heat breaks down tough cell walls so that your body can use what's inside.

**Fennel:** Quite possibly the last...See recipes on back.

**Kale, Lacinato:** Also called Tuscan kale or dinosaur kale. It is a form of cabbage where the center of the plant doesn't form a head but remains leafy. During World War II, cultivation of kale was encouraged by the VICTORY GARDEN campaign. The vegetable was easy to grow and provided important nutrients to supplement those missing from an ordinary normal diet because of the rationing. Kale is very high in beta carotene, vitamin K, vitamin C, lutein, zeaxanthin, and reasonably rich in calcium. As with broccoli and other brassicas, kale contains sulforaphane, a chemical believed to have potent anti-cancer properties, particularly when chopped.

**Onion, Cipollini (flat) and Copra (round)**

**Peppers, Red Bells:** Not the last yet, but we have finished the harvest from our plants and can now just enjoy the remaining fruits we have stored in our cooler.

**Radish, Beauty Heart:** A large round root vegetable related to the turnip and horseradish family, with a crisp texture and a mild to sweet peppery flavor. Unlike many other radishes, the intensity of this radish decreases as the radish matures. Generally, the flesh of this radish is hotter toward the outside and sweeter toward the center. Peel the outer skin, then grate raw onto a salad, top your burrito or a main dish. Can also be cooked and added to a stir fry.

**Raspberries: Half Shares at selected sites**

We'll continue to pass these along as the weather holds!

**Winter Squash, Carnival:** A cross between Acorn and Delicata squash results in a nice sweet flavor with firm texture. Squash will keep up to 6 months in a very cool (50-degrees) and well ventilated place. Do not wash it until ready to use. Once cut, it can keep in the refrigerator for about a week. Once cooked, it freezes well and can be reheated easily. See recipe on back.

## Coming Soon...

More winter squash, leeks, celeriac, baby turnip greens, Brussels sprouts, and more!

## News from the Farm

Now that our neighbors are harvesting their soybeans, the Asian lady beetles (imported not the domestic lady bug), are coming in from the fields and to every building on the farm in hordes! Their purpose was to eat the pesky aphids which eat on the soybean plants. Not only do they smell bad when squished, leave stains behind, don't die out in the winter, but they also bite! These pesky bugs have now made entering and exiting any door (to the house and packing shed) a quick dive to and fro. They cover the west and south sides of buildings, and line all the windows.

It's this time of the year, as the lady bugs find themselves in the house, and the spider webs that have collected over the season, while helpful in catching lady bugs, are now noticeable, that I desire a good fall housecleaning. But during the harvest season, one has to 'make hay when the sun shines' as they say. My nesting hormones this season are now rampant, another big factor in my desire for house tasks and chores. For those who haven't heard, we're expecting our second child early this winter! Now that my 5-month belly is getting in the way from efficient harvesting (yes, and being careful not to over do it on lifting heavy totes of root crops), my role on the farm has changed to one of more paperwork, sales and marketing, washing and packing, and off-farm work. This still doesn't give me time for my most desired task—to clean and organize inside of each and every building on the farm! But there will be plenty of time for that cleaning soon enough. For now we're focusing energy on organizing and clean up in the fields and outside buildings. And it's a wonderful time of the season to be pregnant because there is SO MUCH yummy food to eat for a hearty and constant appetite!

The crew—Aquillino, Brett and Craig have adapted to an independent harvest crew. They are sent to the field with a list of tasks after we've have our morning and afternoon meetings. Their skills and knowledge serve our farm well, and the laughter and stories we share heartening. We continue to be thankful for all they do here, and couldn't imagine what life would be like without such a great team! We're hoping they each return for another season with us.

This week the focus has been on celery root (celeriac) harvest and field clean up between the rain storms. Mat has plowed the area where we'll soon be planting garlic, and is now working to complete the sorting of seed garlic from the eating garlic. We'll be planting more this fall than last year—just about 1000 pounds!

This week also marks the return of Mat's parents (Jack and Marie) after a 3-week vacation. We've all missed them dearly and felt their absence. They provide tremendous help around the farm from mowing lawn and fencing, to housecleaning and laundry, not to mention the delicious meals, desserts and childcare! The meaning of extended family is well understood here on the farm.

From our family to yours—Cate & Mat

# Recipes! Recipes! Recipes!

## Harvest Patties

[www.allrecipes.com](http://www.allrecipes.com)

3 yellow potatoes, peeled and grated  
1 large carrot, peeled and grated  
1 parsnip, peeled and grated  
1 tablespoon ground cinnamon

1 1/2 cups grated winter squash  
1 egg  
1/2 cup whole wheat flour

1. Preheat an oven to 400 degrees F (200 degrees C). Prepare a baking sheet with cooking spray or rub with oil.
2. Toss together the potatoes, carrot, parsnip, and squash in a large bowl until evenly mixed. Tilting the bowl away from you, collect all the vegetables in your hands and squeeze them to separate the juice. Move the vegetables into a separate bowl and mix in the cinnamon.
3. After 5 minutes or so, slowly pour out the juice from the first bowl - the bottom of the bowl should be coated with starch. Combine the starch with egg and flour, using a fork to stir it together. Then take the starch mixture in your hands and massage it through the shredded vegetables. Separate the mix into little balls, about 1 inch thick, and flatten onto the prepared baking sheet. Bake the patties in the oven until lightly browned around the edges, about 20 minutes; flip and bake until golden brown, about 5 minutes more.

## Cauliflower and Carrot Casserole

[www.allrecipes.com](http://www.allrecipes.com)

\*\* Ready in 40 minutes \*\*

1 head cauliflower, broken into small florets  
4 medium carrots, peeled and diagonally sliced  
3 egg yolks  
1/4 teaspoon salt  
2 tablespoons lemon juice  
1 dash hot pepper sauce (e.g. Tabasco™)  
1/2 cup butter, melted  
3/4 cup coarsely crushed buttery round crackers  
1 tablespoon butter, melted

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Bring about 2 inches of water to a boil in a large pot. Add cauliflower and carrots, and boil for about 7 minutes, until fork tender. Drain well, and transfer to a 9x13 inch baking dish.
3. While the vegetables are cooking, combine the egg yolks, salt, lemon juice and hot pepper sauce in a blender or food processor. Blend for a few seconds to mix, then continue to blend while slowly pouring in 1/2 cup of hot melted butter. Continue blending until thickened. Pour this sauce over the vegetables in the baking dish. Stir together the cracker crumbs and remaining butter; sprinkle over the top of the casserole.
4. Bake for 20 minutes in the preheated oven, or until the casserole is bubbling, and the top is toasted. Let cool slightly before serving.

## Waldorf Salad with Fennel

[www.recipe-tips.com](http://www.recipe-tips.com)

1 fennel bulb  
2 tart, red-skinned apples, such as Haralson  
1/4 cup mayonnaise  
1/4 cup plain yogurt (or omit yogurt and use all mayonnaise)  
1 pinch salt  
few grinds of black pepper  
1/3 cup coarsely chopped walnuts

1. Trim the fennel: remove stems, if any, then trim off any soft or discolored parts of the bulb. Slice it in half lengthwise (if bulb is quite round, make two or three lengthwise cuts) then slice crosswise into narrow (1/8") strips.
2. Quarter and core the apples (don't peel); cut into 1/4" dice.
3. Mix together mayonnaise, yogurt if using, salt and pepper.
4. Toss fennel, apples and walnuts with mayonnaise mixture. Serve room temperature or chilled

## Apple, Fennel and Celeriac Slaw

[www.recipe-tips.com](http://www.recipe-tips.com)

1 tablespoon cider vinegar  
1 tablespoon molasses  
1 teaspoon Dijon mustard  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup olive oil  
1 fennel bulb - large  
4 apples - red, chopped, unpeeled  
2 celery ribs, thinly sliced or 1 cup grated celeriac root (celeriac)

1. Whisk together cider vinegar, molasses, Dijon mustard, salt and pepper. Slowly whisk in oil, whisking constantly to combine.
2. Rinse fennel, trim stalks to within 1 inch of bulb. Discard hard outside stalks. Remove tough core from bottom of the bulb. Starting at one side, cut the bulb vertically into thin shreds.
3. Add fennel, apple and celeriac (or celery) into large bowl, pour dressing over the top and mix to combine.
4. Cover and chill up to 4 hours. Toss well just before serving.

## Bulletin Board:

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

Enjoy a drive through the countryside to visit your CSA farm. It's an event for the whole family! We'll provide seasonal snacks and drinks to munch on while the kids (and adults) choose their favorite pumpkin. Take a walk in the fields, tour the new packing shed, see the cattle, and meet your farmers! Please RSVP if you plan to attend.

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

**Pork Bundles Available:** We will have more pork bundles available in our 25 lb or 50 lb bundle. Madison area deliveries are scheduled for Saturday October 25 and November 1. La Crosse and Viroqua area deliveries have not been determined at this time. Contact us if this interests you.