



The Weekly Weeder

A weekly publication for CSA members

OCTOBER 22, 2008—BOX #20

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

Box Contents & Tips

Health experts recommend we eat at least three servings of crucifers (broccoli, cauliflower, turnips, kale, Brussels sprouts...) each week. Fall is the optimal time for growing these heart-friendly foods, so here's to a heart-healthy week everyone!

Broccoli: A wonderful addition to a raw fall salad, put into a stir-fry, lightly steamed and eaten solo, or try the broccoli soup on the next page.

Cauliflower: A kid-friendly vegetable with its mild, sweet flavor. It doesn't need to be masked with runny cheese to make it edible!

Celeriac: A great addition to any soup.

Baby Fennel: The last of the season!

Garlic:

Peppers, Red Bell: Last of the Season

Swiss Chard: The last of the season! It contains an abundant supply of nutrients, providing over twice the amount of Recommended Dietary Allowance of vitamin K in each cup of cooked Chard. In addition, Swiss Chard provides vitamins A, C, E, iron, manganese, and potassium

Turnip Greens: You'll find some of these with delicious, sweet baby roots to them, while others are mainly greens. Turnip greens can be sautéed or steamed and added with other ingredients such as meat and vegetables to become a tasty side dish.

Winter Radish, Beauty Heart: this radish can be cooked like a turnip, creamed and served as a side dish, sautéed and braised to be served as a vegetable dish, or added to stir-fry dishes. The skin should be removed prior to preparing. It can also be served raw to be used as hors d'oeuvres, as a complement to salads and sandwiches or diced for use in soups and stews. The color of the inner flesh makes it an attractive sliced radish for an appetizer tray or for sandwiches.

Winter Squash, Acorn: America's Favorite. See recipe ideas on back.

Coming Soon...

More winter squash, leeks, celeriac, Kales, Brussels sprouts, and more!

News from the Farm

The pumpkin party was a success— as if eating pumpkin bars, apple crisp, picking raspberries and choosing a pumpkin could be anything other than enjoyable. We had a nice turnout and it was wonderful to meet more of the people that have been eating the food we grow. Hearing the stories of your experiences gave us a much needed boost to get us through the last weeks of the season. We were reminded why chose CSA as part of our business plan— it is the human connection which it offers— the stories, pictures, and recipes people have been sharing with us this year, it is almost as if we are growing food for friends and family. Anyway, thank you to everyone who made the journey out to the farm!

We have been busy planning contents of the last boxes and have decided since the last box will contain mostly storage vegetables, we will be combining boxes 23 and 24. The items you will receive will store well in either your fridge, garage or porch so don't fear, you won't have to eat two weeks of produce in one week before it goes bad— many of the items should last for up to 4 weeks (if not longer). **Mark your calendars- the date for the last delivery will be November 12.**

We also wanted to give an update on the Winter Shares. We have received a good level of interest— enough to proceed with the program. **We have extended the deadline to November 3.** For planning purposes, this is a firm deadline and we won't be accepting any winter share signups after that date. So if you have enjoyed your CSA experience with us so far this season you will enjoy eating locally through the holidays. Space is limited and will be available on a first come first serve basis. So don't delay in getting signed up today.

We have also been busy harvesting our storage crops, our new and larger cooler (12x15x15) is nearly filled so we have lots of delicious food coming up in these last boxes as well for the winter shares. This weeks box contains the last of those crops that won't take the freezing temps they are predicting for Monday and Tuesday night. Enjoy the last of the chard and fennel as this is likely the last of the season. There are still many crops in the field that will only get sweeter with the cold weather. So for you brussels sprouts fans they will be coming and for those who aren't so sure about the value of this controversial veggie we think that our frost sweetened sprouts just may change your mind.

-Happy eating Cate and Mat

Recipes! Recipes! Recipes!

Cream of Broccoli Soup www.allrecipes.com

4 cups water
2 tablespoons margarine or butter
1 cup chopped or grated celeriac
2 tablespoons chicken bouillon powder
1/4 teaspoon ground nutmeg
1/2 cup shredded sharp Cheddar cheese

4 cups broccoli florets
1 onion, chopped
1/3 cup all-purpose flour
2 1/2 cups whole milk
1/4 teaspoon ground black pepper

- In a medium-sized cooking pot, add water and broccoli florets and bring to boil; reduce heat and cook for about 3 minutes. Drain, reserving all of the water.
- In a food processor or blender, process half the cooked broccoli until fairly smooth. Chop remaining broccoli and set aside.
- In a heavy-bottomed cooking pot, melt butter or margarine, add onion and celeriac and cook for about 3 to 4 minutes until soft. Stir in flour; cook, stirring constantly for about 1 to 2 minutes. Add reserved water and chicken bouillon granules, and bring to boil, stirring constantly. Reduce heat to medium; simmer, stirring constantly until thickened. Stir in milk, nutmeg, pepper, and processed and chopped broccoli, and heat through. Adjust seasonings to taste. Serve garnished with grated cheddar cheese.

Acorn Soup with Kale

www.marthastewart.com

- 4 strips bacon cut crosswise into 1/2-inch pieces
- 1 medium onion, finely chopped
- 1/2 pound kale, thick stems removed, leaves finely chopped (about 8 cups)
- 4 cups Acorn Squash puree (cooked squash that is pureed) or 2 packages (12 ounces each) frozen winter squash puree, thawed
- Coarse salt and ground pepper

Cook bacon in a large saucepan over medium heat, stirring occasionally, until crisp, 4 to 5 minutes. Using a slotted spoon, transfer bacon to a paper-towel-lined plate; set aside.

Add onion to fat in pan, and cook until softened, 4 to 5 minutes. Add kale; cook until soft, 3 to 4 minutes.

Add squash puree and 3 cups water (or more if necessary to achieve desired consistency); bring just to a boil. Season generously with salt and pepper. Serve, garnished with reserved bacon.

Cauliflower Radish Salad

www.allrecipes.com

- 4 cups cauliflowerets
- 1/2 cup sliced green onions or other onion
- 1 (8 ounce) can sliced water chestnuts, drained and halved
- 2/3 cup mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons dry ranch salad dressing mix
- 1 cup thinly sliced radishes

In a bowl, combine the cauliflower, onions and water chestnuts. In a small bowl, combine the mayonnaise, lemon juice and salad dressing mix. Pour over vegetables; toss to coat. Cover and chill for at least 2 hours. Just before serving, stir in radishes.

Nourishing Cauliflower Soup

Courtesy Rita Haft CSA Member and site coordinator

1 med head of cauliflower, chopped
1/2 head of small/med size cabbage, shredded
1/2 med size yellow onion, shredded
1 med size carrot, shredded
1 med potato (approx 6 oz), peeled & diced
32 oz Kitchen Basics or other (homemade?)
Chicken Stock
1 cup milk (I used whole for this recipe)
2 T butter
1/4 t salt or to taste (depending on your stock!)
1/4 t pepper or to taste
1/8-1/4 t garlic powder
1/8 t Natures Seasonings, optional
1/8 t turmeric, optional

Add your shredded vegetables to melted butter: sauté for approximately 5 minutes. Add 1/4 t each of salt & pepper. Stir occasionally.

Add your stock & bring to a simmer. Add in the cauliflower & simmer for approximately 30 - 40 minutes, or until the veggies are tender .

Once your vegetables are tender, puree 1/2 of them (in batches) in either a food processor or a blender, and return to the pot. IF you prefer a smooth, creamy soup - puree all of your veggies & return to the soup pot.

Add your turmeric, milk and stir. Heat through.

Bulletin Board:

Winter Share Sign-up Reminder: We have enough people signed up to proceed with the Winter Share CSA. We have extended the deadline to November 3. For planning purposes, this is a firm deadline and we won't be accepting any winter share signups after that date. So if you have enjoyed your CSA experience with us so far this season you will enjoy eating locally through the holidays. Space is limited and will be available on a first come first serve basis. So don't delay in getting signed up today.

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Mat's Dad— Jack- a berry picking expert!